



## HEALTH MATTERS - December 2025

Happy Holidays from the Bernards Township Health Department! December is [HIV/AIDS Awareness Month](#), [National Impaired Driving Prevention Month](#), and [Seasonal Affective Disorder \(SAD\) Awareness Month](#).



[Start Survey Here](#)

### Residents! Let Your Voice Be Heard

Your input is vital in helping us understand the health needs and priorities of our community. The results will guide future programs and services aimed at improving the well-being of all residents.

If you live in any of our six contractual municipalities — **Bernards Township, Bernardsville Borough, Peapack & Gladstone Borough, Chester Borough, Long Hill Township, or Mendham Borough** — we invite you to take 10–15 minutes to complete the survey.

The more responses we receive, the stronger and more meaningful our data will be — so please share this opportunity with friends and neighbors!

**Paper copies of the survey are available upon request.** Thank you for helping us make our community healthier!

Keep Yourself and Others Healthy this Holiday Season

# PROPER COUGHING AND SNEEZING ETIQUETTE

1

Whenever you cough or sneeze, cover your mouth and nose with a tissue.

2

Remember to throw used tissues in the trash.

3

In case you don't have tissues, cough or sneeze into your elbow.

4

Wash your hands with soap and water after sneezing or coughing.

5

If there is no place to wash your hands, use an alcohol-based hand sanitizer to clean your hands and elbows.

**STOP  
THE SPREAD  
OF GERMS.**



The first week of December is **National Handwashing Awareness Week!** This week serves as a reminder of the importance of proper hand washing to prevent the spread of illness. **Scrub your hands with soap and water for at least 20 seconds when washing your**



[Monitor NJ's rates of flu, COVID, and](#)



## Follow Us on Social Media!

Click the icons to follow our Facebook and Instagram accounts. We share health reminders, informative community events, and important alerts!

## New Jersey Acting Health Commissioner and Northeast Public Health Collaborative Respond to CDC Website Revision to Autism and Vaccines Page

[Click HERE to read more](#)

## Upcoming Local Programs



### Annual Holiday Celebration

Friday, December 12, 2025 | 4 - 7p.m.  
Children ages 0 - 10 years old  
Steeplechase Cancer Center 3rd Floor Conf. Room  
30 Rehill Ave. Somerville, NJ

Please join us for this free community holiday celebration, featuring photos with Santa and Mrs. Claus, face painting, games, music and refreshments.

To attend this FREE program, pre-registration is required by calling 908-685-2814.

[rwjbh.org/somerset](http://rwjbh.org/somerset)



### Sleep Risk Assessment

Thursday, Dec 18, 2025 | 10-11:30 am |

RWJUH Somerset Emergency Department Conference Room

This screening assesses your risks for a sleep disorder. Meet with a healthcare professional to discuss sleep hygiene and strategies for getting a good nights rest.

To register, call (908) 685-2814.

[rwjbh.org/somerset](http://rwjbh.org/somerset)



## December Youth Services Programs

Check out these programs for teens sponsored by the Bernards Township Youth Services Commission and Bernards Township Library! Visit [www.bernardslibrary.org/ysc-teen-programs](http://www.bernardslibrary.org/ysc-teen-programs) to learn more and register.





MIND N MINGLE  
TEEN OUTREACH PROGRAM

## Meditation Workshop

DECEMBER 8<sup>TH</sup> AT 4:00PM

AGES 14-18

ENJOY SOME LIGHT YOGA, SOUND  
BATH, AND MEDITATION, WHILE  
LEARNING ENOUGH TO PRACTICE  
MEDITATION AT HOME.

Register [link in bio](#)

**BTL TEEN ROOM**

32 S MAPLE AVE  
BASKING RIDGE NJ



GRAB N GO  
TEEN OUTREACH PROGRAM

## Winter Break Wellness

DECEMBER 17<sup>TH</sup> FROM 5:00-7:00PM

DECEMBER 18<sup>TH</sup> FROM 3:00-5:00PM

AGES 12-17

PICK UP DECEMBER'S GRAB AND GO BAG  
FROM THE TEEN ROOM, DECORATE A MUG  
TO USE ALL WINTER LONG, BUT ESPECIALLY  
TO MAKE THE INCLUDED S'MORES CAKE!

No registration required!

**BTL TEEN ROOM**

32 S MAPLE AVE  
BASKING RIDGE NJ

## Save the Date!

Bernards Township  
Health Department



## THE CARE CONNECTION

A free workshop offering practical help and resources for caregivers and aging adults

**THURSDAY, JANUARY 22, 2026  
5:30 PM @ ST. LUKES CHURCH,  
GLADSTONE**



Click to register for  
**FREE**

January is Cervical Cancer  
Awareness Month

**HEALTHY  
BODY,  
INFORMED  
MIND**

Understanding  
Cervical Cancer



**JAN 29, 2026  
6:00 PM**

Chester Library  
250 W. Main St., Chester

Click to register for  
**FREE**

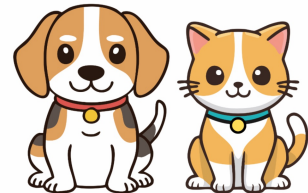
## Animal Control

### Pet licensing for Bernards Township dogs and cats is now open for 2026!

Please submit your completed application, licensing fee, and other required documents by January 31, 2026.

[Learn more and get the 2026 Pet Licensing Application here](#)

### Bernards Township Pet Parents!



# FREE RABIES VACCINE CLINICS

**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

## Health Education - Featured Recipe of the Month

Tis the season for cookie swaps and holiday baking! These unique cookies are delicious and a great choice if you're vegan or gluten-free. No flour or eggs required! - Tara Tomaino, RD



# Almond Butter Espresso Cookies

 18 servings  20 minutes

## INGREDIENTS

- $\frac{3}{4}$  cup creamy almond butter
- $\frac{3}{4}$  cup organic sugar
- 1 tbsp finely ground espresso
- 1 tsp baking soda
- $\frac{1}{2}$  tsp vanilla extract
- 1 flax egg, or regular egg

## NOTES

Recipe by: Brittany Mullins of Eating Bird Food

## DIRECTIONS

1. Preheat oven to 350 degrees F. Line your baking sheet with parchment paper.
2. To make this recipe vegan, prepare a flax egg: Combine 1 tbsp ground flax with 3 tablespoons of water in a small bowl. Let sit for 5-10 minutes.
3. While the flax egg gels up, use a large bowl to mix together the almond butter and sugar. Add flax egg (or regular egg), espresso, baking soda, and vanilla. Mix until combined.
4. Use a cookie scoop or spoon to place about 1 tbsp of cookie dough on a baking sheet, about 2 inches apart. The cookies will spread!
5. Bake for 10-12 minutes. Allow to cool on the pan for 3-5 minutes before gently to a cooling rack with a spatula.
6. Cookies will harden while cooling. Once completely cool, transfer to an airtight container. They are good in the refrigerator for 1 week and up to 3 months in the freezer.

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

262 South Finley Avenue, Basking Ridge, NJ 07920

908-204-3070

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



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

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