

# JULY NEWSLETTER

## MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR AND CEDAR GROVE

### **Center for Disease Control and Prevention Sun Safety Facts**

From the [CDC Sun Safety Facts Page](#)

#### **Shade**

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.

#### **Clothing**

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.

#### **Hat**

For the most protection, wear a hat that has a brim all the way around that shades your face, your ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

#### **Sunglasses**

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. M

#### **Sunscreen**

Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options. Sunscreen is not recommended for babies who are 6 months old or younger. The US Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

*Side note: Remember to check the expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.*

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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.

JULY IS...

# SARCOMA

## AWARENESS MONTH

### WHAT ARE SARCOMAS?

"Sarcoma refers to a broad group of cancers that start in the bones and soft tissues. Soft tissues connect, support and surround other body structures. Soft tissues include muscle, fat, blood vessels, nerves, tendons and the lining of the joints. Cancer that starts in the soft tissue is called soft tissue sarcoma.

There are many types of sarcomas. They can happen in many parts of the body. Treatment for sarcoma varies depending on sarcoma type, where it is and other factors."

*The Mayo Clinic, Sarcoma Page*

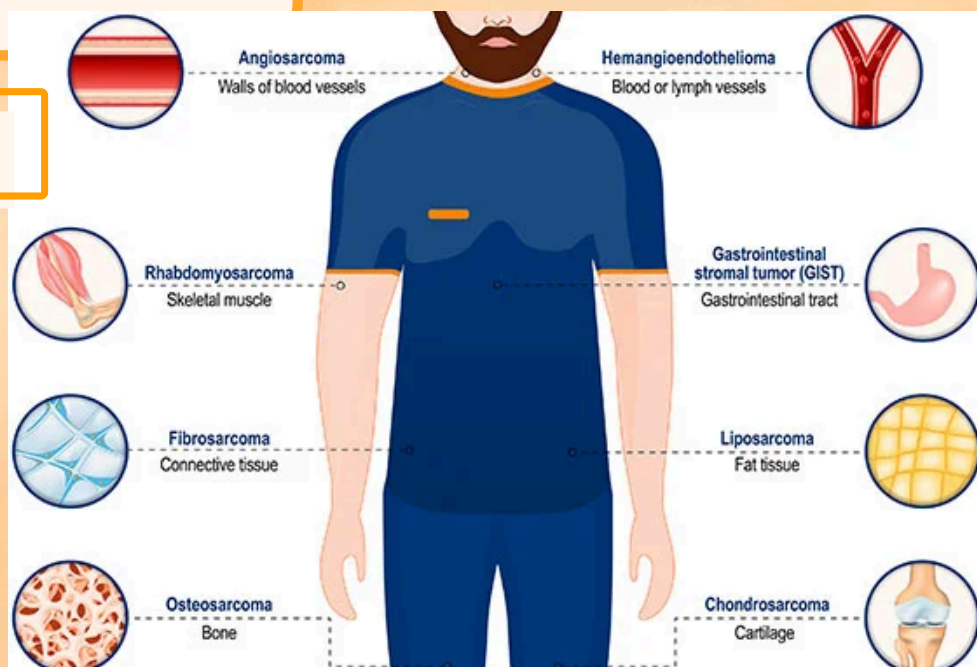
### EARLY SIGNS/SYMPTOMS

1. A lump that can be felt through the skin that may or may not be painful.
2. Bone pain.
3. A bone that breaks with no clear cause, such as with a minor injury or no injury.
4. Belly pain.
5. Weight loss.

### TREATMENT OPTIONS

Depending on the sarcoma type and stage, treatment options could be

- radiation
- chemotherapy
- surgery
- targeted therapy
- immunotherapy



Other resources: [Sarcoma Foundation of America](#), [National Cancer Institute](#)



## **SAVE CANCER SCREENING-** **IN MONTCLAIR RESCHEDULED TO** **WEDNESDAY AUGUST 6<sup>TH</sup> 2025**

The Department of Health & Human Services – Montclair Health Department in partnership with Mammography in Motion and the S.A.V.E Program at Rutgers Cancer Institute of NJ at University Hospital are providing access to breast and cervical cancer screenings to women of our community!

**Date: Wednesday, August 6th 2025**  
**9am – 3pm**

**Location– Montclair Municipal Building**  
**205 Claremont Ave, Montclair**  
**(mobile unit will be parked nearby)**

### **Breast Screening ( Mammogram)**

#### **Eligibility:**

- Women age 40 and older
- Never had a mammogram or last mammogram was 12 + months ago.
- For insured and uninsured patients

### **Cervical Screening ( PAP) Eligibility:**

- Women age 21 to 65 years old
- Last pap smear was 12+ months ago.
- For uninsured patients

**Please reach out to**  
**nb766@njms.rutgers.edu for more**  
**information.**

## **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.



#### **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:**



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](mailto:mginter@montclairnjusa.org).

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

