



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

RECIPE OF THE MONTH

Slow Cooker Quinoa Chili

[Click Here](#)

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

Bernards Township Dog and Cat Licenses

Renew today! Licenses expires Jan 31, 2025

More information [here](#)

FREE RABIES VACCINE CLINIC

Sat, Jan 11, 2025	10 am - 12 pm
Bernards Township Public Works Garage 277 Maple Ave Basking Ridge, NJ 07920	

January is..

RADON ACTION AWARENESS MONTH

Test. Fix. Save a Life.

[Learn more here](#)

New Year New Goals

Kick off 2025 with 25 New Years resolution ideas!

Monthly Newsletter from the Bernards Township Health Department

Facing Fentanyl Documentary Screening & Narcan Training

Thursday, February 27th
6:30 pm
Bernards Twp Library
32, S Maple Ave, Basking Ridge

Get more info [here](#)

FREE BLOOD PRESSURE SCREENING - PEAPACK & GLADSTONE

Monday January 27, 2025
12:30PM-1:30PM

Municipal Building (Council Room)
1 School St.
Peapack, NJ 07977

Screenings will be offered on a walk-in basis

STAY CONNECTED

Follow us on social media for public health posts!

SCREEN AGERS

Save the Date!

Documentary Screening and Q&A

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

ELEMENTARY SCHOOL AGE EDITION



UPCOMING LOCAL PROGRAMS

Facing Fentanyl

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

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.

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:



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 for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough

MIND N MINGLE TEEN OUTREACH PROGRAM



BTL Teen Room

DIY VISION BOARD

Monday, January 27th

5:00-6:00pm



FREE BLOOD PRESSURE SCREENING - PEAPACK & GLADSTONE

Monday January 27, 2025
12:30PM-1:30PM

Municipal Building (Council Room)
1 School St.
Peapack, NJ 07977

Screenings will be offered on a walk-in basis

Importance of blood pressure screening

Supported By
Promoting Public Health
Bernards Township Health Department





COMMUNITY PROGRAMS



Thanks for always showing up!

Because every two seconds someone in the U.S. needs blood.

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 appointment.

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 LIX in New Orleans! Includes travel, hotel, \$1,000 gift card, program activities & more! Terms apply; visit RedCrossBlood.org/SuperBowl.

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

REGISTER NOW

LIVING HEALTHY

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
 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 JAN. 8 WEDNESDAY @ 6PM	HILLSBOROUGH YMCA JAN. 4 SATURDAY @ 10AM	PRINCETON YMCA JAN. 11 SATURDAY @ 10AM JAN. 15 WEDNESDAY @ 6PM	SOMERSET HILLS YMCA JAN. 11 SATURDAY @ 10AM JAN. 16 THURSDAY @ 6PM
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For more information please contact Miriam Balbiani at 908 369 0490 or email at mbalbiani@gscymca.org

HILLSBOROUGH YMCA
A Branch of Greater Somerset County YMCA
 19 E. Mountain Road,
 Hillsborough, NJ 08844
 908 369 0490

PRINCETON YMCA
A Branch of Greater Somerset County YMCA
 59 Paul Robeson Place,
 Princeton, NJ 08540
 609 497 9622

SOMERSET HILLS YMCA
A Branch of Greater Somerset County YMCA
 140 Mt. Airy Road,
 Basking Ridge, NJ 07920
 908 766 7898

SOMERVILLE YMCA
A Branch of Greater Somerset County YMCA
 2 Green Street,
 Somerville, NJ 08876
 908 722 4567

gscymca.org

Preventing Gynecologic Cancers and Fostering Overall Well-Being

Tuesday, January 21 • 11:30 a.m. to 1:30 p.m.
Location: Somerville Elks | 375 Union Ave, Bridgewater, NJ 08807

Ruth Stephenson, DO, FACOG
Gynecologic oncologist

Learn 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
Steeplechase Cancer Center

Rutgers Cancer Institute is the state's only NCI-designated Comprehensive Cancer Center. Together RWJ/Barnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.

January is Cervical Health Awareness Month

Have you scheduled your cervical cancer screening?

Regular screenings are important to detect any changes in the cervix that could become cancerous. This can prevent you from getting cervical cancer.

GET INFORMED. GET SCREENED. GET VACCINATED.

New Year, New Goals

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



[Reference](#)



Slow Cooker Quinoa Chili

[Recipe Link](#)

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.

Step 2- 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.

Step 3- 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.

