

# HEALTH MATTERS



The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Borough

## February is American Heart Month



## THIS MONTH IN HEALTH MATTERS

- Recipe of the Month
- February is American Heart Month
- Tips to Stay Heart Healthy!
- FREE Blood Pressure Screening Clinics
- Bernards Township Dog & Cat License Reminder
- Facing Fentanyl
- Screenagers: Elementary School Age Edition
- Mind n Mingle Programs
- February is Teen Dating Violence Awareness Month
- Upcoming Community Programs

## Bernards Township Dog and Cat Licenses

Avoid the late fee. License your pet before February 29th. More information [here](#)

## Facing Fentanyl Documentary Screening & Narcan Training

Thursday, February 27th  
6:30 - 8:30 PM  
Bernards Twp Library  
32, S Maple Ave, Basking Ridge  
Get more info [here](#)

## National Wear Red Day

Wear RED on 2/7 to help raise awareness of heart disease - the leading cause of death in the US. Know your risk and protect your heart. Learn more at [hearttruth.gov](http://hearttruth.gov)

## BLOOD PRESSURE SCREENING CLINICS

Monday, February 10	12:00-1:00 PM	Bernards Township Library 32 S Maple Ave, Basking Ridge
Wednesday, February 12	1:00-2:00 PM	Long Hill Township Library 917 Valley Rd, Gillette
Wednesday, February 19	11:00 AM -12:00 PM	Garabrant Center 4 Wilson St, Mendham Borough
Monday, February 24	12:30-1:30 PM	Peapack & Gladstone Borough Hall - Council Room 1 School Rd, Peapack
Wednesday, February 26	12:00-1:00 PM	Bernardsville Public Library 1 Anderson Hill Rd, Bernardsville

Take charge of your heart health this February! Join us for FREE blood pressure screenings in honor of American Heart Month. It's quick, easy, and could make all the difference. Don't wait—your heart deserves it!

Screenings will be offered on a walk-in basis

Importance of blood pressure screening

Supported By:

COMMUNITY VISITING NURSE

Questions? Email [health@bernards.org](mailto:health@bernards.org)



Monthly Newsletter from the Bernards Township Health Department

## STAY CONNECTED

Follow us on social media for public health posts!



FEBRUARY IS NATIONAL TEEN DATING VIOLENCE AWARENESS MONTH

Visit [loveisrespect.org](http://loveisrespect.org) to learn more

## SCREEN AGERS

### Documentary Screening and Q&A

Thurs, March 6th 6:30 PM  
Ridge High School PAC

Get more info [here](#)

ELEMENTARY SCHOOL AGE EDITION



# UPCOMING LOCAL PROGRAMS

## Facing Fentanyl

### Documentary Screening & Free Narcan Training

Prevention Resource's newest documentary, "Facing Fentanyl" is intended to educate the community about dangers of Fentanyl and features local stories of those affected by the opioid crisis. *Documentary run time is 18 minutes.*

Following a brief discussion will be a Narcan Training. Naloxone (Narcan) is a drug that reverses the effects of an opioid or heroin overdose. Naloxone training is funded by the New Jersey Division of Mental Health and Addiction Services and will be facilitated by the Opioid Overdose Prevention Network (OOPN) at the Division of Addiction Psychiatry at Rutgers Robert Wood Johnson Medical School.

Seating is limited. If you would like to attend, please RSVP no later than **February 20th**. For more information about this training and to register, please call (908) 204 - 2523 or contact [KCartoccio@bernards.org](mailto:KCartoccio@bernards.org).

Thurs, Feb 27th

6:30 pm

Doors open at 6 pm

Bernards Township Library  
32 S Maple Ave  
Basking Ridge, NJ

RSVP by Feb 20th

Any non-medical professional can learn how to properly administer Naloxone (Narcan) and help save a life.

Learn how to recognize and reverse an overdose

**FREE & open to ALL** community members, family, and friends.

Receive a **FREE Naloxone Kit** for Attendees/Participants

Advanced registration is required. Participants must be 18 years and older

Sponsored by:



# SCREEN AGERS



## ELEMENTARY SCHOOL AGE EDITION Documentary Screening and Q&A

**Date** Thurs, Mar 6, 2025  
**Time** Doors open 6pm, Movie at 6:30 pm  
**Location** Ridge High School Performing Arts Center  
268 S Finley Ave, Basking Ridge, NJ 07920

Scan or click here to get your free ticket



**Questions? Visit [www.bernardshealth.org](http://www.bernardshealth.org) or call (908) 204-2523**

Hosted by: The Bernards Township Municipal Alliance, the Bernards Township Health Department, Community in Crisis and the Governors Council on Substance Use Disorder

## GRAB N GO TEEN OUTREACH PROGRAM

# GRAB N GO

### VALENTINE'S "TREAT YOURSELF" KITS

This Valentine's Day, make sure you take time to "treat yourself" with a DIY Hot Chocolate bomb and other Valentine's treats. Spread the love for others, but don't forget to love yourself!

While supplies last, kits the same regardless of day picked up. For individuals in grades 7-12. One kit per student.



Kit Pick up in the Bernards Township Library Teen Room

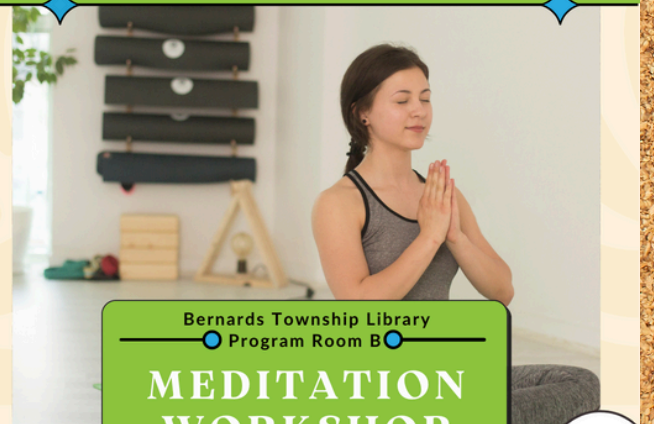
Wed Feb 12th  
5:00 - 7:00 pm

Thurs Feb 13th  
3:00 pm - 5:00 pm



This program is sponsored by the Bernards Township Library, Bernards Township Health Department, Bernards Township Municipal Alliance and Youth Services Commission, the Governors Council on Substance Use Disorder and the Somerset County Board of County Commissioners

## MIND N MINGLE TEEN OUTREACH PROGRAM



Bernards Township Library  
Program Room B

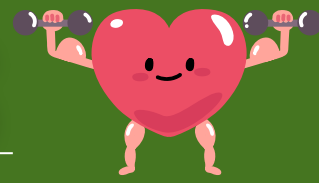
# MEDITATION WORKSHOP

Monday, February 24th

4:00-5:30pm



# COMMUNITY PROGRAMS



## CANCER THRIVING & SURVIVING

**A Workshop to Support Adults & Caregivers Impacted by Cancer**

JOIN US ▼

### About this Workshop

Developed by Stanford University, this self-management program is proven to help cancer patients, survivors and caregivers learn to better manage the challenges of thriving.

### Location

Virtual via Zoom - Link to join the workshop will be sent after registration.

**6-WEEKS ON TUESDAYS**  
5:00 - 7:00 PM  
**DATES: February 18, 25 & March 4, 11, 18, 25, 2025**

### To Register:

To register, visit [bit.ly/4hfKzPj](http://bit.ly/4hfKzPj) OR scan the QR code



The Regional Morris & Somerset County  
**CHRONIC DISEASE & CANCER COALITION**  
Early Detection Best Protection  
[www.co.somerset.nj.us](http://www.co.somerset.nj.us) - 908-231-7155



## Early Signs of Congestive Heart Failure Prevention and Intervention Vital for a Change of Heart

**Thursday, February 13th**  
**11:30 a.m. to 1:30 p.m.**

**Olde Mill Inn, Basking Ridge**

Understand the early signs and symptoms of congestive heart failure (CHF), risk factors, causes, diagnosis, early interventions, stages of progression, advance treatment options and preventive strategies.

A light heart-healthy lunch will be served.

Alpesh A Patel, MD, Cardiologist

[Register Here](#)

Learn about other RWJBarnabas Events [Here](#)



## RECOVERING STRENGTH ONE STEP AT A TIME

LIVESTRONG® AT THE YMCA

Cancer is a life-changing disease. LIVESTRONG at the YMCA is a **FREE, 12-week recovery program for adult cancer survivors**. This transformative program meets twice weekly for 75-minute classes and offers personal attention to each of the participants. Instructors, who are trained in supportive cancer care, help participants to regain their health in spirit, mind and body through exercises and activities focused on strength, flexibility, cardiovascular and meditation techniques.

Learn more at [gscymca.org/livestrong](http://gscymca.org/livestrong)

**Next Session:**

**FEB. 11 - MAY 1**  
**TUES/THURS**  
**12PM - 1:15PM**

**SOMERSET HILLS YMCA**  
140 Mount Airy Road, Basking Ridge

For more information contact [Lisa Pensabene at 908 766 7898 x503](mailto:Lisa.Pensabene@gscymca.org) or [lpensabene@gscymca.org](mailto:lpensabene@gscymca.org)

### SOMERSET HILLS YMCA

A branch of Greater Somerset County YMCA  
140 Mount Airy Road, Basking Ridge, NJ 07920 | 908 766 7898

[SomersetHillsY](#) [gscymca](#) [gscymca](#) [gscymca.org](#)

Greater Somerset County YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. The Yempowers everyone—no matter who they are or where they're from—by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. For information about Greater Somerset County YMCA and financial assistance, visit us at [www.gscymca.org](http://www.gscymca.org).

## WELL TOGETHER

Join us for our first Speaker Event of 2025!

**"When Good Enough is Really Good Enough"**

For Teens, Parents, and Anyone Who Feels Overwhelmed and Overscheduled

**WHO:** Erin Bennington, MSW, LCSW  
**WHEN:** Thursday, February 6<sup>th</sup>, 2025  
**TIME:** 7-8 PM  
**WHERE:** Somerset Hills YMCA Teen Center  
**COST:** Free

### FOR MORE INFORMATION

Please contact Nya Noziere at 908 630 3535 x605 or at [nnoziere@gscymca.org](mailto:nnoziere@gscymca.org).



Learn about other GSCYMCA Programs [Here](#)



## February is American Heart Month

Heart disease is the leading cause of death in the United States, but it can often be prevented. Practice heart-healthy tips to help you take action to reduce the risk of heart disease and its risk factors.



Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

[Reference](#)

[Reference](#)



## Heart Healthy Green Smoothie

### Ingredients:

- 2 handfuls spinach
- 1 cup coconut water
- 1 tablespoon flax seeds
- 1 teaspoon honey
- 1 medium orange
- 3/4 cup frozen mango chunks
- 1/2 medium banana
- 2 cups ice

### Instructions:

- In a food processor or blender, process the spinach, water, and honey until blended.
- Add the flax seed, orange, mango, and banana. Process until smooth.
- Add the ice, 1/4 cup at a time, until the desired consistency.

[Recipe Link](#)