



# 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

### 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](http://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**

## THIS MONTH IN HEALTH MATTERS

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!



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

Supporting the Bernards Township Municipal Alliance & Youth Services Commission  
Sunday, June 1, 2025



**Registration is Open!**

[Register Online](#) [Paper Registration](#)  
[Sponsorship Information](#)

## OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

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

Learn more [here](#)

## Type 2 Diabetes Prevention Detection Management

Monday, May 12<sup>th</sup> - 5:45 PM

Bernards Township Library  
32 South Maple Ave., Basking Ridge, NJ

**Presented by: Silpa Gadiraju, MD**  
Endocrinologist, Summit Health

Learn about:

- Key risk factors
- Practical prevention strategies
- Early detection methods
- Effective ways to manage the condition.

Check out the flyer [here](#)



# UPCOMING LOCAL PROGRAMS

## BLOOD PRESSURE SCREENING CLINICS

FREE!

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!

Screenings will be offered  
on a walk-in basis



Importance of blood  
pressure screening

Supported By:



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

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



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



Supporting the Bernards Township Municipal Alliance & Youth Services Commission

5K Early Bird Registration by 3/31 - \$20  
5K Pre-Registration 4/1 - 5/30 - \$30  
Same Day Registration on 6/1 - \$35  
1 Mile Health Walk - \$15  
Children's Lollipop Loop - FREE

**Pleasant Valley Park**  
3405 Valley Rd, Basking Ridge

Awards for Top Overall Male  
and Female and top three  
runners in each age groups

For info, registration & sponsorship:  
[www.bernardsalliance.org](http://www.bernardsalliance.org)

Event  
Partners:



## LAST PROGRAMS BEFORE SUMMER!

### MIND N MINGLE

TEEN OUTREACH PROGRAM



#### MEDITATION WORKSHOP

Monday, May 19th  
4:00pm - 5:00pm

### MIND N MINGLE

TEEN OUTREACH PROGRAM



#### TAILS & TEXTBOOKS

Tuesday, June 2nd  
5:00pm

## CHECK YOUR HOME FOR RADON

FREE RADON TESTING KITS  
**AVAILABLE NOW**



FOR RESIDENTS OF  
CONTRACTUAL TOWNS ONLY

ONE KIT PER HOUSEHOLD  
WHILE SUPPLIES LAST

FOR HOMEOWNERS WHO HAVE  
NOT TESTED IN THE PAST 2  
YEARS

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



# 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 yourself.

Presented by:  
Katie Stewart, MSPH, CHES

Location:  
449 Halsey Road  
Parsippany, NJ 07054

Date:  
May 12<sup>th</sup>, 2025  
7:00pm - 8:30pm

Registration Details:  
Register via link: <https://live-parsippany.pantheonlive.com/event/womens-health-workshop-5902>

OR  
Please email  
[brian.bathan@atlantichealth.org](mailto:brian.bathan@atlantichealth.org)  
Or call: 973-971-5707



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

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

Recognize 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, ATR, lead therapist, Eating Disorder Unit

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

Offered in collaboration with the Somerset County Business Partnership.



**RWJ Barnabas**  
HEALTH

Robert Wood Johnson  
University Hospital  
Somerset

## Give hope this spring.

### Give blood.



## 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](http://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](http://rcblood.org/may)



## 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](http://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**



Conducted in conjunction with Bernards Township Health Department and Local Boards of Health in cooperation with Community Visiting Nurse Association

Bernards Township HEALTH Department,  
262 S. Finley Ave., Basking Ridge, NJ 07920  
P. 908-204-2520 F. 908-204-3075  
[www.bernardshealth.org](http://www.bernardshealth.org)

Contractual Health Agency for:  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
Peapack and Gladstone Borough





## 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.

[Check out this article from 2023](#) 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 non-profit 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](http://www.testmywell.org)





## 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
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 1 (15 oz) 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](#)