Promoting Public Health

Bernards Township Health DEPARTMENT

HEALTH MATTERS - NOVEMBER 2026

Did you know? November is...National Diabetes Month, Pancreatic Cancer Awareness Month, Alzheimer's Awareness Month, COPD Awareness Month, and National Family Caregiver's Month. November 19th is also the Great American Smokeout.

Check if the new rules for Medicaid apply to you

The federal government has changed the rules around who is eligible for NJ FamilyCare/Medicaid. To check whether these new healthcare rules apply to you, please visit https://njfcchecker.nj.gov/

NJ FAMILYCARE
Affordable health coverage. Quality care.

Upcoming Local Programs

STOP THE BLEED TRAINING CLASS

Saturday, November 7, 2026
10:00 am-11:30 am
Basking Ridge Fire Company
30 Washington Ave, Basking Ridge

The ACS Stop the Bleed training course will empower you to make a life-or-death difference when a bleeding emergency happens. The course is available to anyone 14+ years (participants under 18 years will need parental permission).

Click HERE for more info and to register for free!

BERNARDS TOWNSHIP HEALTH DEPARTMENT

EMPOWERED EATING

for Diabetes

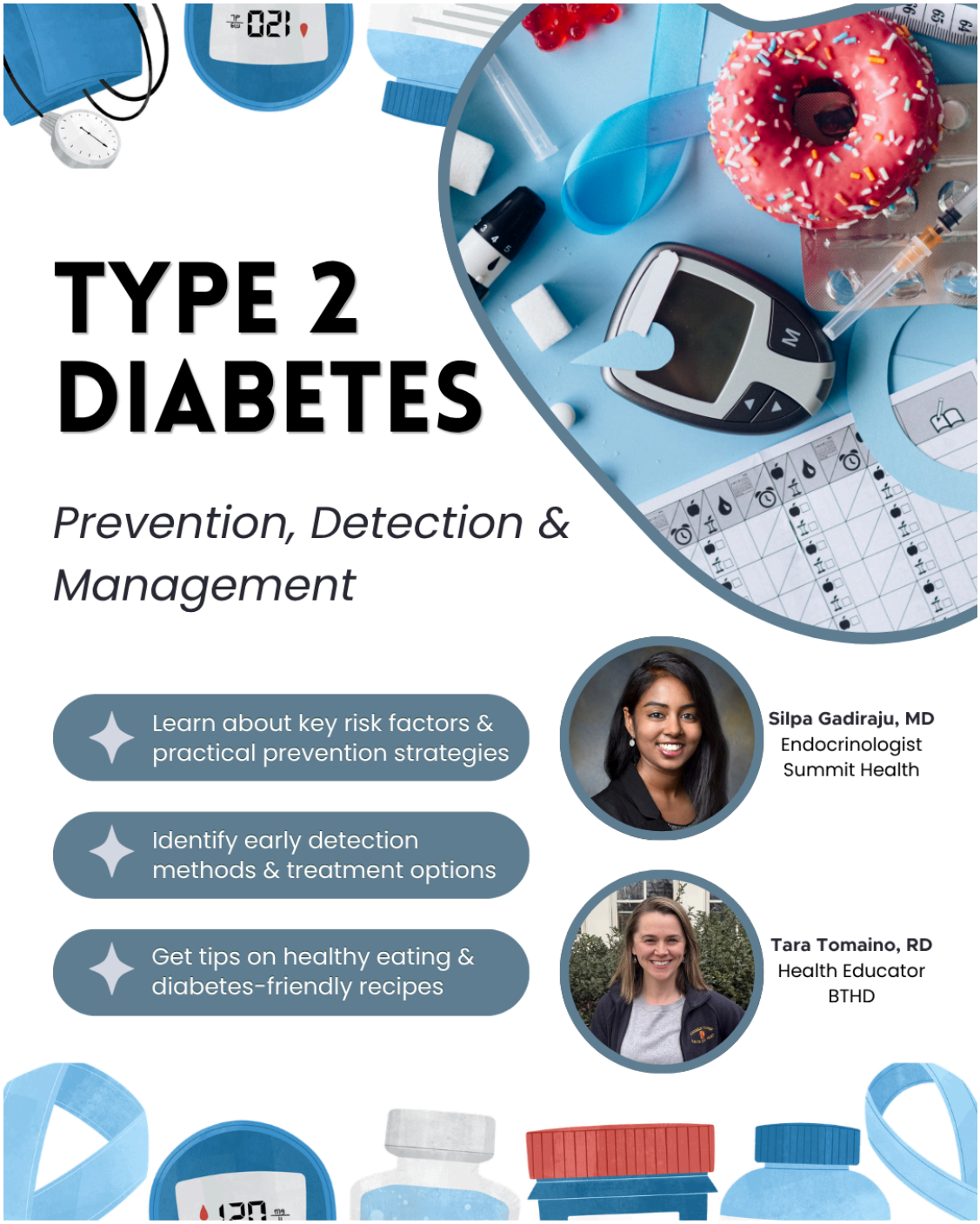
Tara Tomaino, RD
Registered Dietitian, Health Educator with the Bernards Township Health Department

November is National Diabetes Awareness Month! Join us for an informative session to learn how food choices can impact blood sugar, and how to confidently manage diabetes without giving up the foods you enjoy.

Thursday, November 12, 2026 12:00pm
Add to **Google** · **Outlook Web** · **Outlook Mobile** · **Yahoo** · **iCal**

Long Hill Township Library
917 Valley Rd, Long Hill, NJ 07933
View on map

Register for Empowered Eating!



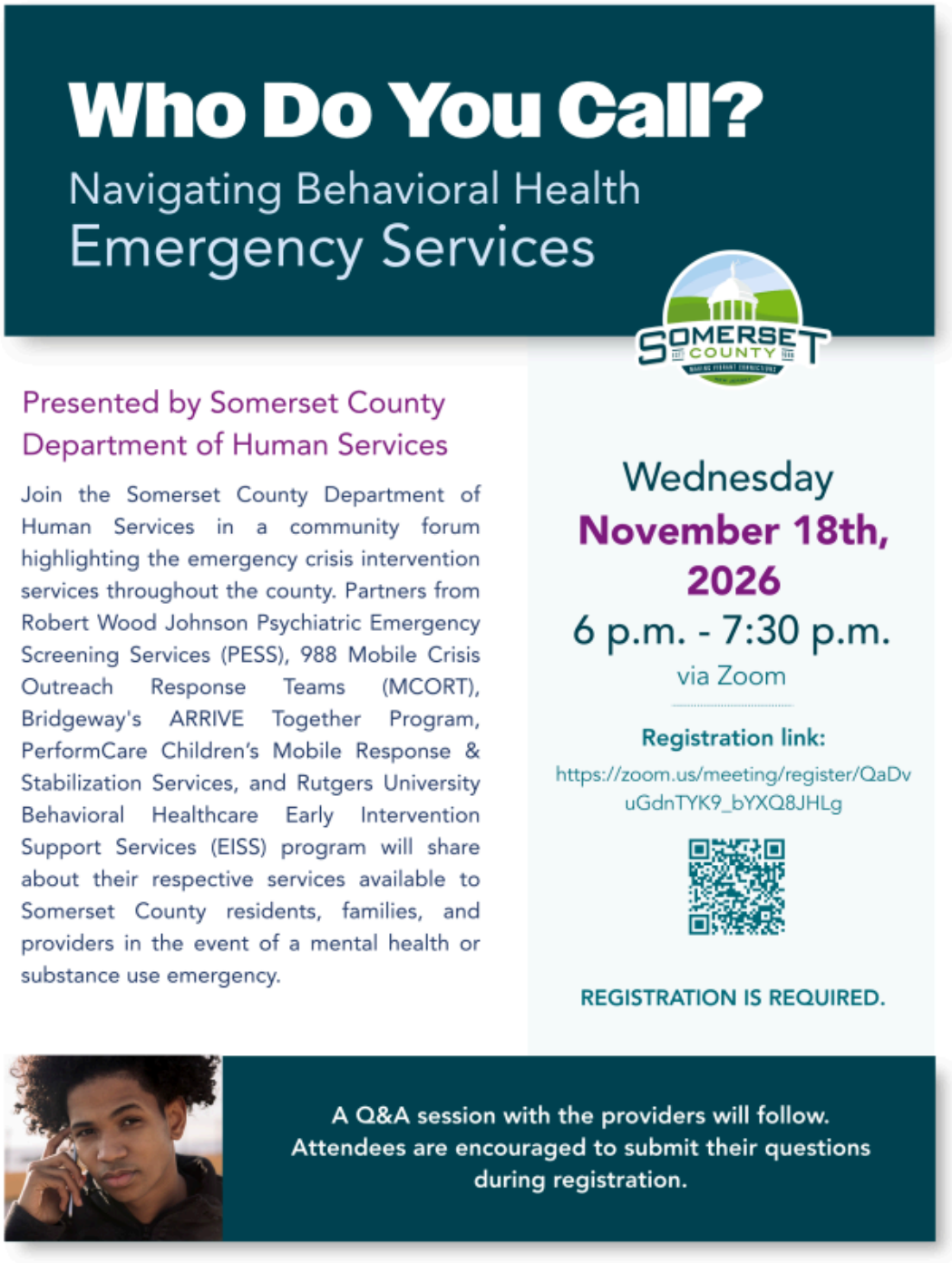
Type 2 Diabetes: Prevention, Detection & Management

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.

Monday, November 16, 2026 06:00pm
Add to **Google** · **Outlook Web** · **Outlook Mobile** · **Yahoo** · **iCal**

The Hills Clubhouse
75 Hansom Road, Basking Ridge, NJ 07920
View on map

Register for Type 2 Diabetes - Prevention, Detection & Management!



November Blood Pressure Screenings

RWJ Barnabas Health & Atlantic Health - Upcoming Events

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

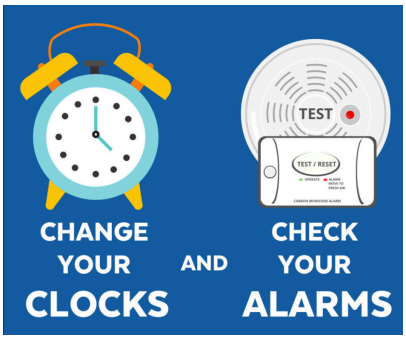
RWJ Barnabas Events Calendar

Atlantic Health Events Calendar

Environmental & Consumer Health

You changed your clock back, did you check your alarms?

The New Jersey Division of Fire Safety (DFS) urges residents to use the time change as a reminder to also improve their fire safety. When turning clocks back one hour this fall, make sure to check that smoke and carbon monoxide (CO) alarms in your home are in proper working order.



Click here for more information

Animal Control

Attention pet owners, save the dates!

FREE RABIES VACCINE CLINICS

Saturday, November 7, 2026	**10 am-12 pm**
Saturday, January 9, 2027	**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 at least 6 months of age
- All cats must be in a carrier
- All dogs must be leashed

Questions?

Call the Bernards Township Animal Control at (908) 204-3066

Health Education - Featured Recipe of the Month

It's pumpkin season! For this month's recipe, be sure to buy canned **pumpkin puree** and not pumpkin pie filling. The canned pie filling is pre-sweetened and seasoned, while canned pumpkin puree is only cooked and mashed pumpkin. You can also mix pumpkin puree into oatmeal, overnight oats, or into Greek yogurt!
- Tara Tomaino, RD

PUMPKIN CHILI

PREP TIME
10-15 MIN

COOK TIME
45 MIN

SERVINGS
8-10

Ingredients

- ½ Tbsp olive oil
- 1 lb lean ground beef
- 1 green bell pepper, diced
- 1 onion, diced
- 2 Tbsp chili powder
- 1 ½ tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika
- 1 tsp salt
- ½ tsp black pepper
- 1 28-oz can fire-roasted diced tomatoes
- 1 15-oz can pumpkin puree
- 1 15-oz can pinto beans, drained
- 1 15-oz can black beans, drained
- 1/2-1 cup water or broth, as desired

Optional garnishes: chopped cilantro, sliced green onions, sliced jalapeno, avocado, sour cream, cheddar cheese

Instructions

1. Heat a large pot or Dutch oven over medium heat, add the olive oil and brown the meat for 5-7 minutes or until cooked through.
2. Once the meat is cooked, add the bell pepper, onion, and seasonings. Cook 4-5 minutes to soften the veggies.
3. Add the tomatoes, pumpkin puree, and beans to the pot. Stir to combine.
4. Cover and simmer on medium-low heat for 30-40 minutes, stirring occasionally. If needed, add water or broth to thin out the chili to your desired consistency.
5. Serve with your favorite chili toppings.

Store leftover chili in an airtight container in the fridge for 3-4 days or freeze up to 2 months.

RECIPE SOURCE: EMILY DIXON, ONE LOVELY LIFE
https://www.onelovelylife.com/pumpkin-chili/#recipe

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
908-204-3070
Monday-Friday 8:30 am-4:30 pm

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

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