

# The Township of Lyndhurst presents: **THE HEALTH ADVOCATE**

Public Health for a Healthy Community

Volume 1, Issue 1

[www.lyndhursthealth.org](http://www.lyndhursthealth.org)

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Lyndhurst Health Department  
253 Stuyvesant Avenue  
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201-804-2500

[www.lyndhursthealth.org](http://www.lyndhursthealth.org)

**Brian C. Haggerty**  
Commissioner of Public Affairs  
Director of Health Department

**Joyce Jacobson**  
Health Administrator

**Annette Mazure**  
Office Administrator  
Registrar

## What is Public Health?

### **Public health is prevention.**

Prevention of the spread of disease. Prevention of environmental hazards. Prevention of drug and alcohol abuse.

### **Public health is protection.**

Protection from disease. Protection from contaminated foods.

### **Public health is action.**

Action when a health hazard is identified. Action when an infectious disease is identified. Action to stop an infection from spreading through the community.

### **Public health is promoting.**

Promoting healthy behaviors. Promoting population-based policies to improve the health of the whole population.

### **Public health is preparedness.**

Preparing for emergencies that hopefully will never happen. Preparing for the flu season. Preparing to prevent, protect, and act. Under the direction of Commissioner Brian C. Haggerty, the Lyndhurst Public Health Department strives to promote and protect the public health of our

community.

We serve as a health resource for our community and make every effort to respond to the changing health needs and concerns of our community. We welcome you to this first issue of The Health Advocate.

## Who Should be the First to Receive the H1N1 Vaccine?

- Pregnant women
- People living with or caring for children younger than 6 months of age.
- Healthcare and emergency medical service workers
- Children from 6 months through 18 years of age
- Young Adults 19 through 24 years of age
- People aged 25 through 64 years of age who have health conditions with higher risk of medical complications from the flu, (such as having a chronic disease affecting the lungs, heart, liver, kidneys, or a neuromuscular or endocrine disorder).

*People with life threatening allergies to chicken eggs or any other substance in the vaccine should not be vaccinated.*

## H1N1: A New Public Health Concern

Our new public health challenge is in the fight against the spread of H1N1. Originally called “swine flu,” this new flu virus is also known as “Novel Influenza A.” H1N1 was first identified in the U.S. in April, 2009. Symptoms of H1N1 are similar to the regular seasonal flu: fever, cough, sore throat, stuffy or runny nose, body aches, headache, chills, and tiredness. Diarrhea, and vomiting also occur. The CDC and the FDA have approved a vaccine for the prevention of H1N1. This vaccine is expected

to be available in late October. When available, the Lyndhurst Health Department will offer the H1N1 vaccines. The population identified as “at-risk” to develop H1N1 will receive the vaccine first (see box to right). People especially “at-risk” include children receiving long term aspirin therapy, adults or children who are immunocompromised, and those who have chronic medical conditions. H1N1 is contagious, usually spread when coughing and sneezing spreads the virus into the air. If a tissue is not

available, use your elbow to cover your cough or sneeze. The best protection against H1N1 is prevention.

- Wash hands frequently.
- Use alcohol based hand-sanitizers.
- Avoid touching your nose, eyes, and mouth with unwashed hands.
- Avoid sick people.
- Stay home if you are sick.
- Get vaccinated.

## DISEASE PREVENTION TIPS

- Frequent hand-washing
- Good hygiene
- Proper food handling
- Avoid close contact with sick people
- Cough/sneeze into sleeve
- Get Vaccinated



Alison Roa, RN, visited all Kindergarten classes in town to teach the importance of hand washing. Pictured are children from Roosevelt school.

## ANIMAL COMPLAINTS

Please call  
Bergen County  
Animal Control  
201-752-4260

If complaint continues,  
call the  
Health Department:  
201-804-2500

If an emergency,  
call Police:  
201-939-2900

**ALL ANIMAL BITES SHOULD  
BE REPORTED TO THE POLICE,  
HEALTH DEPARTMENT, AND  
YOUR PHYSICIAN.**

**TO AVOID RABIES, STAY  
AWAY FROM STRAY  
ANIMALS.**

**PLEASE RENEW YOUR DOG  
AND CATS' LICENSES EVERY  
JANUARY.**

# Control of Communicable Diseases

Most of us can name a communicable disease: measles, chicken pox, and the flu. With the right preventative measures, the spread of these diseases can be prevented. Some communicable diseases spread through the air (a cold or the flu); some occur through contaminated foods.

Other diseases spread with the exchange of blood or body fluids; these include Hepatitis, HIV, and sexually transmitted diseases. Our Health Department works closely with the NJ Department of Health and Senior Services and the Bergen County Health Department to identify

disease and to implement preventative measures. Please call our public health nurse, Alison Roa, at 201-804-2505 with any questions. Our staff is available to answer questions and to provide health-related literature to help you stay healthy.

## Our Registered Environmental Health Specialist

The position is known by many titles: health inspector, sanitarian, or registered environmental health specialist (REHS). The REHS follows the rules and regulations of the NJ Sanitary Code, otherwise known as "Chapter 24." As our township's REHS, Alan Dondero must inspect all food establishments. He responds to health-related

complaints and investigates animal bites. All public pools and schools are inspected to ensure the safety of our community. While much time is spent investigating residents' complaints, the health inspector visits every food establishment at least once a year. There are 3 possible outcomes of his visit: 1) Satisfactory, 2) Conditional,

or 3) Unsatisfactory. Unless satisfactory, the inspector must return for follow-up inspections. Food establishments will be closed if serious health risks are present. Please call 201-804-2499 to report a complaint. If our office is closed, please call the police with issues of immediate concern (201-939-2900).

## Thank You for your Food Pantry Donations

We thank our community for all the generous donations to our food pantry. Schools, businesses, churches, social organizations, and numerous individuals have donated. Families who have received help have in turn donated when they can. Recognizing these difficult economic times, we continue to strive to provide food for Lyndhurst families in need. If you know of a family in need, please tell them to visit our food pantry.  
Hours: Monday-Friday  
1:00 pm. - 4:00 pm.

## Fast Facts: Pet Licensing

- All dogs and cats over 6 months of age require a license.
- Free rabies shots are given at the Health Department every January.
- If your cat or dog's rabies shot expires before November 1st of the licensing year, another shot is required for licensing.
- Licensing helps to identify an animal's rabies status.
- Licensing is useful to identify lost pets.
- Your pet must wear its tag at all times.
- Pet licenses can be obtained at the Lyndhurst Health Department (M-F 9-4:30) or via mail. Proof of the animal's rabies immunization is required.
- Licenses must be renewed every January at the Health Department.

### ITEMS ESPECIALLY NEEDED FOR FOOD PANTRY

Cereals	Detergents	Toilet paper
Spaghetti Sauce	Shampoo	Conditioner
Peanut butter	Deodorant	Cooking oil
Jelly	Band-aids	Apple juice
Tuna fish	Canned vegetables	Diapers

# Steps to Safer Health Care

1. Choose a doctor you feel comfortable with.
2. Write down your questions before going to the doctor.
3. Bring along a friend or relative to help you understand the doctor.
4. Ask questions and make sure you understand the answers.
5. Give your doctor an updated list of all your medications, including over-the-counter medications. If necessary, bring the bottles with you.
6. Ask for the results of all medical tests. Do not assume results are normal just because you did not get a call from the doctor.
7. Ask what follow-up care is needed.

## Who Should Speak for You?

What would happen if a serious illness or accident took away your ability to make decisions about your own medical care?

While most of us do not want to think about such a scenario, we can ensure our medical wishes are followed by simply completing an advance directive, commonly known as a "living will." Living wills only deal with medical decisions.

Advance directives allow you to choose a trusted person

to speak for you when you are not able to. This person is known as your health care agent.

Since this person must give voice to your choices, it is ideal to discuss your health care beliefs and wishes with the chosen person.

Would you want a feeding tube or breathing tube to prolong your life? If you could recover from an injury, would you want these same treatments?

Some people choose to be

very specific in their advance directives. Others simply name a representative who knows their wishes.

Advance directives are not just for the elderly; anyone over the age of 18 can complete one.

The Lyndhurst Health Department can assist you in completing your advance directive. There is no charge for this service. Please call 201-804-2421 to make an appointment.

## Are You Getting Married or Entering a Civil Union?

The Health Department is the place to come for your marriage or civil union applications (both follow the same application process). First step: the application. This must be completed in the NJ town where one member of the couple lives. If neither member of the couple is a NJ resident, the application is filed in the NJ town where the ceremony will occur.

What is needed? The couple, along with 1 witness, must bring ID. The couple must

each provide 2 forms of ID (birth certificate, passport, driver's license). Only one ID is needed by the witness who must be over the age of 18.

Also required:

- 1) proof of residency
- 2) if previously married or in a civil union, divorce papers or dissolution papers
- 3) place/date of marriage, and
- 4) name of person performing the ceremony. Cost of application: \$28.

After the application is

completed, 72 hours must pass before the couple can pick up the license; it is then valid for 30 days. If the ceremony does not occur within these 30 days, a new application and waiting period are required.

Licenses are filed in the town in which the ceremony takes place. If married in Lyndhurst, the cost for certified copies is \$7.00. If you would like the mayor to perform the ceremony, call 201-804-2450.



Affordable health coverage. Quality care.

**Does your child need Health Insurance?**

Call 1-800-701-0710  
or visit  
[www.njfamilycare.org](http://www.njfamilycare.org)

Call the Health Department  
for more information.

**Environmental Concerns?**

Call NJDEP

**1-877-WARN-DEP**

or

Bergen County  
Environmental Division  
**201-634-2804**

**Poison Control Hotline**

**1-800-222-1222**

**Domestic Violence can be stopped**

Alternatives to Domestic  
Violence Hotline

**201-336-7575**

**24 hour Hotline**

Confidential  
Crisis Intervention  
24-Hour Emergency Shelter  
**201-944-9600**

**Medical Equipment Available**

Crutches, commodes, walkers, canes, and wheelchairs can be borrowed from the Health Department. A small refundable deposit is required.

# New Lyndhurst Health Programs

In partnership with Clara Maass Medical Center, our health department held a Brown Bag Workshop on September 14th. Residents were given the opportunity to meet individually with pharmacist John Bellitti of H.B. Pharmacy to review their medications. In November, H.B. Pharmacy will offer free individual counseling sessions to review which Medicare Part D is best for the each person. Please call 201-997-2010 to schedule an appointment.



Please visit us  
on the Web:  
[www.lyndhursthealth.org](http://www.lyndhursthealth.org)

## HEALTH DEPARTMENT

Main Office:  
201-804-2500

**Brian C. Haggerty**  
Commissioner of  
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201-804-2470

**Joyce Jacobson**  
201-804-2421  
Health Administrator

**Annette Mazure**  
201-804-2500  
Registrar/Office Manager

**Gloria Cucco**  
201-804-2501  
Deputy Registrar/Clerk

**Alison Roa**  
201-201-2505  
Public Health Nurse

**Alan Dondero**  
201-804-2499  
Health Inspector

**Phyllis Castiglia**  
Public Education  
and Awareness  
201-804-2470

# Lyndhurst Sponsors Health Care Forum



*Joyce Jacobson, Health Administrator, Senator Loretta Weinberg, Brian C. Haggerty, Commissioner of Public Affairs, and Annette Mazure, Registrar*

We held our first Health Care Forum on September 16th to address our senior residents' questions and concerns about health care reform. Approximately 100 people attended this event and received updated information

about their Medicare and Medicaid benefits. Keynote speaker State Senator Loretta Weinberg discussed health care issues in the state of New Jersey and answered questions from the audience about federal health care reform. A representative from the Center for Medicare and Medicaid Services spoke of upcoming changes and notifications in Medicare. Especially emphasized at the

forum is that seniors need to be aware that open enrollment for Medicare Part D (prescription coverage) starts on November 15. Each plan can change every year so it is beneficial for seniors to review their medications and coverage needs at this time of year.



*Ragae Wassef, owner of the newly opened Good Shepherd Adult Day Care in Lyndhurst*

# Health Revelation Workshops Resume on October 5<sup>th</sup>

We are pleased to announce the continuation of our Health Revelation Workshops on October 5th. Our interactive workshops explore current health and wellness themes such as Healthy Aging, Do's and Don'ts of Drug Safety, and Health Mistakes Smart People Make. Returning to lead the



workshops will be Sharon Bernstein of the Defining Moment Foundation. The 5 workshops will meet Mondays at our health department on Oct. 5, 19, 26 and Nov. 2 & 16 from 10:30 am- 1:00 pm. Free lunch and gifts. Reservations are required. Call 201-804-2500 to reserve a seat.

## FLU SHOT CLINICS

We will be giving Flu shots as soon as the shots arrive.

Dates will be posted on

[www.lyndhursthealth.org](http://www.lyndhursthealth.org)

## FOOD STAMP APPLICATIONS

Wed. Oct 14

9:00 am - noon

at the

Lyndhurst Health Dept.