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35<sup>th</sup> Annual **Pleasant Valley** Twilight Challenge 5K 史文北文大

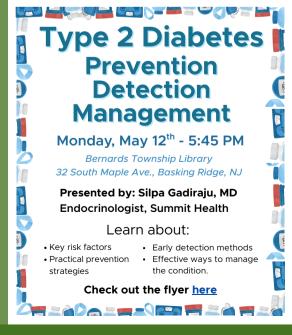
**Registration is Open! Register Online Paper Registration Sponsorship Information** 



FLIP THE SCRIPT ON AGING: MAY 2025

This month is about challenging stereotypes and highlighting the contributions of older adults

Learn more **here** 



### THIS MONTH IN HEALTH MATTERS

Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Borough

Recipe of the Month

Mental Health Awareness Month

Older American's Month

Mental Health First Aid Trainings in May

Type 2 Diabetes Program

**Environmental Health: Well Testing & Grilling Safety** 

35<sup>th</sup> Annual Pleasant Valley Twilight Challenge 5K

> Local & Community Programs



Monthly Newsletter from the Bernards **Township Health** Department

#### **STAY CONNECTED**

Follow us on social media for public health posts!



### **RECIPE OF** THE MONTH

**Easy Grilled Shrimp** with Cilantro Salsa Verde

#### May is Mental Health Awareness Month

In every story, there is strength. Speak up, share and help break the stigma around mental health. Learn more at **nami.org/mham** 

#### **Become Mental Health First Aid Certified!**

**YOUTH** Mental Health First Aid For adults working with youth 12 -18 Tues, May 6<sup>th</sup> 9:00 am - 3:00 pm **REGISTER FOR FREE** 

**ADULT Mental Health First Aid** For adults who work with other adults 18+ Tues. May 20<sup>th</sup> 9:00 am - 4:30 pm

9:00 am - 4:30 pm

#### **REGISTER FOR FREE**

Both classes at the Bernards Township Library 32 S. Maple Ave, Basking Ridge, NJ 07920

> **Backyard Ready:** Well Testing and **Grilling Tips for a** Safe Summer

Bernards Township Health Department 262 South Finley Avenue Basking Ridge, NJ 07920

Phone: (908) 204-3070 Fax: (908) 204-3075

Email: <u>health@bernards.org</u> Website: www.bernardshealth.org



# <u>UPCOMING LOCAL PROGRAMS</u>

## BLOOD PRESSURE

Monday, May 5	12:00 - 1:00 PM	Long Hill Township Library 917 Valley Road, Gillette
Monday, May 5	12:00 - 1:00 PM	Bernards Township Library 32 S. Maple Ave, Basking Ridge
Wednesday, May 7	12:30 - 1:30 PM	Bernardsville Public Library 1 Anderson Hill Rd, Bernardsville

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



moting Public Health
ands Township Health Department



Questions? Email <u>health@bernards.org</u>



#### Sunday, June 1, 2025 - 6 PM Basking Ridge, NJ

Supporting the Bernards Township Municipal Alliance & Youth Services Commission5K Early Bird Registration by 3/31 - \$20Pleasant Valley Park5K Pre-Registration 4/1 - 5/30 - \$303405 Valley Rd, Basking Ridge5K Bre-Registration on 6/1 - \$35Awards for Top Overall Male1 Mile Health Walk - \$15Awards for Top Overall Male1 Mile Health Walk Starts - 5:30 pmand Female and top three

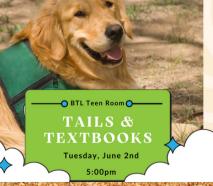
5K Starts - 6:00 pm Children's Lollipop Loop Starts - 6:45 pm

Event Partners: Municipal Atlance Gocsup

## LAST PROGRAMS BEFORE SUMMER!



MIND N MINGLE







FOR RESIDENTS OF CONTRACTUAL TOWNS <u>ONLY</u> <u>ONE</u> KIT PER HOUSEHOLD WHILE SUPPLIES LAST

For info, registration & sponsorship:

www.bernardsalliance.org

Live Music with:

Mama's Sten

Timing by:

FOR HOMEOWNERS WHO HAVE NOT TESTED IN THE PAST 2 YEARS

PICK UP AT THE HEALTH DEPARTMENT MON - FRI 8:30 AM - 4 PM

Bernards Township Health Department

WORKSHOP

Monday, May 19th

4:00pm - 5:00pm

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# COMMUNITY PROGRAMS



From Periods to **Prevention: Navigating** Women's Health Challenges CAROL G. SIMON CANCER CENTER MORRISTOWN MEDICAL CENTER

#### May is National Women's Health Month!



Join us on May 12th as we consider women's health topics, including menstruation, menopause, cervical, ovarian, and breast cancers, as well as heart disease and stroke. We'll also explore the impact of stress on women's health and conclude with practical tips on how to advocate for vourself.

Atlantic Health System Morristown Medical Center

Presented by: Katie Stewart, MSPH, CHES

> Location 449 Halsey Road Parsippany, NJ 07054

Date May 12th, 2025 7:00pm - 8:30pm

**Registration Details:** Register via link: https://liveparsippany.pantheonsite.io/event/womens -health-workshop-5902 OR Please email

brian.bathan@atlantichealth.org Or call: 973-971-5707

Parsippany

Library

Give hope this spring. Give blood.

American Red Cross

#### **Blood Drive Bernardsville Library**

**Community Meeting Room** 1 Anderson Hill Road Bernardsville, NJ 07924

Friday, May 16, 2025 11:00 a.m. to 4:00 p.m.

Please visit RedCrossBlood.org and enter: Bernardsville 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 May 1 to 18 for \$20 e gift card & chance to win USA trip of choice! See rcblood.org/may



#### **Fostering Healthy Dietary Habits and Preventing Eating Disorders in Children**

Tuesday, May 13 | 12 to 1 p.m. | Virtual

ognize strategies to promote healthy eating habits in children, warning signs of potential issues, root causes, diagnosis and treatment options, including information about RWJUH Somerset's Eating Disorder Program

Amanda Bitterman LPC ATP lead therapist Fating Disorder Unit

To register, visit: https://bit.ly/41wrOSJ or scan the QR code

Offered in collaboration with the Somerset County Business Partnership





**Robert Wood Johnson University Hospital** Somerset

## Free 2025 Vaccines for Children

For children without health insurance from birth to 18 years in: Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone Borough

#### To make an appointment call: **Community VNA** 908-725-9355 Ext. 0

www.communityvna.org

- Check-ups & immunizations for newborns, toddlers and preschoolers
- . Immunizations for school-aged children aged 18 and under · Medical staff will assess the growth and development of children
- · Child health education for parents/guardians

Clinic Dates for 2025 (subject to change) are as follows: 1/9, 2/27, 3/27, 4/24, 5/22, 6/26, 7/24, 8/28, 9/25, 10/23, 11/13, 12/11

www.bernardshealth.org





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# ENVIRONMENTAL HEALTH

# Grilling Safety

Now that the weather is getting warmer, it's time to break out the grill and start heating up for your summer meals!

As simple as grilling can be, there's a few things that can go wrong in terms of foodborne illness, heat injuries, cross contamination, and more.

<u>Check out this article from 2023</u> for a reminder on how to stay safe while grilling!



### Private Well Owners!

Save the Date! Find out if your drinking water is safe through low-cost testing offered by the nonprofit Raritan Headwaters Association (RHA). Several well testing events are happening this season, including in nearby **Bernardsville from June 2nd – June 6th at Borough Hall.** Tests are available for a range of potential contaminants, including coliform bacteria, nitrates, arsenic, lead, radon, volatile organic chemicals, polyfluoroalkyl substances (PFAS), and more.

Residents may purchase the kits they want in-person during the designated days using a check (no cash). Kits can also be reserved ahead of time online with a credit card. Residents then collect water samples from their taps, and return them to Bernardsville on June 9th. Instructions are provided with each kit and results are emailed about 2-3 weeks later. Community well testing is open to everyone, regardless of municipality. For more info, online ordering, and other RHA well testing dates visit www.testmywell.org

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# Easy Grilled Shrimp with Cilantro Salsa Verde

### Ingredients:

- 1 cup fresh cilantro leaves and stems, coarsely chopped
- ¼ cup fresh flat-leaf parsley leaves, coarsely chopped
- 2 cloves garlic, halved
- 2 limes, juiced
- 4 tablespoons olive oil
- 1/2 teaspoon salt, divided
- ¼ teaspoon ground pepper
- 1 (15 ox) can no-salt-added white beans, rinsed
- 1 pint grape tomatoes, halved
- 1 medium cucumber, seeded and chopped
- 1 lb large (21-25 ct) shrimp, peeled and deveined

### Instructions:

- 1. Preheat grill to medium-high
- 2. Combine cilantro, parsley, garlic, lime juice, oil, ¼ tsp salt and pepper in a mini food processor. Process until the herbs are finely chopped. Reserve ¼ cup of the salsa. Transfer the rest to a medium bowl and add beans, tomatoes, and cucumber; stir to combine.
- 3. Thread shrimp onto four 12-inch metal or bamboo skewers and sprinkle with the remaining ¼ tsp salt. Grill the shrimp, turning once, until they turn pink and opaque, 2-3 minutes per side.
- 4. Serve the shrimp over the vegetable mixture, drizzled with the reserved salsa. Garnish with additional cilantro if desired.

**Recipe Link** 

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