

AUGUST NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT



SERVING MONTCLAIR AND CEDAR GROVE



Rodent Control in our Community

Also found on the Township Website under Environmental Health

Rats, like all animals need food, water and shelter. Survey your home and see if any changes can be made to reduce food, water or harborage sources for unwelcome visitors.

ELIMINATE THEIR FOOD SOURCES.

- Keep garbage and refuse in tightly covered containers that are free of cracks and holes.
- Do not place garbage out for curbside pick-up unless inside a covered receptacle. Rats and other animals can eat through plastic bags and some garbage containers.
- Keep bird feeders and the ground beneath clean of any excess feed and/or droppings.
- If feeding pets outside, remove food and water once your pet has finished eating.
- Do not place food scraps in compost piles.
- Discard fallen fruit or vegetables from trees and gardens.
- Empty open containers which have collected rainwater.
- Keep the entire premises clean!

REMOVE THEIR SHELTER.

- Around the home – do not pile wood, garden debris, building materials, etc. near or against a wall. Store materials 12-18 inches off the ground.
- Keep garages and sheds in good repair and free of clutter.

BUILD THEM OUT.

- Close necessary openings like windows, doors and sources of ventilation with ¼ inch wire mesh (hardware cloth).
- Close unnecessary openings with sheet metal or concrete.
- Seal any holes around the home where piping comes in with sheet metal or hardware cloth.



COMMUNITY ACTION

The success of the rodent control program is dependent upon the cooperation of you as an individual and as a community member. If you have any questions please contact the health department. If you notice any rodent activity (burrows/sightings) on your property, please contact a certified Pest Control Operator for assistance.

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Listen & Learn

Public Health on Call

John Hopkins Bloomberg School of Public Health

910 – Climate Change and Meteorology: 2025 Update

What might be in store for the 2025 hurricane season? Meteorologist Brian McNoldy returns to the podcast to talk about how things are shaping up, a look back at how last summer's unprecedented mix of heat and moisture played out in an extremely active season, and a zoomed-out look at climate change trends as larger patterns beyond individual events and year-over-year comparisons.

Guest: **Brian McNoldy** is a senior research associate at the Rosenstiel School of Marine Atmosphere and Earth Science at the University of Miami.

Host: Lindsay Smith Rogers, MA, is the producer of the Public Health On Call podcast, an editor for **Expert Insights**, and the director of content strategy for the Johns Hopkins Bloomberg School of Public Health.



Sarcoma Stories

Sarcoma Foundation of America

Brian Fugere: Synovial Sarcoma Survivor

On this episode, we speak with Brian Fugere, who is a synovial sarcoma survivor of 20 years. Brian shares his perspective on what the sarcoma landscape looked like 20 years ago at the time of his diagnosis, taking us through his treatment journey and how his marathon running has been an outlet for him to not only give back to the sarcoma community, but also reclaim his life.

We are so fortunate to be able to be a part of Brian's reflection and discuss so many topics like what to say to support someone during a sarcoma diagnosis, giving permission to be honest about how you're feeling and the important roles of care partners in our life.



HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

search the name of the podcast in the Spotify app or website.

AUGUST IS....

PSORIASIS

ACTION MONTH



Psoriasis is a chronic disease where skin cells build up quickly, typically causing red or discolored, scaly, and itchy patches on the skin. It is not contagious and can vary in severity.

Psoriasis is an immune-mediated disease (a disease with an unclear cause that is characterized by inflammation caused by dysfunction of the immune system) that causes inflammation in the body.

All information sourced from the National Psoriasis Foundation

Types of Psoriasis

There are five types of psoriasis:

1. Plaque Psoriasis
2. Inverse Psoriasis
3. Guttate Psoriasis
4. Pustular Psoriasis
5. Erythrodermic Psoriasis

It is possible to have more than one type of psoriasis at one time and more than one type in a lifetime. Treatments may vary depending on the type and location of the psoriasis.



Plaque psoriasis



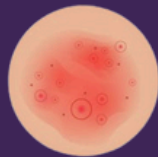
Erythrodermic psoriasis



Guttate psoriasis



Inverse psoriasis



Pustular psoriasis

Diagnosis

A health care provider will take several factors into consideration including:

- The appearance of the skin.
- The location of psoriasis.
- Itch of the skin.
- A skin biopsy (the removal of a small piece of skin to be looked at under a microscope).

Symptoms

Symptoms of psoriasis include:

- Red, brown, or purple patches of skin
- Patches of thick, raised skin (plaques)
- Itching
- Irritation, burning, or stinging
- Pustules or blisters
- Dry skin that may crack or bleed
- Changes to nails
- Flaking of dead skin



On Caucasian skin, plaques typically appear as raised, red patches covered with a silvery white buildup of dead skin cells or scale. On skin of color, the plaques may appear darker and thicker and more of a purple or grayish color or darker brown.

Cause

The cause of psoriasis is not fully understood.

It is believed to be caused by genetics, the immune system, and the environment.

Locations

- Elbows
- Face
- Feet
- Hands
- Knees
- Nails
- Scalp
- Skin folds (including genitals)

Psoriasis can be anywhere on the body. Plaques and scales can be a few small patches or can affect large areas.

Treatment

While there is no cure for psoriasis, treatment options include:

- Topicals, including over-the-counter topicals, topical steroids, and topical non-steroids
- Phototherapy
- Systemics, including oral, biologic, and biosimilar treatments

E-Bike Training for Teens Live/Online Classroom Thursday, August 21st 12:00-1:30pm or 7:00-8:30pm

Students will learn the skills teens needed for safe and responsible biking—skills that will carry over into safe driving. While ebikes are legally defined as bicycles, they are much closer to mopeds. Riders need to learn to use the roads and bike paths safely and responsibly. They need to understand the rules of the road for predictability and situational awareness for crash avoidance.

Content Includes:

- Understanding ebike features and safety systems
- Battery care and charging best practices
- Pre-Ride check and basic maintenance
- Proper helmet fitting and safety gear
- Traffic rules and regulations
- Understanding lines, signs and signals
- Safe navigation of roads and bike paths
- Understanding how crashes happen and how to avoid them
- Speed management and stopping distance

Register [HERE](#) for 12pm -1:30pm time slot
Register [HERE](#) for 7pm- 8:30 pm time slot

Montclair Ambulance Unit: Opioid Overdose Response Training

MAU's Opioid Overdose Response Training provides participants with the necessary knowledge, skills, and confidence to assist others and potentially save lives. Participants will learn to recognize the signs of an opioid overdose, understand the progression of an opioid overdose, administer naloxone nasal spray, and how to protect yourself. This training is supported through grant funding from the Montclair Township Department of Public Health and is available for free to people who live, work, or go to school in Montclair Township. Participants will receive a free opioid overdose response emergency kit. Sign up by scanning the QR code.



Location
United Way Building
60 S Fullerton Ave Suite 102
Montclair, NJ 07042

Sponsored by:



Street Savvy Cycling **(E-Bikes are welcome)**

Sunday, September 7, 2-5pm

Taught by Paul Mickiewicz & Andrea Silk
Certified instructors through the League of American Bicyclists and the American Bicycling Education Association

Registration Required

Build confidence and competence by developing bike handling skills and learning street savvy cycling best practices. **We start with skill building drills in a parking lot practicing starts, stops, turning, hazard avoidance, signaling, scanning, shifting and more.** Next we take our skills to the street, applying street savvy cycling strategies to a road ride, analyzing challenging roadway scenarios navigating as a group and solo. Learn how proper lane positioning, effective communication and courteous cooperation can transform your road riding experience!

100% Rebate for all participants following completion of the workshop.
Participants must be at least 13 years of age. Helmets, road ready bikes and signed waivers required. Bring water and appropriate clothing.
Questions? Contact Paul at BikeWalkMontclair@gmail.com



Register Here:



Road to Wellness Mobile Health Fair

The Essex County Office of Public Health Management will be hosting the 2nd Annual Essex County's Road to Wellness Mobile Health Fair. This event will take place on Sunday, September 28, 2025, 11:00am – 3:00pm at the Essex County Branch Brook Park, between Heller Parkway and Mill Street, Newark, NJ.



Scan the QR Code to access the Montclair Health Department Padlet that includes resources, flyers, calendars and upcoming wellness events in the community!

Montclair Health Department Immunization Clinics

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email mginter@montclairnjusa.org.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042

