

OCTOBER NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

Montclair Awarded \$1,000,000 Urban & Community Forestry Grant From USDA

Written By: Lisa Johnson

Greener streets are coming your way! Mayor Spiller and the Township Council announce the receipt of the Urban & Community Forestry Inflation Reduction Act Grant to the Township of Montclair in the amount of \$1 million by the United States Department of Agriculture (USDA). This grant aims to support the township's endeavor for equitable urban tree access and climate resilience. This will be accomplished by mitigating hotspots and reducing the Urban Heat Island (UHI) effect through an expansion of the urban tree canopy. Moreover, it will give precedence to underserved communities, increase educational outreach, and provide backing for youth employment.

Research indicates that communities with ample access to trees and green spaces experience improved health outcomes, decreased crime rates, lower average temperatures, and a surge in various types of investments and new economic prospects. Thanks to the support provided by the Inflation Reduction Act, the Forest Service is currently making investments to increase the nation's tree coverage across urban, suburban, and rural communities on a nationwide scale.

The Urban and Community Forestry Program is an integral component of President Biden's Justice40 Initiative, which strives to guarantee that marginalized, underserved, and pollution-affected communities, burdened by historic underinvestment, receive the benefits of specific federal investments.

In Montclair, we are witnessing a pressing demand to address the adverse impacts of UHIs and rectify environmental injustices. We firmly believe that initiatives such as tree planting, improving air quality, reducing energy demands, bolstering workforce development, and fostering greater community involvement will yield substantial benefits in tackling the damaging effects of extreme heat and promoting environmental equity within our communities.

IN THIS ISSUE:

Montclair Awarded USDA Urban & Community Forestry Grant

Listen & Learn - Public Health Podcasts

6 Tips For a Safe & Healthy Halloween

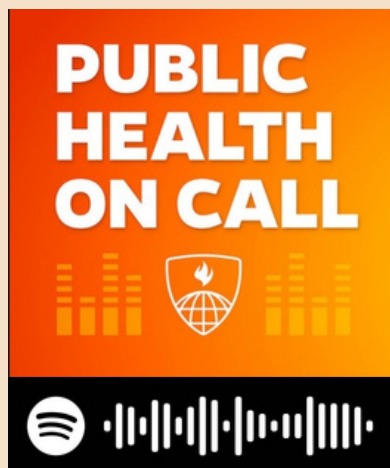
National Eat Better, Eat Together Month

Montclair Health Department Immunization Clinics



For more information about this grant or Montclair's efforts to create a greener and more equitable community, please contact Lisa Johnson at ljohnson@montclairnjusa.org or 973-509-5721.

Listen & Learn



Public Health On Call Podcast

Johns Hopkins Bloomberg School of Public Health

Episode 663 - The Impact of Health Care on Climate

Daily health care operations in the US account for 8.5% of all greenhouse gas emissions. Shanda Demorest is a cardiac nurse and Associate Director of Climate Engagement and Education at Health Care Without Harm. She takes Dr. Josh Sharfstein on a virtual tour of a hypothetical hospital, pointing out opportunities for sustainability. They discuss how, despite a lack of regulation, health care systems are making pledges to reduce emissions—and how individual clinicians and patients can help the cause.



Everything is Public Health

Episode - Aging is Public Health : The Unpaid Backbone of Our Aged Care System

Family caregivers and unpaid caregivers form the backbone of our healthcare system for our aged population, providing billions of dollars worth of services. How can we better support them?

Featuring Special Guest: Dr. Chanee Fabius
Assistant Professor Bloomberg School of Public Health

HOW CAN I LISTEN?

To listen to any of the podcasts listed above, search the name of the podcast in the Spotify app or website.

----- OR -----

Open the Spotify app and scan the "Spotify Code" on the images above

6 TIPS FOR A SAFE & HEALTHY HALLOWEEN

Before transforming into a spooky vampire or glittery unicorn, perform a patch test on your skin 24-48 hours before. Grab a bit of makeup and apply it to a small area on your arm. Keep an eye out for any redness, swelling, itching, or other signals of an allergic reaction. Safety first!

Sport eye-catching costumes and slap on some reflective tape to make sure you're seen in the dark. And don't forget to watch your step! Shorter costumes are a must to avoid tripping and tumbling into a spooky surprise.

Give your treats a quick once-over before digging in. Check for any strange appearances, discolorations, or ripped packaging. If something seems off, toss it out like a hot potato!

Before sporting those dazzling, decorative colored contact lenses, make sure you've got the green light from your eye care professional. Improper use can lead to serious eye injuries, so don't take any unnecessary risks!

Halloween screams for bold, bright makeup. But, beware! Before you paint your face, give a quick check to the FDA's list of approved color additives. If the shades aren't given the green light for their intended use, skip them altogether. This is crucial if you plan to decorate your peepers with some colorful eyeshadow.

Don't ignite the party in the wrong way. Dress up in costumes that scream "flame-resistant" on the label. If you're the DIY type, opt for materials like polyester or nylon that are fire-safe.

IT'S NATIONAL EAT BETTER, EAT TOGETHER MONTH!

Let's celebrate National Eat Better, Eat Together Month! It's time to rally around the table and embrace the power of shared meals. When families eat together regularly, children are more likely to consume foods with higher nutritional value and incorporate more fruits and vegetables into their diets. An added benefit of eating together is that it allows parents and children to connect, improve communication skills, and strengthen the family bond. So why not sprinkle some mealtime magic into your October? Here are some nifty tips to make family meals the highlight of your daily routine!

1. EAT AT THE TABLE

Eating at the table, rather than in front of the TV or on the couch, provides an opportunity for parents and children to share what's going on in their lives and connect with each other.

2. GET THE WHOLE FAMILY INVOLVED

Make it a fun family activity! If you have younger children, ask them to help set the table. Older children and teens can help plan and cook the meals.

3. START MEAL PREPPING

Preparing meals beforehand can help save time on busy days. Planning out meals for the week and knowing what ingredients to buy saves time and prevents you from buying unnecessary items, including those tempting unhealthy snacks.

4. USE IT AS A TEACHING OPPORTUNITY

Eating together is a chance for you to teach your children about portion control and choosing nutritious foods to supplement a healthy diet. This is also the perfect time to teach children basic table manners!

5. MAKE IT A PRIORITY!

Schedule and mark family dinners on the calendar! By incorporating eating together regularly, children will learn the importance of prioritizing quality family time even when life gets busy and hectic.

References: <https://hles.unl.edu/october-national-eat-better-eat-together-month#:~:text=October%20is%20National%20Eat%20Better,%2C%20vegetables%2C%20and%20whole%20grains.>

Montclair Health Department Immunization Clinics



Public Health
Prevent. Promote. Protect.

Montclair Health & Human Services

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