



# HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

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### ABOUT US

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 Boroughs.

### STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at [smart911.com](http://smart911.com). For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).

## WELCOME TO HEALTH MATTERS!



We are so excited to return to issuing our monthly newsletter, **Health Matters**. Every month you'll receive a new issue from us full of public health news, upcoming local programs, COVID-19 updates, clinics and other upcoming events. To automatically receive this newsletter in your email inbox, sign up [here](#). For more information about the Bernards Township Health Department and our other services, please visit our website at [www.bernardshealth.org](http://www.bernardshealth.org).



## SUMMER & SUN SAFETY

As spring turns to summer and the sun peeks out from behind the clouds, everyone will start to spend more time enjoying the outdoors. Whether it's at the park, the beach or just strolling downtown feeling the sun on your face and skin is going to feel amazing. While you're enjoying the sunny weather, don't forget to protect the largest organ on your body - your skin.



Skin cancer is the most common cancer in the U.S. and is also one of the most preventable. Most skin cancers are caused by too much exposure to ultra violet (UV) light. Protection from UV light is important all year, not just during the summer. UV rays are even able to reach you on cloudy days because they can reflect off of surfaces like water and sand. UV rays are the strongest from 10am - 4 pm. You can check the UV index every day to see how strong the UV rays will be that day so you can protect yourself accordingly (article continues on page 2).



# HEALTH EDUCATION

## How to Protect Your Skin from the Sun

- **Shade** - You can reduce your risk of sun damage and skin cancer by staying in the shade like under an umbrella, tree or other shelter. Don't forget to continue to wear sunscreen or protective clothing in the shade.
- **Clothing** - When possible, wear long-sleeved shirts and long pants or skirts which can protect you from UV rays. If the weather doesn't allow this, wear a cover-up when possible. Clothes made from tightly woven fabric is best. Wet clothing offers less UV protection than dry clothing and darker colors can offer more protection than lighter colors. Some clothing may even offer UV protection!
- **Wear a Hat** - Wear a hat that has a brim all the way around that shades your face, ears and back of your neck. Avoid hats that may have holes that will let sunlight through.
- **Sunscreen** - Use a broad spectrum sunscreen that has an SPF of 15 or higher before you go outside. Use a thick layer of sunscreen and ask for help to reach hard to reach areas if needed. Remember to reapply after swimming, toweling off, or being out in the sun for more than 2 hours. Don't use sunscreen older than 3 years as it does have an expiration date.

## 2022 Skin Cancer Screening



**Tuesday, July 12**  
**1:00 – 5:00 pm**



**At the Fellowship Village Wellness Center**  
8000 Fellowship Rd.  
Basking Ridge, NJ 07920

### Screening Includes:

- ✓ Full body check for early detection of skin cancer including melanoma.
- ✓ Confidential exams conducted by a board-certified dermatologist.

## *Appointment Required*

**Registration begins June 14:**  
**Call 908-204-2520 to schedule**  
**Suggested Donation of \$10**

### Eligibility:

- ✓ Adults 18+
- ✓ **Never** attended a Bernards Township Skin Cancer Screening in the past
- ✓ Not under the care of a dermatologist



**Bernards Township HEALTH Department**  
262 South Finley Avenue,  
Basking Ridge, NJ 07920  
P. 908.204.2520  
Email: [health@bernards.org](mailto:health@bernards.org)  
[www.bernardshealth.org](http://www.bernardshealth.org)

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

## Get Screened for Skin Cancer

Some individuals may be more at risk for skin cancer than others. A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancer looks the same. Report any unusual skin changes to your doctor and discuss if you are at an increased risk for skin cancer. Learn more about [sun safety](#) and [skin cancer](#) from the CDC. See above flyer for our annual Skin Cancer Screening.



# UPCOMING PROGRAMS

The Bernards Township Health Department and Nourish and Thrive Nutrition Center present:

## FIGHTING INFLAMMATION THE POWER OF FOOD



**Thursday, June 9**  
**6:00-7:30 pm**  
Bernards Township Library  
32 S. Maple Ave, Basking Ridge

**Registration Required. Call 908-204-2520 to register.**  
Attendees are encouraged to wear masks.

Join Elisa England, MS, RDN and Ellen Petrosino, MS, RDN for a nutrition presentation that includes a culinary demonstration with samples of delicious healthy recipes. They will highlight the health benefits of consuming a variety of colorful plant-based foods and how antioxidants play a role in optimizing digestion, lowering inflammation, and balancing hormones.

Elisa England, MS, RDN founder of NewTritious You  
Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting  
Together Elisa and Ellen are Nourish and Thrive Nutrition Center.

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

## ATOD & LGBTQ: The Rainbow Connection



**TUES, JUNE 7TH** **6:30 PM** **ZOOM MEETING**

**This workshop will cover:**

- Gender identity, sexual orientation, biological sex, and gender expression and the difference between each.
- Risk factors that LGBTQ+ youth face including substance misuse and mental health challenges.
- How participants can be a better ally to the LGBTQ+ community.

**REGISTER HERE**

For more information call  
**(908) 204-2523** or email [alliance@bernards.org](mailto:alliance@bernards.org)

INTENDED FOR PARENTS, TEACHERS, COACHES AND OTHER  
ADULT MEMBERS OF THE COMMUNITY

This program is sponsored by the Bernards Township Health Department, Bernards Township Municipal Alliance & Youth Services Commission, the Somerset County Board of County Commissioners, The Lindsey Meyer Teen Institute, Partners in Prevention and the Governor's Council on Alcoholism & Drug Abuse

## Don't Forget!

COVID-19 Vaccine Clinics every  
Tuesday 3-5pm at St. James

COVID-19 Testing Clinics  
every Thursday 9am-4pm at  
Bernards Twp Community Center

Check page 6 for more info

Click on the  
flyers for  
more info

## FREE RADON TEST KITS

No-cost test kits for  
residents of BTHD  
covered towns

Call 908-204-2520

# ANIMAL CONTROL



## A Gaze of Raccoons



If you see a raccoon in your yard during the day, don't panic. It is not necessarily sick or dangerous. It's perfectly normal for raccoons to be active throughout the day. It may merely be foraging longer hours to support her young, visiting a garden while the dogs are indoors, or moving to a new location.

Raccoons are excellent climbers; they are very strong and have very nimble hands. They have no problem entering any attic or chimney they choose, on almost any home. Most of the time, they've chosen an attic or chimney based on convenience or proximity of their home range, 3-5 miles.

It's very common for a female about to bear young to find its way into an attic or chimney. The primary reason a raccoon enters an attic or chimney is so she can give birth to and raise her young until they are able to get around on their own. The good news is that the family will move out on its own, mother raccoons usually move the babies at 12 weeks of age.

Never use smoke or fire to drive animals out of chimneys. You will kill young raccoons not mature enough to climb and may even kill adults. Trapping and moving the family will almost inevitably lead to separation and death of the young.

Waiting things out is often the best option. Gentle harassment may encourage the mother to relocate her young. Choose the right time at dusk right before the mother's normal activity period. Don't drive raccoons out during the day; they may be confused in daylight.

Raccoons dislike bright lights, loud noises and strong odors. Place bright lights in the attic. Place a radio in the attic or chimney. Tune it to loud rock or talk station with the volume set as high as you can. Moth balls or cayenne pepper may also be placed around the attic, but not near the nesting area. Ammonia should not be used.

As the human population continues to grow and we continue to develop the open space, animals are constantly losing valuable habitat. This is vital to their survival.

Living with wildlife philosophy is to provide for the protection of wild species now and in the future. Bernards Township Animal Control promotes harmonious and peaceful coexistence between people and wildlife in our community.

For additional information, please contact Michelle Santoro, Bernards Township Animal Control Officer – 908-204-3066.



# MUNICIPAL ALLIANCE

## 32<sup>nd</sup> Annual Twilight Challenge 5K

Help Prevent Substance Misuse in Bernards Township  
Sunday, June 5, 2022



### Sign Up for the Twilight Challenge

The 32nd Annual Pleasant Valley Twilight Challenge 5K is scheduled for Sunday, June 5th at 6pm at beautiful Pleasant Valley Park in Basking Ridge, New Jersey.

Sign up today for the 1 Mile Health Walk (5:30 pm), 5K Race (6pm) or register your kids for the Lollipop Loop (6:45pm). Join us at 5:45pm for a pre-race warm up by Athletifreak. Timing by Blue Ridge Timing and live music by Mama's Stew. Awards sponsored by Athletifreak. Sign up today at [RunSignUp.com](https://www.runsignup.com).



Follow the Municipal Alliance on Facebook  
<https://www.facebook.com/BTMAASA>



Follow REACH on Instagram  
<https://www.instagram.com/ridge.reach/>



### COPE Program Announcement

The Bernards Township Youth Services Commission received a second competitive grant application to fund COPE (Creating Opportunities for Positive Emotions) a pilot program that will be bringing mindfulness resources and coping strategies to every single Bernards Township elementary school classroom in the 2022-2023 school year! Stay tuned...

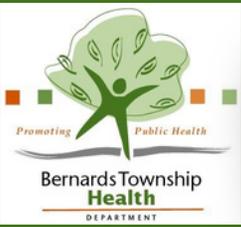
### outREACH Newsletter

Check out REACH (Ridge Education Action & Community Health)'s "outREACH" newsletter to learn more about their mission, action plan focus and members.



# Visit

[www.ridge.reach.com](http://www.ridge.reach.com)



# COVID-19 SPOTLIGHT

## Bernards Township COVID-19 Testing Clinics

Upcoming COVID-19 Testing Clinics.  
Click the date to register:

**Thursdays June [9](#), [16](#), [23](#) & [30](#)**

*No testing on June 2nd*



*Bernards Township Community Center  
289 South Maple Ave, Basking Ridge, NJ*

[English flyer](#)

[Spanish flyer](#)

**Walk In Appointments Welcomed!**

### Accessing Test Results

- Test results will be delivered via phone, text or email.
- Check your spam folder and missed calls.
- Please allow 48-72 hours to process test results.
- If you do not hear back after 72 hours, please email WellCare at [wellcarecovidtesting@gmail.com](mailto:wellcarecovidtesting@gmail.com)

## Bernards Township COVID-19 Vaccine Clinics

All vaccine clinics will be from 3-5 pm at  
*Saint James Church,  
184 S. Finley Ave, Basking Ridge, NJ:*

**Pediatric Pfizer (5-11) - Mon, June 13th**  
1st, 2nd and booster doses available  
[Pediatric Pfizer \(5-11\) Registration](#)



**Pfizer (12+) & Moderna - Tue, June 7, 13, and 28**  
Primary series for Pfizer 12+ (1st and 2nd doses)  
and boosters for 12+, Moderna primary series or  
boosters for 18+

[Pfizer \(12+\) Registration](#)

[Moderna Registration](#)

Visit [www.bernardshealth.org](http://www.bernardshealth.org) to learn more about our COVID-19 vaccine clinics.

## COVID-19 State Reports

**NJ CALI (COVID-19 Activity Level) Report**  
Provides data on COVID-19 transmission by six regions in NJ:

- Updated every Thursday.
- Used to determine school exclusion and other re-openings.

This week NJ is overall: **HIGH**  
Central West (Somerset): **HIGH**  
Northwest (Morris): **HIGH**

Click [here](#) to view this week's report for Week 20

## NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the last 4 Weeks
BA.1.1.529 (Omicron)	0.9%
BA.1.1 (Omicron)	0.4%
BA.2 (Omicron)	52.8%
BA.2.12.1 (Omicron)	45.1%

Click [here](#) to view the full report from Week 19

All NJ Reports updated on  
[www.bernardshealth.org](http://www.bernardshealth.org) weekly

## COVID-19 Case Graphs By Municipality

### SOMERSET COUNTY

- [Bernards Township](#)
- [Bernardsville Borough](#)
- [Peapack & Gladstone Boroughs](#)

### MORRIS COUNTY

- [Long Hill Township](#)
- [Chester Borough](#)
- [Mendham Borough](#)