

# HEALTH MATTERS

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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









# THIS MONTH IN HEALTH MATTERS

Recipe of the Month
Radon Action Awareness
Month
Cervical Health Awareness
Month
New Year, New Goals
Bernards Township Dog & Cat
License Reminder
Free Rabies Vaccine Clinic
Free Blood Pressure Screening
Facing Fentanyl
Screenagers: Elementary
School Edition



Flu Vaccines for Uninsured

**Upcoming Community** 

Programs

Monthly Newsletter from the Bernards Township Health Department

## **STAY CONNECTED**

Follow us on social media for public health posts!





## Bernards Township Dog and Cat Licenses

Renew today! Licenses expires Jan 31, 2025

More information here



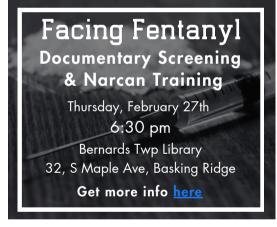


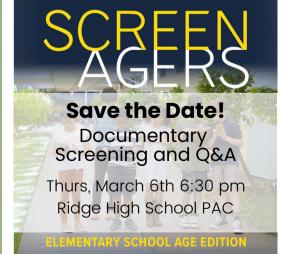
Sat, Jan 11, 2025

10 am - 12 pm

Bernards Township Public Works Garage 277 Maple Ave Basking Ridge, NJ 07920

## **No Appointments Necessary**





Bernards Township Health Department

262 South Finley Avenue Basking Ridge, NJ 07920 Phone: (908) 204-3070 Fax: (908) 204-3075



# **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 reverse 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.

Sponsored by:



GCSUD











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

# MIND N MINGLE TEEN OUTREACH PROGRAM RAINBOWS RAINBOWS OBTL Teen Room DIY VISION BOARD Monday, January 27th

5:00-6:00pm

Bernards Township Health Department

## Flu Vaccines Available for Uninsured Individuals



While influenza viruses spread year-round, most of the time flu activity peaks between December and February. Get protected today!

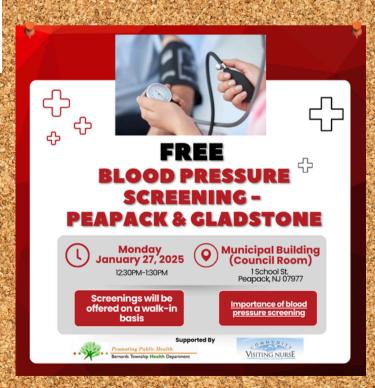
If you are 18+, uninsured and in need of a flu vaccine, call Patti Pane, RN, BSN at (908) 204-3068

Cost: Residents: \$25\*
Non-Residents: \$35

\*Residents of: Bernards Township, Bernardsville, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone



Bernards Township Health Department 262 S. Finley Ave., Basking Ridge, NJ 07920 www.bernardshealth.org - Info: 908-204-3070 Contractual Health Agency Bernards Town Bernardsville Boro Chester Boro Long Hill Town Mendham Boro



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# COMMUNITY PROGRAMS





#### **Blood Drive** St. James Roman Catholic Church

Chapel Auditorium 184 S. Finley Avenue Basking Ridge, NJ 07920

Sunday, January 12, 2025 8:30 a.m. to 1:30 p.m.

Visit RedCrossBlood.org and enter: St James Basking Ridge to schedule an

Maximize your blood donation. Help more patients.

If you are an eligible type O, B - or A - donor, consider making a Power Red donation.

Red blood cells are the most commonly transfused blood component.

Come give Jan. 1-26 to automatically be entered for a chance to win an exciting trip for you & a guest to Super Bowl UX in New Orleans: Includes travel, hotel, \$1,000 gift card, pre-game activities & more! Terms apply; visit RedCross Blood.org/SuperBowl.

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App





## L'IVING **HEALT**

### Open Houses for Chronic Disease Programs

Come to our Open House and learn about Y programs that can help you gain control over your health and improve your quality of life. Learn about:

#### YMCA DIABETES PREVENTION PROGRAM

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. Change is tough – we can help.

- 26 sessions delivered over the course of one year.
- Led by a trained Lifestyle Coach.
- . A group that offers motivation and support.

LIVESTRONG® at the YMCA focuses on you – the whole person – not the disease. This 12-week program meets twice a week for 75 minutes and uses traditional exercise methods to ease you back into fitness and help you maintain a healthy weight, You'll focus on:

- building muscle mass and strength
- · increasing flexibility and endurance
- · improving confidence and self-esteem

For your convenience multiple dates are offered:

SOMERVILLE YMCA JAN. 4 SATURDAY @ 10AM

HILLSBOROUGH YMCA

PRINCETON YMCA JAN. 11 SATURDAY @ 10AM JAN. 15 WEDNESDAY @ 6PM SOMERSET HILLS YMCA JAN. 11 SATURDAY @ 10AM

For more information please contact Miriam Balbiani at 908 369 0490 or email at <u>mbalbiani@gscymca.org</u>

MERSET HILLS YMCA

## **Preventing Gynecologic Cancers and Fostering Overall Well-Being**





earn about the various gynecologic conditions (i.e. fibroids, endometriosis, cancer, etc.), risk factors, causes, how HPV impacts cervical health, the importance of vaccines and screenings, diagnostic tools, the difference between Pap Smears and cervical cancer screenings, treatment options including immunotherapy and clinical trials as well as prevention strategies such as lifestyle modifications

A light lunch will be served.

There is no cost to attend, but registration is required.

To register, visit: https://bit.ly/48BJMoL





Robert Wood Johnson University Hospital Somerset





## January is Cervical Health Awareness Month

Have you scheduled your **cervical** cancer screening?

important to detect any could become cancerous.

**GET INFORMED. GET SCREENED.** 





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Email: health@bernards.org Website: www.bernardshealth.org



## **HEALTH EDUCATION**

## <u>New Year, New Goals</u>

- 1. Make Health Your Wealth: Fitness Goals
- 2. Cut down on Screen-Time
- 3. Feed Your Brain: Learn a New Skill
- 4. Cultivate Mindfulness
- 5. Start Saving and Invest Wisely
- 6. Sound Mind, Sound Body: Self-care Goals
- 7. Sustainable Living: Go Green
- **8.** Take the Leap: Overcome a Fear
- 9. Connect More: Strengthen Family Ties
- 10. Time to Volunteer
- 11. Refine how you think
- 12. Travel More: Broaden Your Horizons
- 13. Personal Growth: Read More Books
- 14. Pick Up a Hobby
- 15. Create a Home You Love
- **16.** Master the Art of Saying No
- 17. Connect with Nature
- **18.** Establish Healthy Eating Patterns

- 19. Take Up a Daily Journal Practice
- 20. Smile More and Laugh Often
- 21. Break a Bad Habit
- 22. Celebrate Small Victories
- **23.** Stay Hydrated
- 24. Practice Gratitude Daily
- 25. Get on top of your notifications



<u>Reference</u>

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# HEALTH EDUCATION











## **Ingredients:**

- 2 red onions, thinly sliced lengthwise, plus more, finely chopped, for serving
- 1 medium sweet potato, chopped
- · 1 large carrot, chopped
- 1 dried ancho chile, crushed (or 2 Tbsp. crushed red pepper flakes)
- 1 medium jalapeño, finely chopped, plus more for serving
- · 6 cloves garlic, thinly sliced
- 1 bay leaf
- 1 (15-oz.) can chickpeas, drained, rinsed
- 1 (15-oz.) can kidney beans, drained, rinsed
- 1 (15-oz.) can pinto beans, drained, rinsed
- 10 oz. frozen corn

- · 6 oz. tomato paste
- 3 c. low-sodium vegetable broth or water
- 2 c. chopped cauliflower florets
- · 1 c. tri-colored quinoa
- 3 Tbsp. reduced-sodium soy sauce
- · 2 Tbsp. neutral oil
- · 4 tsp. dried oregano
- 1 Tbsp. apple cider vinegar
- 1 Tbsp.
- 1 Tbsp ground cumin
- 1 Tbsp. smoked paprika
- 1 (28-oz.) can crushed tomatoes
- 1 Tbsp. cayenne (optional)

Kosher salt, shredded cheddar cheese, chopped avocado, and chopped fresh cilantro, for serving

## **Instructions:**

**Step 1-** In a large slow cooker, mix onions, potato, carrot, chile, jalapeño, garlic, bay leaf, chickpeas, kidney beans, pinto beans, corn, tomato paste, broth, cauliflower, quinoa, soy sauce, oil, oregano, vinegar, cumin, and paprika until combined. Add crushed tomatoes, then fill can with water and pour into slow cooker. Cover and cook on high for 3 hours.

<u>Step 2-</u> Cover and cook on high for 3 hours. After 3 hours, start testing potato and carrot for tenderness. Continue to cook until potato and carrot are easily pierced with a knife, about 1 hour more.

<u>Step 3-</u> Add cayenne (if using); generously season with salt and stir to combine. Cover and continue to cook until flavors have melded, about 1 hour more.

**Step 4-** Divide chili among bowls. Top with onions, jalapeño, cheese, avocado, and cilantro.

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