



**Bernards Township
Health
DEPARTMENT**

The contractual health agency serving Bernards Township,
Bernardsville Borough, Chester Borough, Long Hill Township,
Mendham Borough, and Peapack & Gladstone Borough.

HEALTH MATTERS - November 2025



Did you know? November is...[Diabetes Awareness Month](#), [Pancreatic Cancer Awareness Month](#), [Lung Cancer Awareness Month](#), [Family Caregiver Month](#), and [Alzheimer's Awareness Month](#).

Type 2 Diabetes Prevention, Detection & Management

Wednesday, November 12, 2025
5:30 PM-6:30 PM
Bernardsville Library
1 Anderson Hill Road, Bernardsville

Silpa Gadiraju, MD
Endocrinologist
Summit Health

Tara Tomaino, RD
Health Educator
Bernards Township
Health Department



Type 2 Diabetes: Prevention, Detection & Management

November is National Diabetes Awareness Month! Join us for an informative session to understand Type 2 Diabetes. Learn about the disease process, risk factors, and how to take control of the condition through healthy lifestyle choices; including balanced nutrition and exercise.

[FREE! Click Here to Register](#)



**American
Red Cross**

Free A1C Screenings

This November in honor of Diabetes Awareness Month and its theme — “Taking Action to Prevent Diabetes-Related Health Problems” — the American Red Cross is offering free A1C screenings to all blood donors who haven’t received the test in the past 12 months.

[Click Here to Learn More](#)

Save the Date!

**BE READY
BERNARDS**

Safety Starts at Home



Wednesday, December 3, 2025 5:30 PM
Bernards Township Library



Promoting Public Health
Bernards Township Health Department



**American
Red Cross**

Community Food Resources

With the holiday season approaching, local food pantries and meal programs are offering additional support for individuals and families in need. Review the list below to find food assistance and community resources in your area.

- [Community Food Bank of New Jersey](#)
- [Food Bank of Somerset County](#)
- **Somerset County - Food Assistance, 2025 Food Banks and Pantries**
- **Morris County - [Emergency Food Resources](#), [Food Pantries and Meal Services](#)**

Upcoming Local Programs

For Morris County residents:

Robert Wood Johnson Somerset:

**PREVENTION
is important for your health!**



**FREE
Screenings for breast and
cervical cancer**

We offer:
Mammograms
For women between 40 and 64
Pap Tests
For women between 21 and 64

Upcoming screening dates:
October 4, 2025 (Saturday)
October 15, 2025 (Wednesday)
November 5, 2025 (Wednesday)
November 17, 2025 (Monday)
December 6, 2025 (Saturday)
December 10, 2025 (Wednesday)

**Call to see if you are eligible
and to make an appointment
973-971-5952**



Oral Cancer: It's a Mouthful

**Wednesday, November 19 | 11 a.m. - 1:30 p.m.
Steeplechase Cancer Center Third Floor Conference Room**

Understand the importance of oral hygiene in the prevention of oral cancer, causes, risk factors, signs and symptoms, diagnostic tools and treatment options. Includes an oral screening and lunch. Participants may view an exhibition on the History of Smoking Cessation.
Adrianna Hekiert, MD, otolaryngologist/ear-nose-throat (ENT) physician
Eshrafi Patel, MD, medical oncologist and medical director, Steeplechase Cancer Center
Serena Kotwal, public health educator

To register, call **908-685-2814**.



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.

November Workshops for Family Caregivers

In honor of National Family Caregiver Month, the Somerset County Office on Aging and Disability Services will host a free workshop for caregivers in November. Enjoy a complimentary dinner, connect with other caregivers, and learn healthy coping tips, relaxation through guided yoga, and legal insights from the Legal Services of Northwest Jersey.

Nov. 20 | 4:30–6:30 PM – 202 Mt. Airy Rd, Basking Ridge (Register by Nov. 13)

Space is limited — pre-registration required.

Contact Claudia Ernst at (908) 541-5747 or cernst@somersetcountynj.gov.

RWJ Barnabas Health & Atlantic Health - Upcoming Events

Click the links below to view the calendar of October Programs & Support Groups

[RWJ Barnabas Events Calendar](#)

[Atlantic Health Events Calendar](#)

Great American Smokeout 2025

Quitting smoking isn't easy. It takes time, and it takes a plan. You don't have to stop in **one day**, but you can start with **day one**. Let the **Great American Smokeout on November 20th** be your day to begin your journey towards a smoke-free life!

Join others around the country taking this important step towards better health and reducing cancer risk. The American Cancer Society offers free books, resources and support to help you quit at cancer.org/smokeout. You can also visit [Tobacco Free for a Healthy New Jersey](#) for NJ based quitting resources.





Animal Control

FREE RABIES VACCINE CLINICS

Sat, Nov 8, 2025	10 am - 12 pm
Sat, Jan 10, 2026	10 am - 12 pm
Bernards Township Public Works Garage 277 South Maple Avenue Basking Ridge, NJ 07920	

No Appointments Necessary

Please be reminded for our clinics:

-  **Dogs and cats only**
-  **Pets must be 6 months of age**
-  **All cats must be held in a carrier**
-  **All dogs must be leashed**



Questions?
Call the Bernards Township
Animal Control Officer at:
908-204-3066

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



Secure Trash & Potential Food Sources
 Fall brings a period of heightened black bear activity as the animals must consume large amounts of food in preparation for the winter denning season.

[Read the Full Article Here](#)

Health Education - Featured Recipe of the Month

Temperatures have dropped and it's officially chili season! This recipe is from my grandmother and has become the default chili we make at home. Celery gives this filling chili a nice crunch and you can control the heat level with spices or by adding chorizo. Nothing beats a warm bowl of chili while watching football on a Sunday!

-Tara Tomaino, RD



SIMPLE CROCK POT CHILI



PREP TIME
20 MIN



COOK TIME
4 HOURS



SERVINGS
6-8

Ingredients

- 1 lb ground beef (or turkey)
- 1 onion, chopped
- 2 celery stalks, chopped
- 1 tbsp garlic, minced
- 2 tbsp chili powder
- 1 tbsp paprika
- 3 (15 oz.) cans stewed tomatoes
- 1 (15 oz.) can kidney beans
- 1 tsp salt

Optional toppings:

- Shredded cheddar cheese
- Sour cream
- Avocado
- Tortilla chips

Instructions

1. Heat a skillet over medium heat and cook the ground beef until cooked through and browned. Pour off excess grease.
2. Add all ingredients to the crock pot and stir to combine.
3. Cook on low for at least 4 hours.
4. Serve in a bowl with desired toppings.

Spice it up a notch:

- Add a 16 oz. package of ground chorizo to the skillet when browning the ground beef/turkey.

Make it meatless:

- Instead of ground meat use mushrooms (16 oz. package of white mushrooms, chopped). Sauté in a skillet with 1-2 tsp of olive oil before adding to crock pot. Add 1 extra can of kidney beans and 1 can of black beans.

RECIPE SOURCE: TARA TOMAINO, RD
TTOMAINO@BERNARDS.ORG

[Click Here to Print Recipe](#)

Bernards Township Health Department

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.

262 South Finley Avenue, Basking Ridge, NJ 07920

Phone: 908-204-3070

Fax: 908-204-3075

Monday-Friday 8:30 am-4:30 pm



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