



2022 Annual Report



The Contractual Health Agency serving...
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough

BERNARDS TOWNSHIP ANNUAL REPORT TABLE OF CONTENTS

LETTER FROM THE HEALTH OFFICER	1
MISSION STATEMENT	2
2022 BERNARDS TOWNSHIP BOARD OF HEALTH MEMBERS	2
2022 HEALTH DEPARTMENT STAFF	2-3
2022 BTHD ORGANIZATION CHART	4
2022 BOARDS OF HEALTH MEMBERS	5
BTHD REVENUE	6
ACCOMPLISHMENTS	7
REHS FIELD WORK	7
<i>Plan Reviews: Environmental; Food Establishments</i>	7
<i>Inspections: Food Establishments; Public Health, Environmental</i>	8
REGISTRAR OF VITAL STATISTICS	9
ANIMAL CONTROL/ANIMAL CRUELTY SERVICES	10-11
<i>Donation Campaign</i>	10
<i>Rabies Control: All Towns</i>	10
<i>BT Pet Licensing</i>	10
<i>Adoption Program</i>	11
<i>Rabies Shots Clinics</i>	11
PUBLIC HEALTH IN ACTION	12
HEALTH MATTERS E-NEWSLETTER	13-21
COMMUNICABLE/CHRONIC DISEASE SURVEILLANCE	22-27
<i>Zufall Health: STI Screening and Treatment</i>	22
<i>Pregnancy Tests</i>	22
<i>Cancer Screening Services</i>	23
<i>Chronic Disease Screening Services</i>	23
<i>Communicable Disease Reports and Investigations</i>	24-25
<i>Communicable Disease Investigation Hours</i>	26
<i>VNA Office Blood Pressure Screening</i>	26
<i>Senior Citizen Home Visits & Health Maintenance, Monitoring and Education</i>	26-27
<i>School Audits</i>	27
2022 CLINICS AND SCREENINGS – NON COVID-19	28
2022 HEALTH EDUCATION PROGRAMS	28
RISK COMMUNICATION & EMERGENCY PREPAREDNESS	29
2022 COVID SNAPSHOT	30
COVID-19 MANAGEMENT & MITIGATION MONTH BY MONTH	31-33
NJDOH OLPH – STRENGTHENING LOCAL PUBLIC HEALTH CAPACITY GRANTS	34-37
COVID-19 WEEKLY UPDATES	38-39
BTHD COVID CLINICS	40-46
<i>Vaccine Clinics</i>	40-44
<i>Testing Clinics</i>	45-46
MUNICIPAL ALLIANCE/YOUTH SERVICES COMMISSION	47-57
<i>Municipal Alliance Programs</i>	47-50
<i>Ridge Education Action & Community Health (REACH)</i>	51-52
<i>Lindsey Meyer Teen Institute</i>	53-54
<i>Grab and Go Teen Outreach</i>	55
<i>Creating Opportunities for Positive Emotions (COPE)</i>	56
<i>Grant Awards</i>	57
BTHD STAFF LICENSURE/CERTIFICATIONS/ACCREDITATIONS	49-51

A Letter from the Health Officer:

Dear Colleagues, Partners, and Friends,

It has been another year of hard work and perseverance from the Bernards Township Health Department (BTHD). We are pleased to present our efforts through the **2022 Annual Report**. Throughout the pages of this document, you'll be able to capture the zeal of our talented staff and their everyday work. Even during one of the deadliest pandemics of our time, our goal to each of our municipalities remains the same to provide the best public health services and protect the health of all residents within Bernards Township, Bernardsville Borough, Peapack and Gladstone Borough (Somerset County) and Chester Borough, Mendham Borough, and Long Hill Township (Morris County).

What we do in public health is complex, challenging, and always changing. It's hard to believe that our department has been working on COVID-19 for nearly three years now. Despite fading from the media coverage from time to time, there has been a continued need for our expertise in our COVID response. We have been able to reliably provide COVID-19 testing clinics with partners at WellCare. We also administered COVID-19 vaccinations using our BT nurse and contracted Atlantic Visiting Nurses at the COVID-19 immunization clinics. We not only administered new COVID-19 Omicron bivalent boosters but responded to the emergence of Mpox and the threat of Ebola.

This past year of 2022 has been a year full of grant applications and we are just beginning to reap the rewards from our diligent work. The Strengthening Local Public Health Capacity Program has added full and part-time personnel to our staff and provides funding to strengthen outbreak preparedness and response capacity. Several staff members have been trained through the state funded Project Firstline to help educate community partners in infection control. We saw an increase in our prevention grants which help provide programming geared towards youth services, substance misuse and mental health. Other grant programs include radon testing and City Dashboard. These funds have streamlined our ability to provide effective prevention programs to our municipalities.

As always, the health department consistently meets all requirements of Chapter 52 (*Public Health Practice Standards for Local Boards of Health*) and continues to return to many of the pre-pandemic practices. Our diverse workforce balances an insurmountable workload of field inspections, vital statistic record keeping, animal control services and health education programming. Our office has returned to disseminating the monthly "HEALTH MATTERS" E-Newsletter to our residents. Through HEALTH MATTERS we not only continue to provide COVID-19 related updates, but also include pertinent public health information and upcoming BTHD programs. While many of these programs are still offered as convenient virtual programming, we safely returned to in-person health education programs such as "Fight Inflammation: The Power of Food" and many others as we move into 2023. We would like to thank each of our Boards of Health members, including the Bernards Township Board of Health President Dr. John Salaki for their support of the health department team.

We at the BTHD remain vigilant and consistent with our responsibilities to our municipalities. Our hope is that this report offers a glimpse of the hard work our staff has accomplished this year. A continued thank you also goes to all our municipal partners for putting their trust in us. We have seen how strong community partnership can mitigate the spread of communicable disease and impact the prevalence of chronic illness. We look forward to continuing to serve your town and beyond to provide effective programming and impeccable amenities for years to come.

Very truly yours,

Lucy A. Forgione

Lucy A. Forgione, MS, HO, MCHES – Health Officer/Director of Health/Registrar of Vital Statistics
Health Educator/Youth Services Coordinator



MISSION STATEMENT

To provide competent, professional, and efficient public health and environmental services to the residents of our community. Through the delivery of the state mandated "Chapter 52: Public Health Practice Standards of Performance for Local Boards of Health in NJ" and the ordinances and policies of the Board of Health, we promote the public's health by using health education, disease prevention, environmental enforcement, and inspection activities.

2022 BERNARDS TOWNSHIP BOARD OF HEALTH MEMBERS

John Salaki, MD	President
Karen Ellis	Vice President
Pat Crane	Member
Kelly Brown, DVM	Member
Matthew Majewski	Member
Ed Wang	Member
Jennifer Asay	Township Committee Liaison
Paula J. DeBona, Esq.	Board Attorney

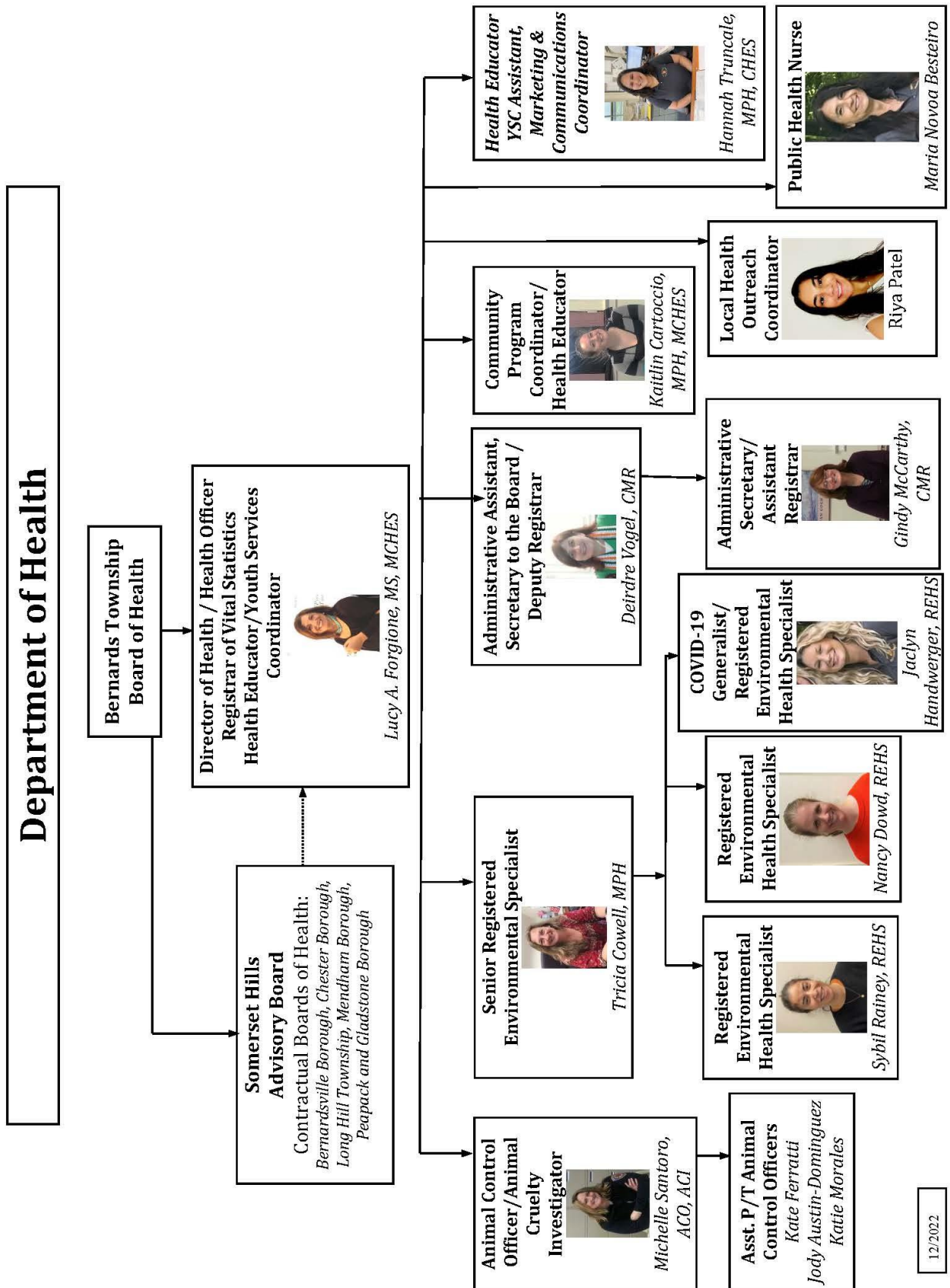
2022 HEALTH DEPARTMENT STAFF

Lucy A. Forgione	Health Officer/Director of Health/Registrar of Vital Statistics/Health Educator/Youth Services Coordinator
Tricia Cowell	Senior Registered Environmental Health Specialist
Sybil Rainey	Registered Environmental Health Specialist
Nancy Dowd	Registered Environmental Health Specialist
Jaclyn Handwerger	Registered Environmental Health Specialist/COVID-19 Generalist
Deirdre Vogel	Administrative Assistant/Deputy Registrar Board of Health Secretary
Gindy McCarthy (retired Dec 2022)	Administrative Secretary/Alternate Deputy Registrar
Michelle Santoro	Animal Control Officer/ Humane Law Enforcement Officer
Kate Ferratti Jody Austin- Dominguez Katie Morales Patricia Segal	Assistant Animal Control Officers



Kaitlin Cartoccio	Health Educator/Community Program Coordinator/ Municipal Alliance Grant Coordinator
Hannah Truncale	Health Educator/Youth Services Assistant, Marketing & Communications Coordinator
Riya Patel	Local Health Outreach Coordinator
Maria Novoa Besteiro	Public Health Nurse





2022 BOARDS OF HEALTH

2022 Bernardsville Borough Board of Health

Len Friedman, DMD	President
Angela Calzetta	Regular Member
James Sasso	Regular Member
Brian Wallace, DC	Regular Member
Michelle York	Regular Member
William Youngblood	Regular Member
Francine Dello Russo	Regular Member & Recording Secretary
Al Riberio	Council Liaison

2022 Long Hill Township Board of Health

Matthew Dorsi	President
Scott Lavender	Regular Member
Guy Piserchia	Regular Member
Brendan Rae	Regular Member
Victor Verlezza	Regular Member
Megan Phillips	BOH Secretary

2022 Peapack & Gladstone Borough Board of Health

Donald Lemma	President
Gian Paolo Caminiti	Regular Member
Mark Corigliano	Regular Member
Amy Dietrich	Regular Member
Jamie Murphy	Regular Member
John Sweeney	Regular Member
Nancy Bretzger	BOH Secretary

2022 Chester Borough Board of Health

Eileen Callaghan-Manning	President
Elisa Stelwagon-Buckley	Vice President
Eileen Carey Brown	Regular Member
Mary Beth Infante	Regular Member
Thomas Germinario, Esq	BOH Attorney
Dena Dziergoski	BOH Secretary

2022 Mendham Borough Board of Health

Marilyn Althoff, MD	President
John Nosta	Vice President
Laura Gill	Regular Member
Laura Montenegro	Regular Member
Ted Rostiac	Regular Member
Melissa Young	Alternate - 1
Ed Brooks	Alternate - 2
Lauren McBride	BOH Secretary



2022 REVENUE BERNARDS TOWNSHIP HEALTH DEPARTMENT

Interlocal Public Health Services Contracts	\$287,450.06
Program Fees Collected (Clinics/Screenings)	\$1,596.00
Environmental Fees Collected	\$49,125.00
Vital Statistics Fees Collected	\$11,883.00
Animal Control Fees Collected	\$52,919.63
<i>Subtotal = \$ 402,973.69</i>	
PREVENTION GRANTS 2022	
Municipal Alliance Grant	\$8,474.92
DMHAS Youth Leadership Grant	\$3,702.50
Youth Services Commission Annual Grant	\$4,000.00
Youth Services Commission Competitive Grants	\$7,400.00
Opioid Settlement Funds	\$18,711.64
<i>Subtotal = \$42,289.06</i>	
NJDOH OLPH GRANTS 2022	
Strengthening Local Public Health Capacity (Jul '21 – Jun '22)	\$291,042.00
Strengthening Local Public Health Capacity (Jul '22 – Jun '23)	\$274,735.00
COVID-19 Vaccination Supplemental Funding (Jul '21 – Jun '23)	\$100,000.00
Enhancing Local Public Health Infrastructure (Oct '22 – Jun '23) <i>Applied for in December '22</i>	\$315,813.00
<i>Subtotal: \$602,777</i>	
Total Grants and Fees Collected: \$1,111,039.75	



BERNARDS TOWNSHIP HEALTH DEPARTMENT 2022 ACCOMPLISHMENTS

BERNARDS TOWNSHIP		
PLAN REVIEWS	BT	TOTAL Municipalities
Septic System plans (new, alterations, repairs, abandonment)	13	71
Soil log inspections for septic systems suitability (new, alterations, subdivisions)	16	68
Septic "As-Built" Plan Review	6	25
Other Plan Reviews (Board of Adjustment-additions, pool locations, site-plans, variance)	4	16
Client/Professional Meetings	12	48
INSPECTIONS	BT	TOTAL Municipalities
ABC license checks	0	15
Cross-Connections	0	8
Kennel/Pet Shop	0	10
Lead (Pb) Inspections for children at risk	0	0
CDRSS lead investigations and case follow-up	Daily	
Public Health complaints with follow-ups/re-checks	12	61
Rabies Control; Dog/Cat bite investigations; testing of wild animals in contact with humans or animals and follow-ups	16	41
Radon Kits	52	98



INSPECTIONS	BT	TOTAL Municipalities
Recreational Bathing	51	70
Retail Food Establishments: Chapter 24 (includes plan reviews, pre-opening, semi-annual, follow-up, re-inspections)	138	390
Retail Food Establishment Temporary- # Events/ # Vendors	5/14	16/91
Septic Inspections including new, alterations, repairs, & abandonment	83	342
Well Inspections (includes installations of casing, pitless adaptors, well abandonments, PWTA reports)	8	19
Youth Camps	5	7
<ul style="list-style-type: none"> • Participated in Board of Health Meetings. • Ensured that all environmental inspections, and food inspections were completed. • Managed statistics for monthly Health Officer's Report. • Participated in <i>Local Emergency Planning Committee</i> (LEPC). • Collected environmental fees for BT, BV, and PG • Managed system for issuing permits for soil logs, septic system, and wells for (BT, BV, LH, PG). • Managed Food Establishment licensing system (BT, BV, PG, LH). • Sent Food Establishing licensing letters for LH. • Assisted MB for food establishment licensing in 2022. • Inquiries: OPRA requests regarding location; type of septic system; well water questions; inspection reports for realty transfers. 		



BERNARDS TOWNSHIP REGISTRAR OF VITAL STATISTICS	
Marriages in Bernards Township	205
Marriage License Applications Completed	111
Certified Marriage Certificates Issued	447
Deaths in Bernards Township	139
Deaths in Lyons Veterans Administration Hospital	24
Certified Death Certificates Issued	66
Birth Certificates Issued	0
TOTAL FEES COLLECTED:	11,823.00



	ANIMAL CONTROL OFFICER (ACO) HUMANE OFFICER (HLEO)	
Donation Campaign	Donations for pet adoptions was included on Pet License application, displayed on front office desk, included in newsletter, and displayed at free Rabies Shot Clinics.	\$3,070.13
Bernards Twp Rabies Control		
	10-day quarantine	6
	Bats found in homes and tested	1
	Dogs and Cats in contact with Wildlife: 45-day quarantine	3
	Rabies Testing: - / + Result	6/1
Bernards Township Pet Licensing	New Dogs Registered	280
	Dogs Licensed	2,006
	Cats Licensed	336
	Dogs License Fees	\$39,263.40
	Dogs Licenses Late Fees	\$4,030.00
	Cats License Fees	\$3,330.00
	Cats License Late Fees	\$340.00
Adoption Program Bernards Twp/ Peapack & Gladstone	Dogs and cats that are running freely and for whom no owner is found are captured, kenneled, given a health check, and advertised for adoption.	5 Dogs 23 Cats/Kittens

Animal Control Continued



RABIES CLINICS:

JANUARY 8, 2022
121 DOGS, 24 CATS - 145 TOTAL

NOVEMBER 12, 2022
55 DOGS, 14 CATS - 69 TOTAL

ADOPTED THROUGH BERNARDS TWP ANIMAL CONTROL

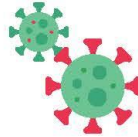


Public Health in Action

2022



**COVID-19
Vaccinations:**
2,156



**COVID-19
Cases:**
2,980



**COVID-19 Testing
& Vaccine Clinics:**
113



**Homebound
COVID-19
Vaccinations:**
84



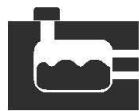
**Flu Shots
Administered:**
147



**Communicable
Disease Reports:**
108



**Cancer Screening
Services:**
23



**Septic
Inspections:**
342



**Food Service
Inspections:**
415



**Recreational
Bathing
Inspections:**
70



**Senior Citizen
Home Visits:**
97



**Rabies Control/
Animal Bite
Investigations:**
37



**Radon Tests
Distributed:**
98



**Zufall Health
Clinic Visits:**
5



**COVID-19
Home Tests
Distributed:**
7,668

HEALTH MATTERS E-NEWSLETTER

Returned in June 2022

LINKS TO HEALTH MATTERS ISSUES

- [June 2022](#)
- [July 2022](#)
- [August 2022](#)
- [September 2022](#)
- [October 2022](#)
- [November 2022](#)
- [December 2022](#)

JUNE 2022



HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

THIS MONTH IN HEALTH MATTERS

- Welcome to Health Matters & Sun Safety - 1
- Health Education - 2
- Upcoming Programs - 3
- Animal Control - 4
- Municipal Alliance - 5
- COVID-19 Spotlight - 6

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. 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.

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).

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

Phone: (908) 204-3070
Fax: (908) 204-3075

Email: health@bernards.org
Website: www.bernardshealth.org

1




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
145 South Finley Avenue,
Basking Ridge, NJ 07920
P: 908.204.3070
E: health@bernards.org
www.bernardshealth.org

Contact us at: health@bernards.org
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.

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2

UPCOMING PROGRAMS

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 Ellen England, MS, RDH founder of Nutritious You. Ellen Petrosino, MS, RDH founder of Ellen Petrosino Consulting. Together Ellen and Ellen are Nourish and Thrive Nutrition Center.

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

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

This program is sponsored by the Bernards Township Health Department. Bernards Township Health Department and Youth Services Department. The Bernards Township Health Department is a 501(c)(3) non-profit organization. No money is made from this program. All proceeds from the program will be used to support the Bernards Township Health Department's mission.

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

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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.

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MUNICIPAL ALLIANCE

32nd 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.

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

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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@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.bernardshshealth.org to learn more about our COVID-19 vaccine clinics.

COVID-19 State Reports

NJ CAU (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.1.529 (Omicron)	0.8%
BA.1 (Omicron)	0.4%
BA.2 (Omicron)	0.0%
BA.2.21 (Omicron)	45.5%

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

All NJ Reports updated on www.bernardshshealth.org weekly

COVID-19 Case Graphs By Municipality

SOMERSET COUNTY

- Bernards Township
- Long Hill Township
- Bernardsville Borough
- Chester Borough
- Peapack & Gladstone
- Mendham Borough

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Email: health@bernards.org
Website: www.bernardshshealth.org

HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

THIS MONTH IN HEALTH MATTERS

- BTHD Staff & COVID - 1
- Upcoming Programs - 2
- Animal Control - 3
- Municipal Alliance - 4
- COVID-19 Spotlight - 5

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. For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](https://smart911.com/support).

JULY 2022 SUMMER

Happy Summer from the BTHD Staff!

From left to right - Sybil Kelley (RHS), Maria Novoa Restrepo (Public Health Nurse), Tami Trunicle (Health Educator/HSC Assistant/Marketing & Communications Coordinator), Patricia Vogel (Administrative Secretary/Deputy Registrar), Gary McConthy (Administrative Secretary/Alternate Deputy Registrar), Lucy Paquin (Health Officer/Registrar/Health Educator/Youth Service Coordinator), Nancy Davis (RHS), Tricia Cowell (Senior RHS), Michelle Sanchez (Animal Control Officer/Human Enforcement Officer), Jocelyn Kananewgar (RHS/COVID-19 Coordinator), Kaitlin Cartocelo (Health Educator - Community Programs Coordinator, Municipal Alliance Coordinator), Rya Patel (Vulnerable Populations Outreach Coordinator)

A Note About COVID-19

The pandemic isn't over just because summer has arrived and many mitigation techniques have been phased out. All residents are encouraged to continue wearing masks when in large, crowded places or while traveling. Get vaccinated if you haven't and boosted as they become available to your age group. There is now vaccine available for children under the age of 5 through pharmacies and pediatricians as well as vaccines for ages 5+ here in Bernards Township. Boosters are available for many age groups now as well.

If you are exposed to COVID-19 or feel sick, get tested. If you feel symptomatic, stay home from work or your summer plans. We have many tools now such as rapid and PCR testing, therapeutics, and vaccination. On top of that, we have the knowledge of dealing with past COVID-19 surges and can handle whatever comes next. Omicron variants BA.4 and BA.5 have started to spread around the globe and we continue to monitor numbers in New Jersey and locally in our jurisdictions. Have a wonderful summer and stay smart and stay safe.

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Basking Ridge, NJ 07920

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UPCOMING PROGRAMS

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 melanomas.
- 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:

- Able to sit
- Never attended a Bernards Township Skin Cancer Screening in the past
- Not under the care of a dermatologist

Bernards Township Health Department
At: Fellowship Village Wellness Center
8000 Fellowship Rd.
Basking Ridge, NJ 07920
Call 908-204-2520
Email: skin@bernards.org
Website: www.bernardshealth.org

CHECK YOUR HOME FOR RADON

FREE RADON TESTING KITS AVAILABLE NOW

WHAT IS RADON?

- A radioactive gas that occurs naturally.
- Odorless, tasteless, and invisible and can cause cancer.
- In higher concentrations in certain areas of New Jersey.
- Testing is simple & inexpensive.

FOR RESIDENTS OF CONTRACTUAL TOWNS ONLY
ONE KIT PER HOUSEHOLD WHILE SUPPLIES LAST
PICK UP AT THE HEALTH DEPARTMENT

Bernards Township Health Department
262 South Finley Avenue
Basking Ridge, NJ 07920
Call 908-204-3070
Email: health@bernards.org
Website: www.bernardshealth.org

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 5 for more info

Questions about Monkeypox?

Visit the CDC webpage

At this time we do not have vaccine supply for individuals under the age of 5. Please check back for our clinic schedule in the coming weeks.

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ANIMAL CONTROL

Bat Facts

Bats have a reputation of being spooky or even dangerous, but they are actually one of the most beneficial animals to people and they provide an essential contribution to our ecosystem. Bats do not get caught in people's hair. Bats that swoop near people are usually after insects such as mosquitoes.

Did you know that:

- A single little brown bat can eat 1200 mosquitoes in an hour.
- The little brown bat is the world's longest lived mammal for its size with a lifespan over 32 years.
- In October and November, the bats leave their summer roost and move to caves to hibernate for the winter. This is the best time to bat proof your house.
- Bats prepare for hibernation by putting on fat to last through the cold winter.
- Bats emerge again in April and May returning to the same location through their entire lifetime.
- Young bats (pups) are born in June or July and are fully grown within four weeks.
- The only way to keep a house free of bats is to block up the opening the bats are using.
- It is illegal for anyone, including animal control officers and exterminators, to kill bats.
- All evictions or exclusions should take place prior to mid-May or after mid-September to be sure the young are ready to fly.
- If a colony of bats is to be removed from a home, attic or barn, another place for the bats to roost such as a bat house should be considered.

All mammals, including bats, can get rabies, however less than one percent of all bats are infected with the virus. Just remember, NEVER handle a bat! If you are accidentally bitten or exposed, such as direct (bare skin) contact with a bat, make sure the bat is saved for examination. Immediately wash with soap and water and seek prompt medical advice and report to your local Animal Control services for assistance.

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MUNICIPAL ALLIANCE

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

When people call text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

The Lifeline's network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the calls the lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

Answer the call! These centers are looking to bring on new volunteers and peer employees. You will receive training, so if you are a caring person who wants to help those in crisis, apply today. Hire your opportunity: [samhsa.gov/988-jobs](https://www.samhsa.gov/988-jobs)

988 SUICIDE & CRISIS LIFELINE

Other National/Local Mental Health Resources

In addition to the Suicide Prevention Lifeline, New Jersey residents have access to a plethora of national and local mental health resources for crisis and non-crisis situations:

Phone Resources

- NJ Mental Health Crisis - 1-800-202-HLIP (4357) - 6am-3pm, 7 days a week - COVID-19 related
- NJ Helpline - 1-855-NJ-HELP-NJ (654-6783) 24/7 peer support/SUICIDE Prevention
- Caring Contact - (908) 252-2880 - Volunteer Staffed Caring and Crisis Helpline
- 2ndFloor - Call or Text - 1-888-222-2228 - For Youth
- Treasure Project - 1-855-988-7586 or Text 678578 - 24/7 LGBTQ Youth: 6p-10p
- Safe + Sound - 1-800-585-837 - 24/7 Call or Text Somerset County Domestic Violence Support
- JRWHS - 1-877-762-2673 24-Hour help for mental and behavioral health
- BridgeWay PESS (908) 226-4300 Crisis Intervention/Mobile Outreach Reach NJ - 1-844-REACH-NJ (732-2426) 24/7 Substance Use Disorder Help
- NJ Addiction Services Helpline - (844) 776-7777
- NJ Opiate Addiction Helpline - (888) 252-3757
- Peer Recovery Warmline - 1-877-575-7000 - Text 6: 1 telephone Support
- National Alliance on Mental Illness (NAMI) - 1-800-950-6464 (3644) - M-F 10am-6pm

747411 is a dedicated text & chat number in the United States staffed by trained volunteers. The keyword you text will get you to different organizations.

- *KIMP will connect to Caring Contact's crisis text line.
- *KIMP will connect to NAMI National's crisis text line.
- *KIMP will connect to the Crisis Text Line.
- *Text to Lifeline to the American Foundation for Suicide Prevention's (AFSP) crisis text line.

Websites

- American Foundation for Suicide Prevention - <https://afsp.org/>
- New Jersey Helpline - <http://www.njhelpline.org/>
- National Suicide Prevention Lifeline - <https://suicidepreventionlifeline.org/>
- National Alliance on Mental Illness NJ - <https://www.namijnj.org/>
- Substance Abuse & Mental Health Services Administration (SAMHSA) - <https://www.samhsa.gov/>
- Community in Crisis - Substance Use Disorder Support in the Somerset - <https://www.communityincrisis.org/>
- SMART Recovery - <https://www.smartrecovery.org/>
- On the Border Recovery Support
- Northern New Jersey Alcoholics Anonymous - <https://www.njaaa.org/>
- Narcotics Anonymous NJ - <https://www.njanj.org/>
- Somerset County Human Services - <https://www.somersetnj.org/government/human-services>
- Morris County Human Services - <https://www.morriscountynj.gov/>
- NJ Department of Human Services - <https://www.state.nj.us/humanservices/>
- NJ Mental Health Crisis - <https://www.njmentalhealthcrisis.org/>

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Bernards Township HEALTH Department

ANNUAL REPORT 2022

15

COVID-19 SPOTLIGHT

Bernards Township COVID-19 Testing Clinics

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

Thursdays July 7, 14 and 28
No testing on July 21st

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 wellcarecovdtesting@gmail.com.

COVID-19 State Reports

CDC COVID-19 Community Levels

Local Levels: Somerset County: **MEDIUM**

Morris County: **HIGH**

Click [here](#) to view the report for week ending June 23, 2022

NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the last 4 Weeks
BA.1.1.29 (Omicron)	0.0%
BA.1.1 (Omicron)	0.1%
BA.2 (Omicron)	23.2%
BA.2.12.1 (Omicron)	26.4%
BA.4 (Omicron)	2.7%
BA.5 (Omicron)	0.1%

Click [here](#) to view the full report from Week 23

All NJ Reports updated on www.bernardshealth.org weekly

COVID-19 Case Graphs By Municipality

SOMERSET COUNTY MORRIS COUNTY

- [Bernards Township](#)
- [Bernardsville Borough](#)
- [Peapack & Gladstone Boroughs](#)
- [Long Hill Township](#)
- [Chester Borough](#)
- [Mendham Borough](#)

Visit www.bernardshealth.org to learn more about our COVID-19 vaccine clinics.

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AUGUST 2022

HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

Important COVID-19 Update from the Bernards Township Health Officer, Lucy A. Forgiore
[Click here to read](#)

Get the REAL Facts on Coyotes
[Click here to read](#)

Local COVID-19 Updates
[Click here to read](#)

THIS MONTH IN HEALTH MATTERS

- COVID Update from the Health Officer
- Health Education - Monkeypox
- Animal Control - Coyote Mythbusters
- COVID-19 Spotlight

ABOUT US

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COVID-19 VACCINATION CLINIC

WEDNESDAY AUGUST 24
6-8pm
Good Shepherd Church
322 Muskegon Rd
Bernardsville, NJ 07922

Upcoming COVID-19 Vaccine Clinic at Good Shepherd Church and other upcoming events...
[Click here to read](#)

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HEALTH EDUCATION

Important COVID-19 Update from Bernards Township Health Officer, Lucy Forgiore

Since the start of the COVID-19 pandemic, the Bernards Township Health Department has done their part to respond and protect the municipalities within their jurisdictions. At the helm of effort is Health Officer/Director of Health, Lucy A. Forgiore. Spanning nearly 4 decades, Forgiore's career has seen its fair share of public health events including H1N1, Ebola, and Zika but nothing quite like the COVID-19 pandemic. Throughout the past 2.5 years the world has been introduced to not only a novel coronavirus, but several mutations and variants that have caused a significant rise in cases worldwide. Summer and fall 2021, the Delta variant caused a spike in cases, and starting at the end of November 2021 Omicron began its reign as the dominant variant.

"In the United States, it would appear as though COVID is on a decline, but BA.4 and BA.5 have begun to change that," says Forgiore. As of the most recent New Jersey COVID-19 Variant Surveillance Report, BA.4 makes up 13.3% of sequenced cases, and BA.5 makes up 43.6%. According to the Centers for Disease Control COVID Data Tracker, BA.4 makes up 12.9% while BA.5 makes up 81.9% of cases. The earliest strains of the Omicron variant seemed to have faded to make way for BA.4 and BA.5. Why is this? "Mobility is increasing while mask wearing declines," says Forgiore. "Vaccines are less effective at preventing infection from BA.4 and BA.5 with how much this virus has changed." It also appears as though previous infection from COVID-19 isn't providing immunity the same way it used to. Reinfection is also on the rise.

Other challenges include more people using at-home tests when they're sick and not reporting cases to public health authorities. "Our case counts end up being inaccurate and we are unable to offer public health advice and guidance to those who are sick".

Forgiore encourages the public to still have faith in their vaccines and boosters at the moment. "Although the vaccines are less effective at preventing infection from the newer variants, they are still very effective in preventing severe illness and mortality". Vaccines are more readily available for various age groups and boosters are also able to protect those in vulnerable age groups. Anti-virals and other therapeutics are also available to those who are infected with COVID-19 including Paxlovid. "We are more equipped now to address a surge than we were earlier in this pandemic," says Forgiore. As for tips to stay as healthy as possible this summer? "Get your booster shot if it's available to you, wear a mask in crowded public places, wash your hands and stay home if you're sick. We are prepared and ready. Stay well and we'll all be on the other side of this one day".

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HEALTH EDUCATION

Monkeypox Updates from the NJDOH, CDC and WHO

The following information is the most current and up to date regarding the current Monkeypox outbreak as of 8/1/22. Please stay tuned to credible, current resources like the [New Jersey Department of Health](#), the [Centers for Disease Control](#) and the [World Health Organization](#). Click on each link or graphic to be taken to the real time file online with active links.

Monkeypox Key Facts

- Monkeypox is a rare disease caused by the monkeypox virus.
- Monkeypox was first discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research, hence the name "monkeypox".
- The first case in humans was found in 1970 in the Democratic Republic of Congo. Since then, more cases have been found in central and western African countries with most infections being found in Democratic Republic of Congo. Rarely, monkeypox cases have been found in countries outside of Africa that were associated with international travel or importing animals from areas where the disease is more common. Monkeypox is a zoonotic disease, meaning that it can be spread from animals to people. The natural reservoir of monkeypox remains unknown.
- Who gets monkeypox? Anyone can get monkeypox, but most cases occur in central and western Africa. As of spring 2022, clusters of monkeypox cases have been seen in several countries that don't normally have cases of the disease including parts of Europe and North America. Most of the recent cases do not have direct travel exposure risks.
- What are the symptoms of monkeypox? The most common early symptoms are similar to the flu and may include: fever, headache, muscle aches, backache, swollen lymph nodes, chills.
- As the infection continues, additional symptoms may include: blister-like rash (however, sometimes the rash appears before the early symptoms: above), lower, draining sores, muscle aches, headache.
- The incubation period (time from being infected to the time symptoms appear) is usually 7-14 days, but can range from 5-21 days. People who have weak immune systems or skin conditions such as eczema may experience more serious illness or complications.
- For the full FAQ document, [click here](#)
- [CDC & WHO Links and Guidance](#)
 - CDC - Monkeypox
 - CDC - 2022 US Map & Case Count
 - CDC - Social Gatherings, Safer Sex and Monkeypox
 - WHO - Monkeypox Fact Sheet
 - WHO - Recovering From Monkeypox

Monkeypox Vaccination in New Jersey

Who can get vaccinated?

High Priority Groups

Vaccine Locations

Bernards Township Health Department
282 South Finley Avenue
Basking Ridge, NJ 07920
Phone: (908) 204-3070
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ANIMAL CONTROL

Coyote Mythbusters

True or False? If you see coyotes during the daylight hours, they must be sick or have rabies.

FALSE! Coyotes are mostly active at dawn and dusk, but they may be observed at any time of the day. Due to the highly adaptive characteristics of the coyote, this species has become increasingly common in urban and suburban areas. It is not unusual to see a coyote lope across residential backyards, snoop into an abandoned woodlot, or crinkling from a roadside pool of water. Coyotes are here to stay, but as long as we understand the possible areas of contention and practice responsible methods of avoidance, it is possible for humans and coyotes to inhabit the same areas.

True or False? Coyotes are an important part of a healthy ecosystem. They do us a favor by controlling rodents and insects and are nature's "clean-up service" removing carrion and preventing disease. As we encroach on natural areas, coyotes are finding food sources that are not natural, and may bring them (and other wildlife) into unwelcome contact with people. The good news is there are proven long term solutions for common concerns.

True or False? Coyotes are becoming habituated to people because they have been fed or encouraged to approach people, either purposefully or unintentionally. Over time and with enough positive reinforcement, habituated coyotes may become bolder, leading the risk of habituating coyotes to human contact is a process similar to reducing habituation in nearly all wildlife species. The following are some general practices to follow:

- Do not leave sources of food within reach of wildlife.
- Do not feed or intentionally approach wildlife.
- Do not encourage wildlife to approach you.
- Do not run away if you encounter wildlife, as this behavior encourages predators to give chase.

True or False? Coyotes are not a significant predator of pets and deer.

TRUE! While coyotes may occasionally take free roaming domestic animals or deer, diet studies show that in general rodents, rabbits, insects, fruit, and carrion make up the bulk of their diet. Coyotes are opportunistic generalists and will eat almost anything. They will consume many types of vegetation, from grasses to seeds to fruits and berries. Rabbits, rodents, rabbits, white tailed deer, turkeys, birds, insects, carrion, and many other types of small prey are on their menu. Although deer hair is frequently found in coyote nests, many incidences are the result of scavenging rather than predation. Coyotes may prey opportunistically on cats, small dogs, and occasionally on large dogs. However, the overall occurrence of pets in coyote diets is low to nonexistent.

True or False? Statistically, coyotes are a significant threat to your safety.

FALSE! Coyote attacks on people are very rare. Often, coyote attacks are preventable by modifying human behavior and educating people about ways to prevent habituation. In many human attack incidents, it turns out that the offending coyote was being fed by people. In many other instances, people were bitten while trying to rescue their free roaming pet from a coyote attack. Less often, people are bitten by common coyotes, or even more rarely, rabid coyotes.

Acting responsibly is always the key to safety. Follow some easy tips:

- Do not feed coyotes.
- Walk pets on a leash.
- Secure garbage, compost and pet foods. Make sure can lids are on tight, feed pets inside, pick up fallen fruit and prevent bird feeders from circulating rodents.
- "Hazing" methods include - yelling, air horns, bells, shockers, banging pots and pans together, etc. Hazing is a method that orders an animal out of an area. Hazing can help maintain a coyote's fear of humans and deter them from backyards.
- Talk to your neighbors. See a coyote in your neighborhood? Ask your neighbors to remove attractants, haze coyotes and share these tips.

Any other questions? Contact Michelle Santoro, Animal Control Officer for Bernards Township at 908-204-3066.

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UPCOMING PROGRAMS

COVID-19 VACCINATION CLINIC

WEDNESDAY
AUGUST 24
6-8pm

Good Shepherd Church
321 Minebrook Rd
Bernardsville, NJ, 07924

- Pfizer vaccine (ages 12+)
- First, second and booster doses available
- No ID, insurance or appointment required
- COVID-19 vaccines are free
- Coming for a booster shot? Bring your original vaccination card with you.
- Please call 908-204-3066 for any questions.

CHECK YOUR HOME FOR RADON

FREE RADON TESTING KITS
AVAILABLE NOW

WHAT IS RADON?

- A radioactive gas that occurs naturally
- Colorless, tasteless, and invisible and can cause cancer.
- In higher concentrations in certain areas of New Jersey
- Testing is simple & inexpensive

FOR RESIDENTS OF CONTRACTUAL TOWNS ONLY
ONE KIT PER HOUSEHOLD WHILE SUPPLIES LAST
PICK UP AT THE HEALTH DEPARTMENT

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Good Shepherd Clinic Spanish Flyer

Somerset County COVID-19 Vaccine Clinics

Summer age 5+ in English

Winter age 5+ in Spanish

Winter COVID-19 Vaccines

Don't Forget!

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

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

Check page 5 For August dates

At this time we do not have vaccine supply for individuals under the age of 5. Please check back for our clinic schedule in the coming weeks.

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COVID-19 SPOTLIGHT

Bernards Township COVID-19 Testing Clinics

Upcoming COVID-19 Testing Clinics:

Thursdays August 4, 11, 18, 25

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

Appointments are now WALK IN ONLY!
Please visit our website to access registration forms to bring on your test date

English flyer Spanish flyer

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 WellCareatwellcarecovideTesting@gmail.com

COVID-19 State Reports

CDC COVID-19 Community Levels

The CDC's Community Level System provides a way to understand the current level of COVID-19 activity in your community. The system is based on the number of COVID-19 cases per 100,000 people in a community over a 14-day period.

Local Levels:

Somerset County: HIGH

Morris County: HIGH

Click [here](#) to view the report for week ending July 28th, 2022

NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the last 4 Weeks
BA.1 (Omicron)	0.0%
BA.2 (Omicron)	7.8%
BA.2.12.1 (Omicron)	3.1%
BA.4 (Omicron)	13.0%
BA.5 (Omicron)	43.1%

Click [here](#) to view the full report from Week 27

All NJ Reports updated on www.bernardshealth.org weekly

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 Aug 8 & 29
1st, 2nd and booster doses available
Pediatric Pfizer (5-11) Registration

Pfizer (12+) & Moderna - Tue, Aug 16 & 30
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 to learn more about our COVID-19 vaccine clinics.

COVID-19 Case Graphs By Municipality

SOMERSET COUNTY MORRIS COUNTY

- Bernards Township
- Long Hill Township
- Bernardsville Borough
- Chester Borough
- Peapack & Gladstone
- Mendham Borough

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HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

New Jersey School Immunization Reminders
[Click here to read](#)

THIS MONTH IN HEALTH MATTERS

Childhood Immunization Reminder
Upcoming Programs - Flu, Nutrition and More
BTHD Facebook
BTHD COVID-19 Vaccine Clinic Update
Animal Control - What's the Skunk About?
COVID-19 Spotlight

Find us on

[Follow the Bernards Township Health Department on Facebook](#)

Learn More About Skunks!
[Click here to read](#)

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Local COVID-19 Updates
[Click here to read](#)

HITTING THE ROAD: HEALTHY EATING ON THE GO

Thursday, October 6
6:00-7:30 pm
Bernards Township Library
32 S. Maple Ave. Basking Ridge
Registration Required. Call 908-204-2520 to register.

Check Out Our Upcoming Nutrition Program and More Here

Bernards Township Health Department
282 South Finley Avenue
Basking Ridge, NJ 07920
Phone: (908) 204-3070
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Website: www.bernardshealth.org

UPCOMING PROGRAMS

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

HITTING THE ROAD: HEALTHY EATING ON THE GO

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32 S. Maple Ave. Basking Ridge
Registration Required. Call 908-204-2520 to register.

CHECK YOUR HOME FOR RADON

FREE RADON TESTING KITS AVAILABLE NOW

WHAT IS RADON?

- A radioactive gas that occurs naturally.
- Odorless, tasteless, and invisible and can cause cancer.
- In higher concentrations in certain areas of New Jersey.
- Testing is simple & inexpensive.

FOR RESIDENTS OF CONTRACTUAL TOWNS ONLY
ONE KIT PER HOUSEHOLD WHILE SUPPLIES LAST
PICK UP AT THE HEALTH DEPARTMENT

Don't Forget!

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

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

Check page 4 for September dates

Have you heard of Grab and Go?

Grab kits for students Grades 4-12 available monthly at the Bernards Township Library

[Learn more here](#)

As of 8/24 and the approval of the bivalent Omicron boosters, current available boosters are no longer authorized for administration for people aged 12+.

Until further notice, our Tuesday clinics will only offer primary series doses. Please stay tuned for when our health department will begin administering the Omicron bivalent boosters.

Bernards Township Health Department
282 South Finley Avenue
Basking Ridge, NJ 07920
Phone: (908) 204-3070
Fax: (908) 204-3075
Email: health@bernards.org
Website: www.bernardshealth.org

ANIMAL CONTROL

What's the Skunk All About?

What's the Skunk All About?

There's more to know about skunks than their unique appearance and smelly spray. It is more likely you will smell a skunk than see one. Persistent faint musk smells under a building or wood pile may suggest that a skunk has taken up residence. Occasional skunk sightings in a neighborhood are not a cause for alarm. Skunks are generally easy-going and will not intentionally bother people. In fact, skunks are beneficial by eating insects and rodents many regard as pests.

Warning Signs

Skunks use their powerful defense only when they or their young are threatened and cannot escape. Even then, they give you ample warning - stamping front feet, a raised tail, hissing, short forward charges and especially the twisting hind one in your direction. Move away slowly and quietly. By nature, dogs tend to ignore these warnings, so it is important that they may be restrained for their own good.

Tolerance

Because of the lingering odor and fear of being sprayed it may be hard for some people to tolerate skunks living under a deck or old shed. But skunks need shelter like this when they are most vulnerable - during the coldest parts of the winter, when they have young. How many skunks are killed each year are simply because of fear is not known, but it is surely a large number. This is unfortunate, because it is common knowledge among those who work closely with these animals that it actually takes a lot to get sprayed. The nocturnal habits of skunks, their aggressive nature, and generally beneficial role they play in nature by consuming insects and rodents are all good reasons to leave them alone until they have moved on their own accord (which they readily do) or can safely be harassed away from an area where they are not wanted.

Habitat Modification

Skunks are attracted to things like garbage and pet food left out at night on convenient dumping sites such as wood and rock piles, elevated sheds, openings under concrete slabs in porches, and access to crawl spaces under houses. Preventive measures, such as removing attractants around houses, will decrease the likelihood of an unpleasant skunk encounter. This includes securing trash, feeding pets indoors, or if fed outdoors, removing food immediately after pets eat.

Skunks also dig for grubs in lawns when wet soil conditions push grubs close to the surface. When the soil dries, the grubs move deeper, so the problem can generally be stopped or prevented in the first place by not over watering lawns.

Removal From a Window Well

Thanks to their weak eyesight, it is not uncommon for skunks to stumble into a window well and become trapped because of their poor climbing abilities. If a skunk becomes trapped in a window well or similar access point, provide a means of escape. Place a rough board (one with cleats, carpal, lowering, chicken wire, or other materials to give animal traction) that is long enough to serve as a ramp out of the well. Skunks are poor climbers, so the board should lean no steeper than a 45° angle. Try to stay out of sight of the skunk, and slowly and carefully lower the board. Regardless of how you end up getting the skunk out, you can prevent the situation from reoccurring by installing covers over window wells.

Behavior

Even though skunks are mostly active at night, they sometimes look for food by day - particularly in the spring, when they have young. Don't be concerned if you see one simply because of fear is not known, but it is surely a large number. This is unfortunate, because it is common knowledge among those who work closely with these animals that it actually takes a lot to get sprayed. The nocturnal habits of skunks, their aggressive nature, and generally beneficial role they play in nature by consuming insects and rodents are all good reasons to leave them alone until they have moved on their own accord (which they readily do) or can safely be harassed away from an area where they are not wanted.

Don't approach the skunk yourself. Call your local animal control officer or Police Department for assistance.

Neutralizing Odors

The traditional remedy for a skunk is a tomato juice bath. To neutralize the smell, however, the chemicals in spray must be changed into a different type of molecule, and tomato juice does not do that. Tomato juice can, along with vinegar, and only other mildly acidic solution will wash off the sticky spray to at least reduce the smell. Odor neutralizers are also for sale on the market that work effectively to eliminate skunk smells.

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COVID-19 SPOTLIGHT

Bernards Township COVID-19 Testing Clinics

Upcoming COVID-19 Testing Clinics:
Thursdays September 1, 8, 15, 22 & 29
Bernards Township Community Center
289 South Maple Ave, Basking Ridge, NJ

Appointments are now WALK IN ONLY!
Please visit our website to access registration forms to bring on your test date

[English flyer](#) [Spanish flyer](#)

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@wellcarecovidtesting@gmail.com.

COVID-19 State Reports
CDC COVID-19 Community Levels

Local Levels:
Somerset County: **LOW**
Morris County: **MEDIUM**

Click [here](#) to view the report for week ending August 13, 2022

NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the Last 4 Weeks
BA.2 (Omicron)	3%
BA.2.12.1 (Omicron)	31.3%
BA.4 (Omicron)	12.3%
BA.4.5 (Omicron)	5.1%
BA.5 (Omicron)	63.6%

Click [here](#) to view the full report from Aug 25th

All NJ Reports updated on www.bernardshealth.org weekly

Bernards Township COVID-19 Vaccine Clinics

IMPORTANT NOTE ABOUT BOOSTERS

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 Sep 19
1st, 2nd and booster doses available
[Pediatric Pfizer \(5-11\) Registration](#)

Pfizer (12+) & Moderna - Tue, Sep 13, 20, 27
Primary series for Pfizer 12+ (1st and 2nd doses)
[Pfizer \(12+\) Registration](#) [Moderna Registration](#)

Visit www.bernardshealth.org to learn more about our COVID-19 vaccine clinics.

Helpful COVID-19 Resources

Additional COVID-19 Vaccine Option for Adolescents - [Novavax COVID-19 Vaccine](#)

Interested in learning more about COVID-19 statistics by County? [Somerset](#) [Morris](#)

Are you eligible for a COVID-19 booster dose?
[Check out the CDC Vaccination Schedule](#)

Have you been exposed to or tested positive for COVID-19? [Use the CDC Quarantine & Isolation Calculator](#)

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HEALTH MATTERS
Monthly Newsletter from the Bernards Township Health Department

THIS MONTH IN HEALTH MATTERS

Flu Season – BTHD Flu Clinic Schedule

Bivalent-Omicron Boosters Now Available

Bernards Township Walks for Mental Health

Vector-Borne Illness Tracker

Local COVID-19 Info

BTHD Facebook

BERNARDS TOWNSHIP WALKS FOR MENTAL HEALTH

Sat, Oct 15th 9:30 am-12 pm

Harry Dunham Park

[Learn more and register here](#)

[Check out other upcoming programs](#)

FLU SEASON

Flu Season Approaches.. Don't Forget Your Flu Shot!

[BTHD Flu Clinic Schedule](#)

Bivalent-Omicron Boosters Available at BTHD COVID-19 Vaccine Clinics!

Get your updated booster today!

[Check out our clinic schedule](#)

Local COVID-19 Updates

[Click here to read](#)

ABOUT US

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Menhaden Borough and Peapack & Gladstone Boroughs.

STAY CONNECTED

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

Find us on

[Bernards Township Health Department](#)

[Follow the Bernards Township Health Department on Facebook](#)

Bernards Township Health Department
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Basking Ridge, NJ 07920

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Website: www.bernardshealth.org

UPCOMING PROGRAMS

2022 FLU CLINICS

No appointment needed!
Clinics are for age 6 and up.

Date	Time	Location
Wednesday, October 12	8:00 - 11:00 am	St. James Church, 184 S. Finley Ave, Basking Ridge
Thursday, October 13	8:00 - 11:00 am	Clarendon Center, 4 Wilson St, Menhaden
Friday, October 21	8:00 - 11:00 am	Peapack-Gladstone Borough Hall, 1 School St, Peapack
Wednesday, October 26	3:00 - 5:00 pm	Bernardsville Library, 1 Anderson Hill Rd, Bernardsville

COST
Residents: \$25
Non-Residents: \$35
Valid Medicare Part B card: No Charge
Consult your doctor before receiving the flu shot.
All shots are quadrivalent vaccine.

[Promoting Public Health](#)
Bernards Township Health Department

BERNARDS TOWNSHIP WALKS FOR MENTAL HEALTH

Saturday, October 15th 2022

Harry Dunham Park, Basking Ridge 9:30 am - 12 pm

241 Liberty Corner Road, Basking Ridge, NJ 07920

Join us for the second annual Basking Ridge UNICO Walks for Mental Health, in partnership with Bernards Township and the Bernards Township Municipal Alliance.

Mental health does not discriminate. It is important now, more than ever to erase the stigma and to help those that are suffering in silence.

WEAR GREEN and bring your friends and family as we walk around Dunham Park to support [Bernards Township Services](#). Learn more at [www.bernards.org](#).

\$30 Donor per walker. To register or donate visit [Bernards.org](#). Search "Bernards Township Walks for Mental Health". Space is limited, register in advance.

\$25 Donor per walker Day of Event Donation on 10/15/22 (if space is available) - Cash or checks made out to "Bernards Treatment Services".

EVENING SCHEDULE
9:30 am - Welcome Ceremony & Speakers
10:00 am - Walk begins
12:00 pm - End Time
Breakfast only
Length is as many laps as you wish to complete

Scan with your phone to register online!

Sponsored by:

[Bernards Township](#) [Bernardsville Borough](#) [Chester Borough](#) [Long Hill Township](#) [Menhaden Borough](#) [Peapack & Gladstone Boroughs](#)

For any questions or to get involved, email: BaskingRidgeuniconwalk@gmail.com

Don't Forget!

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

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

Check [here](#) for October dates

Have you heard of Grab and Go?

Grab kits for students Grades 7-12 available Thursday at the Bernards Township Library

[Learn more here](#)

Program Reminder:
Hitting the Road: Healthy Eating On the Go
Thurs, Oct 6th 6-7:30
Bernards Township Library
[Click here for flyer](#)

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COVID-19 SPOTLIGHT

Bernards Township COVID-19 Testing Clinics

Upcoming COVID-19 Testing Clinics:

Thursdays October 6, 13, & 20

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

Appointments are now WALK IN ONLY!
Please visit our website to access registration forms to bring on your test date

[English flyer](#) [Spanish flyer](#)

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

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:

[English Flyer](#) [Spanish Flyer](#)

Pediatric Pfizer (5-11) - Mon Oct 17
1st, 2nd and booster doses available
[Pediatric Pfizer \(5-11\) Registration](#)

Bivalent Omicron Boosters ONLY for Pfizer (12+) and Moderna (18+) - Tue, Oct 4, 17, 25
[Pfizer \(12+\) Registration](#) [Moderna Registration](#)

If you plan to get a booster for any COVID-19 vaccine, [please review your eligibility here](#).

Visit www.bernardshealth.org to learn more about our COVID-19 vaccine clinics.

COVID-19 State Reports

CDC COVID-19 Community Levels

[Click here to view the report for week ending September 29, 2022](#)

NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the Last 4 Weeks
BA.2 (Omicron)	12%
BA.2.12.1 (Omicron)	67%
BA.4 (Omicron)	33%
BA.4.6 (Omicron)	14%
BA.2.75 (Omicron)	0.3%
BF.7 (Omicron)	0.2%
BA.1 (Omicron)	36.3%

[Click here to view the full report from Sept 10th](#)

All NJ Reports updated on www.bernardshealth.org weekly

Helpful COVID-19 Resources

Statement from NJ Government Leaders on Omicron Boosters - [Read Here](#)

Interested in learning more about COVID-19 statistics by county? [Somerset](#) [Morris](#)

Are you eligible for a COVID-19 booster dose?
[Check out the CDC Vaccination Schedule](#)

[Current Guidance When Testing Positive for COVID-19](#)
[Use the CDC Quarantine & Isolation Calculator](#)

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NOVEMBER 2022

HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

Protect Your Pets!

FREE Rabies Vaccine Clinic
Sat, Nov 12th 10 am - 12 pm
Bernards Township Pet Owners Click Here for More!

Bivalent-Omicron Boosters Available at BTHD COVID-19 Vaccine Clinics!
Get your updated booster today!
Check out our clinic schedule

Local COVID-19 Updates
Click here to read

THIS MONTH IN HEALTH MATTERS

FREE Rabies Clinic
 Protect Your Pets
 Upcoming COVID-19 Vaccine and Testing Clinics

Pumpkin Smash
 Check Your Home for Radon!
 Local COVID-19 Info
 BTHD Facebook

PUMPKIN SMASH

Don't TRASH it
 Join us to SMASH it
Sat, Nov 5th 11 am - 1 pm
Dogwood Farms/English Farm
Click here to view program flyer

CHECK YOUR HOME FOR RADON

FREE RADON TESTING KITS AVAILABLE NOW

WHAT IS RADON?

- A radioactive gas that occurs naturally.
- Clear, odorless, and tasteless and can cause lung cancer.
- The highest concentration of radon is found in basements.
- Testing is simple & inexpensive.

FOR RESIDENTS OF CONTRACTUAL TOWNS ONLY
 ONE KIT PER HOUSEHOLD WHILE SUPPLIES LAST
 PICK UP AT THE HEALTH DEPARTMENT

Click here for upcoming programs

Find us on Facebook

Follow the Bernards Township Health Department on Facebook

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

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UPCOMING PROGRAMS

PUMPKIN SMASH

Saturday, November 5 11:00 am - 1:00 pm
Dogwood Farms/English Farm 3625 Valley Rd. Liberty Corner, NJ
 Looking for something to do with your old Halloween Pumpkins?
 Don't TRASH it. SMASH it!
 Join us for a Pumpkin Smash!
 Bring your old pumpkins to Dogwood Farms/English Farm to safely smash and throw the pumpkins for a constructive way to relieve stress! Pumpkins are then disposed of in an environmentally friendly way at the farm. No registration required.

This program is sponsored by the Bernards Township Environmental Committee, Bernards Township Agricultural Advisory Committee, Bernards Township Health Department and Dogwood Farms/English Farm.

RABIES VACCINATION CLINICS

FREE!

Sat. Nov. 12, 2022	10 am - 12 pm
Sat. Jan. 14, 2023	10 am - 12 pm

Bernards Township Public Works Garage
 277 S. Maple Avenue,
 Basking Ridge, NJ 07920

No Appointments Necessary

Bernards Township Health Department
 262 South Finley Avenue
 Basking Ridge, NJ 07920
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 Website: www.bernardshealth.org

Don't Forget!

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

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

Check here for November dates

Have you heard of Grab and Go?
 Grab kits for students Grades 7-12 available monthly at the Bernards Township Library
Learn more here

SAVE THE DATE
 Home | The Updaters
 LIVE is on a mission to inspire, inform and help equip all of us to effectively navigate current times.
Tue, Nov 5th 7pm - VIRTUAL Screening

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 262 South Finley Avenue
 Basking Ridge, NJ 07920

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 Fax: (908) 204-3075

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 Website: www.bernardshealth.org

ANIMAL CONTROL

Protecting Our Pets

The Bernards Township free rabies vaccination clinic is scheduled for Saturday, November 12, 2022 from 10:00 AM to 12:00 PM. It will be held at the Bernards Township Public Works Garage 277 South Maple Avenue Basking Ridge, New Jersey 07920.

As a reminder ALL Bernards Township dogs and cats must be licensed, as per NJ statute 4:19-15.2a and Bernards Township Ordinance BH:10-5.2. All current dog and cat licenses expire on January 31st of each year. The licensing of animals is an important aspect of rabies and animal control. To download a license application, go to: <https://www.bernardshealth.org/about-us/documents/animal-control/54-pet-license-application/file>.

Please mail all pet licenses to the Bernards Township Health Department at 262 S. Finley Ave Basking Ridge, NJ 07920.

In order for a license to be issued, the owner must present proof that a licensed veterinarian has vaccinated the dog / cat against rabies and that the duration of immunity from that vaccination extends through at least 10 months of the twelve-month licensing period. An exemption to the rabies inoculation requirement shall be granted if the owner presents written certification from a licensed veterinarian that the dog/cat cannot be vaccinated due to a medical condition or course of therapy.

The rabies expiration date for your pet can be found on your current Bernards Township dog/cat license. If you are unsure of the expiration date call or email Michelle Santoro, Bernards Township Animal Control Officer at MSantoro@Bernards.org or call 908-204-3066.

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COVID-19 SPOTLIGHT

Bernards Township COVID-19 Testing Clinics

Upcoming COVID-19 Testing Clinics:

Thursdays November 10, 17, 22

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

Appointments are now WALK IN ONLY!
 Please visit our website to access registration forms to bring on your test date

[English flyer](#) [Spanish flyer](#)

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 WellCore at wellcorecovidtesting@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:**

[English Flyer](#) [Spanish Flyer](#)

Pediatric Pfizer (5-11) - Mon Nov 7th
 1st, 2nd and booster doses available
[Pediatric Pfizer \(5-11\) Registration](#)

Bivalent Omicron Boosters ONLY for Pfizer (12+) and Moderna (18+) - Nov 1, 7, 8 & 29
[Pfizer \(12+\) Registration](#) [Moderna Registration](#)

If you plan to get a booster for any COVID-19 vaccine, [please review your eligibility here.](#)

Visit www.bernardshealth.org to learn more about our COVID-19 vaccine clinics.

COVID-19 State Reports

CDC COVID-19 Community Levels

Local Levels: Somerset County: **MEDIUM**
 Morris County: **MEDIUM**

Click [here](#) to view the report for week ending October 27, 2022

NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the last 4 Weeks
BA.2 (Omicron)	12%
BA.5.2.6 (Omicron)	0.5%
BA.1 (Omicron)	13%
BA.4.6 (Omicron)	2.8%
BA.2.75 (Omicron)	12%
BA.2.1.2 (Omicron)	0.7%
BF.7 (Omicron)	3.3%
BA.5 (Omicron)	74%
BA.1.1 (Omicron)	4.0%
BQ.1.1 (Omicron)	1%

Click [here](#) to view the full report from October 15th

Helpful COVID-19 Resources

Information from New Jersey about accessing COVID-19 Therapeutics [COVID19.NJ.GOV](https://www.nj.gov/health/covid19/therapeutics/)

Interested in learning more about COVID-19 statistics by County? [Somerset](#) [Morris](#)

Are you eligible for a COVID-19 booster dose?
[Check out the CDC Vaccination Schedule](#)

Current Guidance When Testing Positive for COVID-19
[Use the CDC Quarantine & Isolation Calculator](#)

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 Website: www.bernardshealth.org



DECEMBER 2022

HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

Click to learn more about sweet Amor!

THIS MONTH IN HEALTH MATTERS

Work With the BTHD – Admin Assistant Job

Amor – The Adoptable Bernards Township Cat

Upcoming COVID-19 Vaccine and Testing Clinics

QPR – Suicide Prevention Training

LIKE – Virtual Documentary Screening

Local COVID-19 Info

BTHD Facebook

ARE WE ADDICTED TO SOCIAL MEDIA?

LIKE

A DOCUMENTARY ABOUT THE IMPACT OF SOCIAL MEDIA ON OUR LIVES

Virtual Documentary Screening & Panel Presentation

Thursday December 9th 7:00 pm

[Click Here to View Flyer](#)

[Click Here to Register](#)

COVID-19, Flu, RSV or a Cold?

Check your child's symptoms

How To Tell Them Apart

Common symptoms of all four illnesses include: fever, cough, fatigue, runny nose and congestion. Some symptoms may be different include:

	COVID-19	Flu	RSV	Cold
Steady loss of smell	Yes	No	No	No
Steady loss of taste	Yes	No	No	No
Severe fatigue	Yes	No	No	No
Severe muscle aches	Yes	No	No	No
Severe headache	Yes	No	No	No
Severe sore throat	Yes	No	No	No
Severe cough	Yes	No	No	No
Severe congestion	Yes	No	No	No
Severe runny nose	Yes	No	No	No

COVID, Flu & RSV: How Are These Respiratory Illnesses Different?

[Learn more here](#)

ABOUT US

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Menhaden Borough and Peapack & Gladstone Boroughs.

STAY HEALTHY this Holiday Season with COVID-19 Vaccine Clinics and COVID-19 Testing Clinics!

1. COVID-19 Vaccine Clinics

2. COVID-19 Testing Clinics

Local COVID-19 Updates

[Click here to read](#)

STAY CONNECTED

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

WE ARE HIRING!

Part Time Administrative Assistant/Accounts Receivable

• Cash/Depository when/where

• Bookkeeping/Accounts Payable

• Mail/Postage

• Local/Regional/State/County/Department

• Local/Regional/State/County/Department

Come Work at the Bernards Twp Health Department

[View Job Posting Here](#)

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Website: www.bernardshealth.org
Follow Us on Facebook!

UPCOMING PROGRAMS

Question, Persuade, Refer. (QPR) Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. In three steps anyone can learn to help prevent suicide. This training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.

January 18, 2023
10:00 am - 12:00 pm
at the Bernards Library
(32 S Maple Ave, Basking Ridge, NJ)

[Click Here to Register](#)
(Registration ends on January 16th)

KEY COMPONENTS COVERED BY THE TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

Question, Persuade, Refer. (QPR) Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. In three steps anyone can learn to help prevent suicide. This training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.

January 24, 2023
6:30 pm - 8:30 pm
[Click Here to Register](#)
(Registration ends on January 20th)

YOU WILL RECEIVE A ZOOM LINK VIA EMAIL

KEY COMPONENTS COVERED BY THE TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

Grab n Go

Last Grab n Go Teen Outreach
Pick Up will be Wed 12/21 5-7 pm
and 12/22 3-5 pm at the
Bernards Township Library.

GRAB N GO TEEN OUTREACH PROGRAM

LIKE

A DOCUMENTARY ABOUT THE IMPACT OF SOCIAL MEDIA ON OUR LIVES

Virtual Documentary Screening & Panel Presentation

Thursday, December 9th 7:00 pm
[Click Here to View Flyer](#)

Bernards Township Health Department
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Fax: (908) 204-3075

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Website: www.bernardshealth.org
Follow Us on Facebook!

ANIMAL CONTROL

Dear Bernards Township Cat Lovers –

I am writing you today to let you know a little about myself.

It all started one day when my dad left the house and never came back. A few days later a lady picked me up and brought me to a place with other cats – I heard her call it a kennel. I was given endless food, a soft bed and a warm place to sleep. After some time went by, the same lady said “I’m going to find you a new family that will never leave you and will give you all the love you could ever want.” She told me my new name will be “Amor” since I am so incredibly loving.

I miss not having a family. I’m a big girl, 14 lbs, around 4 years young and looking for someone to share my interests with me.

Can you give the lady a call who can help me find a new home? I think she goes by “Michelle”.

Sending Love, Purrs and Hope,
Amor – the adoptable Bernards Township Cat

Written on the behalf of Amor – Michelle Santoro
Bernards Twp Animal Control Officer
Msantoro@bernards.org / #308-204-3066

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

Phone: (908) 204-3070
Fax: (908) 204-3075

Email: health@bernards.org
Website: www.bernardshealth.org
Follow Us on Facebook!

COVID-19 SPOTLIGHT

Bernards Township COVID-19 Testing Clinics

Upcoming COVID-19 Testing Clinics:

Thursdays Dec 1, 8, 15, 22 & 29

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

Appointments are now WALK IN ONLY!
Please visit our website to access registration forms to bring on your test date

[English Flyer](#) [Spanish Flyer](#)

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@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:

[English Flyer](#) [Spanish Flyer](#)

Pediatric Pfizer (5-11) – Mon Dec 5th
Bivalent Booster doses available
[Pediatric Pfizer \(5-11\) Registration](#)

Bivalent Omicron Boosters ONLY for Pfizer (12+) and Moderna (18+) – Tues Dec 6th & 13th
[Pfizer \(12+\) Registration](#) [Moderna Registration](#)

If you plan to get a booster for any COVID-19 vaccine, [please review your eligibility here](#).

Visit www.bernardshealth.org to learn more about our COVID-19 vaccine clinics.

COVID-19 State Reports

CDC COVID-19 Community Levels

Local Levels: Somerset County: **MEDIUM**
Morris County: **LOW**

[Click here to view the report for week ending November 24, 2022](#)

NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the last 4 Weeks
BA.5 (Omicron)	30.1%
BA.2 (Omicron)	27.5%
BA.1 (Omicron)	15.2%
BA.4.5 (Omicron)	7.9%
BA.2.75 (Omicron)	6.4%
BA.5.2.1 (Omicron)	2.6%
BA.2.75.2 (Omicron)	1.7%
YF.8 (Omicron)	1.6%
BA.1.1 (Omicron)	1.3%
BA.2 (Omicron)	1.0%
BA.1 (Omicron)	0.9%
BA.4 (Omicron)	0.8%
BA.2.75.1 (Omicron)	0.7%
BA.2.1 (Omicron)	0.6%
BA.1.1.529 (Omicron)	0.5%
BA.1.1.529 (Omicron)	0.4%

[Click here to view the full report from November 12th](#)

COVID-19 Case Graphs By Municipality

SOMERSET COUNTY

- Bernards Township
- Long Hill Township
- Bernardsville Borough
- Chester Borough
- Peapack & Gladstone Boroughs
- Menhaden Borough

MORRIS COUNTY

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

Phone: (908) 204-3070
Fax: (908) 204-3075

Email: health@bernards.org
Website: www.bernardshealth.org
Follow Us on Facebook!



COMMUNICABLE/CHRONIC DISEASE SURVEILLANCE

ZUFALL HEALTH-2022 REPORT

Sexually Transmitted Illness (STI) SCREENING AND TREATMENT SERVICES

<u>STI TYPE</u>	NUMBER OF CLIENTS SCREENED		NUMBER OF CLIENTS DIAGNOSED AND TREATED		NUMBER OF PREVENTIVELY TREATED CONTACTS	
	Female	Male	Female	Male	Female	Male
SYPHILLIS	0	0	0	0	0	0
GONORRHEA	0	0	0	0	0	0
CHLAMYDIA	0	0	0	0	0	0
PID	0	0	0	0	0	0
HERPES	0	0	0	0	0	0
HPV/VW	1	0	0	0	0	0
TRICHOMONIASIS	0	0	0	0	0	0
BACTERIAL VAGINOSIS	0	0	0	0	0	0
MONILIASIS	0	0	0	0	0	0
PUBIC LICE/SCABIES	0	0	0	0	0	0
UTI	1	0	0	0	0	0
HIV	0	0	0	0	0	0
TOTAL NUMBER	2	0	0	0	0	0

PREGNANCY TESTS 2022

Number of Pregnancy Tests Performed	Number of Positive Pregnancy Tests
1	0

CANCER SCREENING SERVICES 2022	
SCREENING TYPE	NUMBER SCREENED
BREAST EXAMS (ages 15-34)	0
BREAST EXAMS (age 35-64)	1
CERVICAL EXAMS (ages 15-34)	0
CERVICAL EXAMS (ages 35-64)	1
COLORECTAL EXAMS (ages >40)	2
PROSTATE EXAMS (ages > 50)	0
TOTAL NUMBER OF SCREENINGS	4

***All clients who are screened for STIs and cancer are also provided with health education.**

SCREENING TYPE	NUMBER OF CLIENTS SCREENED
CARDIOVASCULAR RISK FACTOR	6
DIABETES	0

ZUFALL HEALTH TOTAL PATIENTS	TOTAL VISITS
4	5

2022 COMMUNICABLE DISEASE REPORTS

(P = Probable Case) *Excluding COVID-19 Cases*

Disease	BT	BV	CB	LH	MB	PG	TOTAL 2022
P = Probable Case							
Amoebiasis	1	0	0	0	0	0	1
Babesiosis	0	0	1	0	1	0	2
Botulism - Infant	0	0	0	0	0	0	0
Campylobacteriosis	4 1 P	2	0	1 1 P	0	1	8 2P
Chikungunya	0	0	0	0	0	0	0
Cholera	0	0	0	0	0	0	0
Cryptosporidiosis	0	0	0	0	1	1	2
Cyclosporiasis	0	0	0	0	0	0	0
Dengue Fever	0	0	0	0	0	0	0
Ehrlichiosis/Anaplasma Phagocytophilum (Previously HGE)	1	0	0	0	0	0	1
Erlichiosis/Anaplasmosis Erlichia Chaffeensis (Previously HME)	0	0	0	0	0	0	0
Giardiasis	1	0	0	0	0	0	1
Haemophilus Influenzae	0	0	0	0	0	0	0
Hepatitis A	0	0	0	0	0	0	0
Hepatitis B - Acute	2	0	0	0	0	0	2
Hepatitis B - Chronic	2P	0	0	0	0	0	2P
Hepatitis C - Acute	0	0	0	0	0	0	0
Hepatitis C - Chronic	0	0	0	0	0	0	0
Influenza, Human Isolates - Type A H3	7	3	2	3	2	1	18
Influenza, Human Isolates - Type A H1	0	0	0	0	0	0	0
Influenza, Human Isolates	0	0	0	0	0	0	0

Disease	BT	BV	CB	LH	MB	PG	TOTAL 2022
Influenza, Human Isolates Type 2009 H1N1	0	0	0	0	0	0	0
Influenza, Human Isolates - Type A (Subtyping not done)	2	0	0	0	2	0	4
Influenza, Human Isolates, Type A H3 (Subtyping not done)	0	0	0	0	0	0	0
Influenza, Human Isolates Type B (Subtyping not done)	0	0	0	0	0	0	0
Legionellosis	0	0	0	1	0	0	1
Lyme Disease	27	6 8 P	2 5 P	4 2 P	5 4 P	5 4 P	49 23 P
Meningococcal Disease (Neisseria Meningitidis)	0	0	0	0	0	0	0
Mumps	0	0	0	0	0	0	0
Pertussis	0	0	0	0	0	0	0
Salmonellosis	0	0	0	0	0	0	0
Salmonellosis - Non-Typhoid	2	4	0	0	0	0	6
Shiga Toxin Producing E. Coli (STEC-NON O157-H7)	0	0	0	3	0	0	3
Shigellosis- NON O157:H7	0	1	0	0	0	0	1
Streptococcus Pneumoniae	0	1	0	0	0	0	1
Streptococcus Pyogenes (GAS) Without Toxic Shock Syndrome	0	1	0	0	1	0	2
Yersiniosis	3	0	0	1	0	0	4
Varicella	1	1	0	0	0	0	2
Vibrio Infection (Other than V Cholera SPP)	0	0	0	0	0	0	0
West Nile Virus (WNV)	0	0	0	0	0	0	0
TOTAL	51 3 P	19 8 P	5 5 P	13 3 P	12 4 P	8 4 P	108 27 P

COMMUNICABLE DISEASE INVESTIGATION HOURS Atlantic Health Visiting Nurses Association (VNA)					
Town	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter	Per Town
Bernards Township	6	3	4	17	30
Bernardsville Borough	5	0	2	3.5	10.5
Chester Borough	2	1	3	0	6
Long Hill Township	1	5	3	3	12
Mendham Borough	2	1	2	3	8
Peapack and Gladstone Borough	2	2	2	1	7
TOTAL	18	12	16	28	73/5

VNA OFFICE BLOOD PRESSURE SCREENING		
Hypertension screening and health counseling at the Visiting Nurse Association office on Tuesday and Thursdays from 8:30-9:30 am and Monday - Thursday from 3:30 to 4:00 pm		
Town	# Residents	# of Hours Total
Bernards Township	0	0

SENIOR CITIZEN HOME VISITS		
TOWN	Number of Visits	Hours
Bernards Township	57	85.5
Bernardsville Borough	7	10.5
Chester Borough	3	4.5
Long Hill Township	29	43.5
Mendham Borough	0	0
Peapack and Gladstone Borough	1	1.5
TOTAL HOME VISITS FOR 2022	97	145.5



SENIOR CITIZEN HEALTH MAINTENANCE AND EDUCATION

<i>2022</i>	New Patients	Return Patients	TOTAL Patients	Hours
Bernards Township/ Bernardsville Borough	32	109	141	19.5
Chester Borough	10	77	87	18.5
Long Hill Township	11	58	69	23
Mendham Borough	8	33	41	10
Peapack and Gladstone Borough	5	21	26	5
TOTAL	66	298	364	76

SCHOOL AUDITS

State mandated immunization program school audits completed.

Town	# Schools Audited	Hours
Bernards Township	24	120
Bernardsville Borough	7	35
Chester Borough	1	5
Long Hill Township	7	35
Mendham Borough	5	25
Peapack and Gladstone Borough	1	5
TOTAL	45	225



2022 CLINICS AND SCREENINGS – NON COVID-19			
Program	Date	Participants	Professional Collaborators
Child Health Conference: Vaccines for Children	Jan – Dec 2022	7	Community Visiting Nurses of Somerset County
Skin Cancer Screening	July 12 th	32	Dr. Elizabeth Quigley
Seasonal Flu Shot Clinics	Oct 12 th <i>St James Church</i>	85	Atlantic Health Visiting Nurses Association
	Oct 13 th <i>Garabrant Center</i>	7	
	Oct 21 st <i>PG Mun Gym</i>	26	
	Oct 26 th <i>B'Ville Library</i>	29	

2022 HEALTH EDUCATION PROGRAMS			
Program	Date	Participants	Professional Collaborators
The Doctor Is In: A COVID-19 Conversation with Dr. John Salaki	May 19 th	10	Dr. John Salaki
ATOD & LGBTQ: The Rainbow Connection	Jun 7 th	30	Lindsey Meyer Teen Institute
Fighting Inflammation: The Power of Food	Jun 9 th	32	Elisa England and Ellen Petrosino – Nourish and Thrive Nutrition Center
Health and Safety Day 1 K-5 Mt Prospect	Jul 12 th	100	Bernards Twp Parks & Rec
Health and Safety Day 1 K-5 Liberty Corner	Jul 15 th	100	Bernards Twp Parks & Rec
Health and Safety Day 1 K-5 Cedar Hill	Jul 22 nd	100	Bernards Twp Parks & Rec
Healthy Eating on the Go	Oct 6 th	14	Elisa England and Ellen Petrosino – Nourish and Thrive Nutrition Center
Fall Prevention at Ridge Oak	Oct 27 th	14	Brain Injury Alliance of NJ
Comfort Food Redo for Millington Baptist Church Seniors	Nov 18 th	56	Elisa England and Ellen Petrosino – Nourish and Thrive Nutrition Center



RISK COMMUNICATION & EMERGENCY PREPAREDNESS:

- Utilized the RAVE Alert system to send out emergency health updates.
- Updated all emergency rosters and databases for six (6) towns.
- Updated Bernards Township Health Department Call Roster for After Hours and Weekend Emergencies.
- Continued to update BT Health Department Social Service Resource pages as needed.
- Continued to update information sheets for communications/shelters for six (6) towns.



2022 COVID Snapshot Bernards Township

2022 Data by Month	Cases	Deaths
Jan	1069	3
Feb	90	0
Mar	75	0
Apr	190	1
May	446	1
Jun	213	1
Jul	212	0
Aug	150	0
Sep	118	0
Oct	131	0
Nov	132	2
Dec	154	1

2,980
Cases

36%
of cases
occurred in
January

15%
of cases
were among
ages 40-49

9
deaths

33%
of deaths
were in
January

2022 Case by Age	Cases	Deaths
0-9	375	0
10-19	442	0
20-29	282	0
30-39	298	0
40-49	447	0
50-59	442	1
60-69	348	1
70-79	201	0
80-89	30	4
90-99	8	1
100+	2	2

44%
of deaths
were among
ages 80-89

COVID-19 MANAGEMENT & MITIGATION MONTH BY MONTH

**occurred every month*

<u>January</u>	<ul style="list-style-type: none"> • PCR Testing for COVID-19 was organized on Tuesdays and Thursdays with WellCare Testing at the Bernards Township Community Center. • Staff responsibilities for vaccination clinics distributed and discussed. Drafted outlines for facilities and flow created. * • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering J&J, Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations. • Vaccination clinic held at St. Bernards Episcopal Church in Bernardsville to serve Spanish-speaking community members. • BTHD team continuously monitored the COVID-19 vaccine inventory with proper storage/handling procedures. * • Public Health Nurse provided vaccinations to the homebound population. * • Monitoring COVID-19 daily reporting in local long-term care facilities. * • Kept up to date with the NJDOH on the COVID-19 vaccination process in New Jersey. * • Stayed up to date on the COVID-19 vaccine process in New Jersey via weekly state-led vaccinator calls. * • Attended bi-weekly regional epidemiology meetings with NJDOH. * • Released weekly updates on COVID-19 via RAVE in Bernards Township and to individual entities and municipal partners until June 2022. * • Bi-monthly COVID-19 NJ OLPH calls. * • Monthly OLPH Grant calls • Significant time daily spent talking to multiple school districts, preschools, nurses, parents, sports teams, senior housing and other businesses about COVID-19 infection, close contacts, contact tracing and helping with isolation and quarantine. * • COVID-19 guidance studied daily as it changed. *
<u>February</u>	<ul style="list-style-type: none"> • WellCare COVID-19 PCR Testing Clinics held weekly on Thursdays at the Bernards Township Community Center. * • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering J&J, Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations.
<u>March</u>	<ul style="list-style-type: none"> • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering J&J, Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations.
<u>April</u>	<ul style="list-style-type: none"> • 900 COVID-19 Antigen Test Kits received from Morris County Division of Public Health for community distribution. • 2,100 COVID-19 Antigen Test Kits received from Somerset County DOH for community distribution.



	<ul style="list-style-type: none"> • Distributed antigen test kits to various community organizations including long-term care facilities, faith-based organizations, daycares, etc. * • BTHD team met with St. Bernards Episcopal Church leaders to discuss COVID-19 testing/vaccination outreach strategies for minority populations. • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering J&J, Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations.
<u>May</u>	<ul style="list-style-type: none"> • 1,200 COVID-19 Antigen Test Kits received from Morris County Division of Public Health for community distribution. • Distributed antigen test kits to the public during local Charter Day • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering J&J, Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations. • Weekly vaccine clinics began providing pediatric (5-11 yr. old) booster vaccinations
<u>June & July</u>	<p><u>June</u></p> <ul style="list-style-type: none"> • COVID-19 weekly/monthly update ended for HEALTH MATTERS E-Newsletter. • BTHD team participated in Project Firstline “Train the Trainer” course to implement infection prevention control. • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations. • Weekly vaccine clinics no longer offered J&J vaccine (due to FDA recommendations) or primary series vaccinations for adults. • BTHD applied for additional funding under the OLPH Strengthening Grant and Vaccine Supplemental Funding Grant. • BTHD held a COVID-19 Luncheon to show appreciation for local volunteers and EMT teams who supported weekly vaccine clinics. <p><u>July</u></p> <ul style="list-style-type: none"> • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations.
<u>August</u>	<ul style="list-style-type: none"> • Continued to help pre-schools, daycares and other childcare centers implement COVID-19 mitigation strategies into their facilities. • Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering Moderna and Pfizer vaccines for adult and pediatric (5-11 yr. old) populations. • Vaccination clinic held in partnership with Good Shepherd Church food pantry in Bernardsville.

<u>September</u>	<ul style="list-style-type: none"> Facilitated two presentations for school nurses based on the COVID-19 mitigation guidance for K-12 schools. One presentation was for Morris County school nurses within the BTHD jurisdiction while the other was for the Somerset County School Nurses Association in conjunction with the other Somerset County Health Departments. BTHD began giving out Moderna and Pfizer bivalent boosters for the adult population. Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering Moderna and Pfizer vaccines for adults and pediatric (5-11 yr. old) populations. COVID-19 Vaccine Provider site visit conducted by NJDOH
<u>October</u>	<ul style="list-style-type: none"> Flu clinics held to decrease the incidence of respiratory illness in the Bernards Township area. Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, offering Moderna and Pfizer bivalent booster vaccines for adults and monovalent pediatric (5-11 yr. old) vaccines. Additional vaccine clinics held at Mendham Area Senior Housing, Sunrise Assisted Living Facility, and Ridge Oak Senior Housing specifically for residents of these facilities.
<u>November</u>	<ul style="list-style-type: none"> Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, solely offering Moderna and Pfizer bivalent booster vaccines for adults and pediatric (5-11 yr. old) populations until the foreseeable future. 1,500 COVID-19 Antigen Test Kits received from Somerset County DOH and 768 test kits received from Morris County Division of Public Health for community distribution.
<u>December</u>	<ul style="list-style-type: none"> Provided weekly COVID-19 vaccination clinics at St. James Church in Basking Ridge, solely offering Moderna and Pfizer bivalent booster vaccines for adults and pediatric (5-11 yr. old) populations until the foreseeable future. BTHD received a Project Firstline grant from NJACCHO for efforts to provide infection control prevention training to long-term care facilities and skilled nursing facilities. BTHD applied for Enhancing Local Public Health Infrastructure grant through NJACCHO.

The New Jersey Department of Health - (NJDOH) Office of Local Public Health (OLPH) Strengthening Local Public Health Capacity Program

- The Strengthening Local Public Health Capacity Program is a non-competitive grant funding opportunity offered to all eligible non-LINCS Agency local health departments (LHDs) to boost public health capacity during COVID-19 response. Bernards Township Health Department was awarded **\$291,042** for the project period 7/1/2021 – 6/30/2022, as well as an additional **\$274,735** for the project period 7/1/2022 – 6/30/2023.
- Funding categories include:
 - a). Outbreak Preparedness (OP)** to strengthen outbreak preparedness/response capacity by reimbursing eligible COVID-19 and other infectious disease-related expenses - **\$34,000** (2021-2022), **\$21,606** (2022-2023)
 - b). Local Health Outreach Coordinator (LHOC)** to hire full-time personnel to assess, mitigate and respond to populations disproportionately affected by the social and health impacts of COVID-19 and other infectious diseases - **\$140,375** (2021-2022), **\$123,529** (2022-2023)
 - c). Infectious Disease Preparedness Generalist (IDPG)** to hire full-time personnel to assist with outreach to populations disproportionately affected by COVID-19 and other infectious diseases, POD planning, logistics, testing and contact tracing, etc. - **\$116,667** (2021-2022), **\$129,600** (2022-2023)
- **LHOC Deliverables:**
 - Managed all program activities and finances of state-funded grant to comply with NJDOH requirements.
 - Created and submitted quarterly progress reports encapsulating all program activities during the quarter.
 - Assisted the Chief Financial Officer in creating quarterly budget reports for state-funded grant.
 - Conducted a community needs assessment to identify and describe at-risk populations in the local community, including census data for each town.
 - Communicated with faith-based organizations to provide healthcare resources for underserved populations, specifically those with limited to no health insurance.
 - Coordinated a homebound, vaccination program to allow bedridden and disabled community residents to access COVID-19 vaccines in their homes,
 - Organized monthly meetings with local LHOCs to collaborate and discuss best practices to help serve at-risk populations in local communities.

- Worked with NJDOH Program and Grant managers to manage state-funded grant.
- Maintained a vulnerable populations email distribution list to disseminate pertinent information to community partners regarding COVID-19 prevention, vaccination, testing, contact tracing, and social support messaging.
- Participated in monthly/quarterly meetings with local stakeholders including faith-based organizations, state/county health departments, LINCS Social Support Coordinators and Federally Qualified Health Centers (FQHCs).
- Attended quarterly NJDOH Grantee meetings to share progress and best practices.
- Provided testing and vaccination statistics to County LINCS agency through weekly survey.
- Utilized the System for Administering Grants Electronically (SAGE) to track and manage grant-related activities.
- Distributed COVID-19 rapid antigen test kits to local organizations including but not limited to libraries, senior living facilities, long-term care facilities, assisted-living facilities, daycares, schools, and faith-based organizations.
- Re-applied for additional funding from the Strengthening Local Public Health Capacity grant.

- **IDPG Deliverables:**

- Assisted the LHOC with coordination of COVID-19 vaccine and testing clinics.
- Assisted in the operation of weekly COVID-19 vaccine clinics sponsored by the Health Department.
- Compiled data on COVID-19 cases and breakthrough cases for the 6 communities through CDRSS.
- Assisted with vaccine delivery and refrigerator monitoring.
- Assisted the LHOC and Public Health Nurse with coordinating a homebound, vaccination program to allow bedridden and disabled community residents to access COVID-19 vaccines in their homes.
- Created signage for COVID-19 clinics in each of the 6 communities.
- Created and submitted quarterly progress reports encapsulating all program activities during the quarter.
- Attended quarterly NJDOH Grantee meetings to share progress and best practices.
- Assisted COVID-19 rapid antigen test kits to local organizations including but not limited to libraries, senior living facilities, long-term care facilities, assisted-living facilities, daycares, schools, and faith-based organizations

The New Jersey Department of Health (NJDOH) – Office of Local Public Health's (OLPH) COVID-19 Vaccination Supplemental Funding

- **Grant period: 7/1/2021-6/30/2023**
- The COVID-19 Vaccination Supplemental Funding Program is a non-competitive grant funding opportunity offered to county and local health departments (LHDs) to support COVID-19 and other adult vaccination efforts among populations disproportionately affected by COVID-19 and other infectious diseases.
- This program provides funding to LHDs to integrate COVID-19 vaccination and education into existing LHD programs, continue to implement mobile/off-site COVID-19 vaccinations, and partner with trusted faith or community-based organizations to conduct vaccine educational outreach sessions to increase vaccine confidence in racial and ethnic minority groups.
- Bernards Township Health Department was awarded \$100,000 to hire a part-time, Public Health Nurse to expand vaccination efforts over a 2-year period.
- **Program Deliverables:**
 - The Public Health Nurse attended quarterly NJDOH Grantee meetings to share progress and best practices.
 - Participated in weekly evening and weekend vaccination clinics.
 - Worked with underserved populations and faith-based organizations to encourage vaccine uptake.
 - Created and submitted quarterly progress reports encapsulating all program activities during the quarter.
 - Vaccinated individuals aged 5 years and older at weekly/monthly vaccination clinics.
 - Vaccinated homebound and disabled individuals in homes.
 - Maintained inventory of clinical supplies necessary for vaccine clinics.
 - Partnered, planned, and implemented vaccination and other health-related screening activities with critical organizations including churches and FQHCs.

New Jersey Association of County and City Health Officials (NJACCHO) – Enhancing Local Public Health Infrastructure Grant

- **Grant period: 10/1/2022-6/30/2023**
- The Enhancing Local Public Health Infrastructure Grant offers funding to Local Health Departments to achieve a variety of programmatic goals to create long-term infrastructure improvements, while planning for health equity, diversity, inclusion, and accessibility.
- Bernards Township Health Department will use these funds to strengthen organizational capacity to drive progress on public health priorities and increase capacity across the department.
- Bernards Township Health Department was awarded \$315,813 during the period 10/1/2022 – 6/30/2023, with additional funding anticipated until 2024.

2022 COVID-19 WEEKLY UPDATES		
<i>*Varied between weekly and bi-monthly during the year</i>		
Date	#	Topic
Jan 6, 2022	95	BTHD COVID-19 Testing (2x a week), BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Vaccine Expansion for those under 18, NJDOH Adopts CDC Guidance for COVID-19 Isolation and Quarantine Period for Healthcare Workers and General Public
Jan 13, 2022	96	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Somerset County & Morris County COVID-19 Testing, Updated K-12 Guidance
Jan 20, 2022	97	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Free At-Home COVID-19 Testing, What Does a Well Fitted Mask Mean?
Jan 27, 2022	98	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Free N95 Masks, Docket Access, and Vaccine Card Issues
Feb 3, 2022	99	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, NJ Hope & Healing Resources, COVID-19 Related Blood Shortages, FDA Approval for Moderna COVID-19 Vaccine - Spikevax
Feb 10, 2022	100	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Updates School Masking and Childcare Guidance, Updated Guidance for COVID-19 Home Based/Self Tests
Feb 24, 2022	101	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Boost NJ2Week, Updated K-12 and Childcare Guidance
Mar 10, 2022	102	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Public Health Emergency Lifted, Children, Teens, and COVID-19 Vaccine
Mar 24, 2022	103	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ

		COVID-19 Resources, Call BTHD for Vaccine Questions, Statement from Gov/Commissioner Persichilli on Global COVID-19 Case Rise
Apr 22, 2022	104	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Local COVID-19 Case Increase, The Doctor Is In: A COVID-19 Conversation, BA.2, Omicron and Other COVID-19 Subvariants, Letter from the Health Officer
May 5, 2022	105	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, COVID-19 Connect Helpline, COVID-19 Vaccines for The Homebound from BTHD, Fully Vaccinated vs Up to Date with COVID-19 Vaccines
May 19, 2022	106	BTHD COVID-19 Testing, BTHD COVID-19 Vaccine Clinics, COVID-19 Case Graphs per Municipality, COVID-19 Weekly Activity Reports, COVID-19 Vaccine Resources, COVID-19 Variant Information, NJ COVID-19 Resources, Sign up for HEALTH MATTERS E-Newsletter, COVID-19 Associated Hepatitis in Children, Omicron Subvariant Updates BA.2, BA.4 and BA.5

2022 BERNARDS TOWNSHIP HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

JANUARY								
Date	J&J	J&J Booster	Moderna Primary Series	Moderna Boosters	Pfizer Primary Series	Pfizer Boosters	Peds Pfizer Primary Series	Daily Total
1/4	-	-	-	-	9	79	-	88
1/5	5	8	1	82	-	-	-	96
1/10	-	-	-	-	-	-	79	79
1/11	-	-	-	1	4	70	-	75
1/12	3	12	-	42	-	-	-	57
1/15		1	-	11	-	4	-	16
1/18	-	-	-	-	2	60	-	62
1/19	1	2	2	14	-	-	-	19
1/25	-	-	-	-	-	7	-	7
1/26	-	-	-	-	-	1	-	1
1/31	-	-	-	-	-	-	72	72
January Monthly Total	9	23	3	150	15	221	151	572

FEBRUARY								
Date	J&J	J&J Booster	Moderna Primary Series	Moderna Boosters	Pfizer Primary Series	Pfizer Boosters	Peds Pfizer Primary Series	Daily Total
2/1	1	1	1	5	4	26	-	38
2/2	-	1	-	-	-	4	-	5
2/7	-	-	-	-	-	-	9	9
2/8	1	1	-	3	4	17	-	26
2/15	-	3	-	2	1	7	-	13
2/22	-	-	2	5	2	11	-	20
2/28	-	-	-	-	-	-	22	22
February Monthly Total	2	6	3	15	11	65	31	133

MARCH								
Date	J&J	J&J Booster	Moderna Primary Series	Moderna Boosters	Pfizer Primary Series	Pfizer Boosters	Peds Pfizer Primary Series	Daily Total
3/1	1	-	-	1	1	5	-	8
3/15	-	3	1	2	2	8	-	16
3/21	-	-	-	-	-	-	5	5
3/22	-	-	4	1	1	5	-	11
3/29	-	1	-	-	-	5	-	6
March Monthly Total	1	4	5	4	4	23	5	46

APRIL								
Date	J&J	J&J Booster	Moderna Primary Series	Moderna Boosters	Pfizer Primary Series	Pfizer Boosters	Peds Pfizer Primary Series	Daily Total
4/5	1	-	2	33	-	16	-	52
4/11	-	-	-	-	-	-	4	4
4/12	1	-	-	29	2	28	-	60
4/19	-	-	2	22	-	26	-	50
4/26	-	1	3	22	-	18	-	44
April Monthly Total	2	1	7	106	2	88	4	210

MAY								
Date	J&J	Moderna Primary Series	Moderna Boosters	Pfizer Primary Series	Pfizer Boosters	Peds Pfizer Primary Series	Peds Pfizer Boosters	Daily Total
5/2	-	-	-	-	-	1	-	1
5/3	-	-	12	-	11	-	-	23
5/10	-	-	20	-	9	-	-	29
5/17	1	1	22	-	17	-	-	41
5/23	-	-	-	-	-	2	22	24
5/24	-	1	23	2	34	-	-	60
May Monthly Total	1	2	77	2	71	3	22	178

JUNE						
Date	Moderna Boosters	Pfizer Primary Series	Pfizer Boosters	Peds Pfizer Primary Series	Peds Pfizer Boosters	Daily Total
6/7	20	-	18	-	-	38
6/13	-	-	-	3	19	22
6/14	11	1	19	-	-	31
6/28	4	-	11	-	-	15
June Monthly Total	35	1	48	3	19	106

JULY							
Date	Moderna Primary Series	Moderna Boosters	Pfizer Primary Series	Pfizer Boosters	Peds Pfizer Primary Series	Peds Pfizer Boosters	Daily Total
7/11	-	-	-	-	1	5	6
7/12	1	7	1	11	-	-	20
7/19	-	4	-	11	-	-	15
7/26	-	3	-	8	-	-	11
July Monthly Total	1	14	1	30	1	5	52

AUGUST					
Date	Moderna Boosters	Pfizer Boosters	Peds Pfizer Primary Series	Peds Pfizer Boosters	Daily Total
8/8	-	-	1	3	4
8/16	4	1	-	-	5
8/24	-	2	-	-	2
8/29	-	-	1	4	5
8/30	2	10	-	-	12
August Monthly Total	6	13	2	7	28

SEPTEMBER					
Date	Moderna Bivalent Boosters	Pfizer Bivalent Boosters	Peds Pfizer Primary Series	Peds Pfizer Boosters	Daily Total
9/13	9	7	-	-	16
9/19	-	-	2	10	12
9/20	38	29	-	-	67
9/27	49	74	-	-	123
September Monthly Total	96	110	2	10	218

OCTOBER				
Date	Moderna Bivalent Boosters	Pfizer Bivalent Boosters	Peds Pfizer Primary Series	Daily Total
10/4	62	40	-	102
10/6	-	46	-	46
10/11	6	10	-	16
10/13	-	55	-	55
10/17	43	47	2	92
10/25	33	45	-	78
October Monthly Total	144	243	2	389

NOVEMBER				
Date	Moderna Bivalent Boosters	Pfizer Bivalent Boosters	Peds Pfizer Bivalent Boosters	Daily Total
11/1	18	45	-	63
11/7	16	31	16	63
11/8	9	23	-	32
11/29	11	17	-	28
November Monthly Total	54	116	16	186

DECEMBER				
Date	Moderna Bivalent Boosters	Pfizer Bivalent Boosters	Peds Pfizer Bivalent Boosters	Daily Total
12/5	-	-	5	5
12/6	11	11	-	22
12/13	3	7	-	10
December Monthly Total	14	18	5	37

TOTAL COVID-19 VACCINE DOSES ADMINISTERED IN 2022: 2,156

2022 BERNARDS TOWNSHIP HEALTH DEPARTMENT COVID-19 TESTING CLINICS

JANUARY	Total Tested	# Positive	% Positive
Jan 4, 6, 11, 13	1283	312	24.3%
Jan 15	22	2	9.1%
Jan 20	100	16	16%
Jan 27	54	9	16.6%
TOTAL	1459	339	-

FEBRUARY	Total Tested	# Positive	% Positive
Feb 3	43	2	4.6%
Feb 10	33	4	12.1%
Feb 12	25	0	0%
Feb 17	32	4	12.5%
Feb 24	25	0	0%
TOTAL	158	10	-

MARCH	Total Tested	# Positive	% Positive
Mar 3	17	1	5.9%
Mar 10	13	0	0%
Mar 17	14	2	14.3%
Mar 24	15	1	6.7%
Mar 31	18	1	5.5%
TOTAL	77	5	-

APRIL	Total Tested	# Positive	% Positive
Apr 7	20	2	10%
Apr 14	12	1	8.3%
Apr 21	22	3	13.6%
Apr 28	16	3	18.8%
TOTAL	70	9	-

MAY	Total Tested	# Positive	% Positive
May 5	19	4	21.1%
May 12	38	5	13.2%
May 19	24	4	16.7%
May 26	15	2	13.3%
TOTAL	96	15	-

JUNE	Total Tested	# Positive	% Positive
Jun 9	7	0	0%
Jun 16	9	4	44.4%
Jun 23	18	1	5.6%
Jun 30	10	1	10%
TOTAL	44	6	-

JULY	Total Tested	# Positive	% Positive
Jul 7	7	2	28.6%
Jul 14	17	2	11.8%
Jul 28	15	5	33.3%
TOTAL	39	9	-

AUGUST	Total Tested	# Positive	% Positive
Aug 4	16	0	0%
Aug 11	8	0	0%
Aug 18	12	1	8.3%
Aug 25	21	2	9.5%
TOTAL	57	3	-



SEPTEMBER	Total Tested	# Positive	% Positive
Sept 1	7	1	14.3%
Sept 8	3	0	0%
Sept 15	10	2	20%
Sept 22	2	1	50%
Sept 29	7	1	14.3%
TOTAL	29	5	-

OCTOBER	Total Tested	# Positive	% Positive
Oct 6	8	1	12.5%
Oct 13	8	2	25%
Oct 20	6	2	33.3%
TOTAL	22	5	-

NOVEMBER	Total Tested	# Positive	% Positive
Nov 10	3	1	33.3%
Nov 17	6	1	16.7%
Nov 22	3	0	0%
TOTAL	12	2	-

DECEMBER	Total Tested	# Positive	% Positive
Dec 1	4	0	0%
Dec 8	3	0	0%
Dec 15	4	2	50%
Dec 22	12	1	8.3%
Dec 29	8	1	12.5%
TOTAL	31	4	-

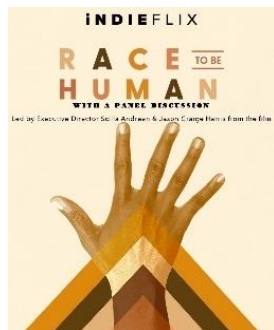
**TOTAL COVID-19 TESTS
ADMINISTERED IN 2022:**
2,094

MUNICIPAL ALLIANCE/YOUTH SERVICES COMMISSION

- 7 meetings were held. The Municipal Alliance meets monthly except for July & August. All meetings were held via Zoom video conferencing. Several meetings were canceled due to COVID-19.
- New members welcomed: Janice Fields (Township Committee/Chair), Colin Lochner (Substance Abuse Representative), Karen Gray (Board of Education Representative), Xingyue Huang (Citizen Representative), Michele Robinson (Citizen) and Sanjiv Raghupathy (Student)

MUNICIPAL ALLIANCE/YOUTH SERVICES PROGRAMS

RACE to be Human- Virtual Documentary Screening and Panel Presentation
February 24th



- Virtual documentary screening and panel presentation. Presentation sponsored by the Somerset County Municipal Alliance network.
- RACE to be Human is a documentary film addressing the impact of race and racism on mental health through the lens of students, experts, and educators as well as how to collectively move forward towards equality.
- 300 people attended

National Drug and Alcohol Facts Week
March 21st – 27th

- Posted drug and alcohol facts daily on Facebook during the week.



Spring DEA Takeback Day
April 24th



- Promoted in the Somerset Hills Area.

Mental Health Awareness Month
May 2022



- Posted mental health awareness on Facebook, including mental health condition information, mental health statistics and links to local resources.

<p>Charter Day <i>May 21st</i></p> 	<ul style="list-style-type: none"> • Annual Charter Day celebration in Bernards Township. • Municipal Alliance and REACH had a table to promote upcoming programs and provide information to residents.
<p>32nd Annual Pleasant Valley Twilight Challenge 5K <i>June 5th</i></p>	<ul style="list-style-type: none"> • First Twilight Challenge back after COVID-19 • Record-breaking number of runners at 120, 20 Health Walkers and 30 Lollipop Loop runners. • Partnership with Athletifreak to sponsor Lollipop Loop and awards. • Raised over \$5,000 in sponsorships and race day fees.
<p>ATOD & LGBTQ: The Rainbow Connection <i>June 7th</i></p>	<ul style="list-style-type: none"> • This program covered gender, sexuality, and how mental health issues and substance misuse disorders disproportionately affect LGBTQ+ populations. • 35 people attended.
<p>Movie Night with Parks and Recreation <i>July 20th</i></p>	<ul style="list-style-type: none"> • Collaborative event with REACH and Bernards Township Parks and Recreation. • “Teen” aimed movie night – “Jumanji Next Level”. • Municipal Alliance information table. • Over 200 movie-goers.
<p>National Night Out <i>August 2nd</i></p> 	<ul style="list-style-type: none"> • National Night Out is a community-police awareness raising event held annually. • Raises awareness about police programs like drug prevention, town watch, neighborhood watch, etc. • Partners included the Bernards Township Police Department, Fire Department, EMS.

Suicide Prevention Week <i>September 9th</i>	<ul style="list-style-type: none"> • Provided resources to students alongside Community in Crisis and Stigma Free Somerset County.
21 for a Reason Football Game <i>September 23rd</i> 	<ul style="list-style-type: none"> • Municipal Alliance “sponsored” football game at Ridge High School. • Raised \$50 from donations for green and white “it’s 21 for a Reason” shirts. • PSAs were read over the announcements with drug and alcohol information. • Literature and information distributed
Bernards Township Walks for Mental Health <i>October 2023</i>	<ul style="list-style-type: none"> • Partnership with Basking Ridge UNICO. • Virtual Walk raised \$500 for Somerset Treatment Services.
Fall DEA RX Takeback Day <i>October 29th</i>	<ul style="list-style-type: none"> • Promoted in the Somerset Hills Area.
Pumpkin Smash Nov 5th	<ul style="list-style-type: none"> • Collaborative program with the Bernards Township Health Department, Environmental Commission and Agricultural Commission. • 250 participants attended at Dogwood Farms to destroy old jack o’ lanterns safely. • Pumpkins were then fed to pigs at the farm to dispose of them in an environmentally friendly way.
Upstanders – Virtual Documentary Screening and Panel Presentation <i>November 15th</i> 	<ul style="list-style-type: none"> • Virtual documentary screening and panel presentation. Presentation sponsored by the Somerset County Municipal Alliance network. • Upstanders explores all sides of cyber bullying from bully to victim, bystanders, and family members. • 100 people attended
Great American Smokeout <i>November 17th</i>	<ul style="list-style-type: none"> • Awareness day held every third Thursday in November to encourage individuals to quit smoking or to form a plan to quit smoking. • Promoted NJ based quitting resources on Facebook.


<p>Ryan's Story <i>December 7th</i></p>	<ul style="list-style-type: none"> • John Halligan presented “Ryan’s Story”, the story of losing his 13-year-old son to suicide to WAMS students. • Covers suicide prevention and cyberbullying.
<p>LIKE – Virtual Documentary Screening and Panel Presentation <i>December 8th</i></p>	<div data-bbox="555 327 738 594" data-label="Image"> </div> <ul style="list-style-type: none"> • Virtual documentary screening and panel presentation. Presentation sponsored by the Somerset County Municipal Alliance network. • LIKE explores the impact of social media on individuals and the effects of technology on the brain. • 100 people attended
<p>PRIDE Drug and Alcohol Survey <i>December 14th</i></p>	<ul style="list-style-type: none"> • The PRIDE Drug and Alcohol Survey was administered to Bernards Township 6th, 8th, 10th, and 12th grade students. • This survey is done to plan effective programs and curriculum through the Municipal Alliance, Health Department and Bernards Township School District.



RIDGE EDUCATION ACTION & COMMUNITY HEALTH (REACH)

- Sponsored by Bernards Township Youth Services Commission
- Meets twice a month except for July and August. Meetings in 2022 were mainly conducted via Zoom video conference during the first half, then in person for the second half.
- 2 seniors graduated from Ridge High School and REACH in June 2022.

REACH INITIATIVES

Instagram	<ul style="list-style-type: none"> • Weekly posts included “Motivation Monday”, “Wellness Wednesday” and “Flashback Friday”.
Healthy Activities	<ul style="list-style-type: none"> • Promoted healthy activities, especially staying active, eating nutritious food, getting enough sleep, and spending time outside as quarantine had a negative impact on many of these things. • Went for group walks whenever the weather was nice during the spring and fall. • Pumpkin Painting – Spent time outside being creative and painting pumpkins as a group.
Community Awareness 	<ul style="list-style-type: none"> • Volunteered at Charter Day 5/21. • Volunteered at Twilight Challenge 5K. • Volunteered at the Municipal Alliance Football Game – 10/15 • Volunteered at the Pumpkin Smash – 11/5

New Focuses – Drug Use, Mental Health LGBTQ+ Matters

- At LMTI, 3 focus areas were selected as top priorities for students.
- Drug Use – The core focus of REACH is to encourage healthy positive living without the use of alcohol, tobacco or other drugs.
- LGBTQ+ - Focus on educating community members and school staff on pronouns, gender, sexuality, and other LGBTQ+ matters that impact students.



LMTI (LINDSEY MEYER TEEN INSTITUTE)

Summer Leadership Conference

5 days in-person, Aug 22-26



	Applied	Attended
College Age TI Staff (CATS)	1	1
Youth Advisory Council (YAC)	6	6
Nominated 8th graders	50	8
Return Campers	-	2
Camp Topic	<ul style="list-style-type: none"> • Empowering New Jersey students to create positive change in their communities. • Students heard from motivational speakers and participated in workshops to create an action plan to implement in Bernards Township. 	
REACH 2022-2023 Action Plan	<ul style="list-style-type: none"> • 3 main topic areas will be focused on with small work groups – <ul style="list-style-type: none"> • Drug Use- Focusing on underage drinking and vaping. • Mental Health – Focusing on de-stigmatizing, education, and awareness. • LGBTQ+ - Focusing on pronouns and education and awareness. 	
Motivation Award	<ul style="list-style-type: none"> • REACH won the Motivation Award for the 2021-2022 School Year 	

- This award is given to a group “for promoting health lifestyle choices through an outstanding prevention program focusing in programmatic excellence”



GRAB AND GO TEEN OUTREACH

Grab and Go Teen Outreach



- Competitive Grant program sponsored by the Youth Services Commission - \$3,400.
- Collaborated with the Bernards Township Library to sponsor DIY craft kits aimed at students in grades 7-12. COVID-19 pandemic caused a lot of isolation and boredom amongst teens. GNG aimed to stimulate teen's minds in a healthy way with mindful and exciting crafts. Year 2 of receiving the Competitive Grant from Somerset County.
- **Kits assembled:**
 - **January** – Hot Chocolate Bombs – 50 kits assembled and picked up.
 - **February** – Bath Bombs. 50 kits assembled and picked up.
 - **March** – Glitter Jar Kits – 50 kits assembled, 20 students attended Zoom gathering.
 - **April** – Reusable Tote Bags – 50 kits assembled and picked up.
 - **May** – DIY Heating Pads and Desk Fidgets – 50 kits assembled.
 - **June** – DIY Sunglasses and Suncatchers. 50 kits assembled and picked up.
 - **July** – No kit
 - **August** – DIY Mini White Boards. 50 kits assembled and picked up.
 - **September** – Autumn beaded craft kits – candy corn and pumpkins. 50 kits assembled and picked up.
 - **October** – Pinecone Owl Kits – 50 kits assembled and picked up.
 - **November** – Gratitude Journal Kits – 50 kits assembled and picked up.
 - **December** – Winter Break Wellness Kits – 50 kits assembled and picked up.

COPE (Creating Opportunities for Positive Emotions)

Grab and Go Teen Outreach



- Competitive Grant program sponsored by the Youth Services Commission - \$3,400.
- The COPE (Creating Opportunities for Positive Emotions) Program provides all elementary students in Bernards Township with the opportunity to learn how to cope with difficult emotions as well as the tools necessary to do so.
 - Children in elementary school are just beginning to learn how to identify the emotions that they are experiencing (i.e., happy, sad, angry, worried, overwhelmed).
- COPE provides students with opportunities to learn how to identify and label their emotions as well as how to cope with these feelings.
- Children have access to emotion cards that will assist in emotion identification and coping cards to assist in managing these emotions (i.e., take a deep breath, count to ten, draw a picture, use a fidget, go for a mindful walk in the hallway, think of a happy thought, etc.).
- Through COPE, each classroom in grades kindergarten through fifth grade in Bernards Township would have access to a coping kit. 144 kits total.
- This coping kit includes coping cards, coloring paper, crayons, and a variety of sensory tools to be used when a child is experiencing a heightened emotion within the classroom.
- COPE also provides each Elementary School Counselor with 40 new Social and Emotional Learning related books.
 - Teachers, counselors, and administrators are often looking for books to help teach important lessons on various topics such as: inclusion, making good choices, showing kindness to peers, having tolerance, and accepting differences and managing emotions.
 - Students tend to remember great stories with important life lessons which will help them succeed independently and within their relationships year after year.

GRANT AWARDS

Youth Services Commission: The Bernards Township Youth Services Commission was awarded the \$5,000 Annual Grant to fund REACH and Viking Yoga.

Youth Services Commission Competitive Grant: Applied and received \$3,400 to fund Grab n Go Teen Outreach to provide student-oriented craft pick up kits from the Bernards Township Library.

Second Youth Services Commission Competitive Grant: Applied and received \$4,000 to fund COPE (Creating Opportunities for Positive Emotions) kits to provide emotional stress relief and support to all elementary school students and provide SEL books to elementary school counselors.

2022 Municipal Alliance: Request for Funding Allocation (RFA) was submitted in December 2021 for FY 2022 \$10,089.19.

2023 Municipal Alliance: Request for Funding Allocation (RFA) was submitted in November 2022 for FY 2022 \$10,089.19.

DMHAS Grant Funding: Request for Funding Allocation (RFA) was submitted in May 2022 for additional Municipal Alliance funding for \$3,702.50.



2022 BT HEALTH DEPARTMENT STAFF PROFESSIONAL LICENSURE/CERTIFICATIONS/ACCREDITATIONS:

Lucy A. Forgione, MS, MCHES

- Licensed NJ Health Officer #A-482
- Master Certified Health Education Specialist (MCHES) #492
- Certified Municipal Registrar (CMR) #1432
- Bernards Township Municipal Alliance Against Substance Abuse
- Community in Crisis
- NJ Association of County & City Health Officials (NJACCHO) Communicable Disease Committee, Program Committee
- William Paterson University Alumni School of Public Health Education Spotlight Fall 2021
- Healthier Somerset 2021 Award for Outstanding Community Service in COVID-19 Pandemic
- Greater Somerset Public Health Partnership, Member and Treasurer
- Local Emergency Preparedness Committee (LEPC): Bernards Township and contractual municipalities
- Morris County Public Health Partnership
- Morris Somerset Regional Chronic Disease Coalition 2010-Present
- North Jersey Health Collaborative
- Registrars' Association of New Jersey
- Mid-State Registrars' Association
- Somerset County Human Services Advisory Council Member 2006 -Present
- Somerset County Health Officers Association, Treasurer 2005-Present
- Dale Carnegie Certificate of Achievement "Develop Your Leadership Potential: Stop Doing, Start Leading" 2022
- New Jersey Association of County and City Health Officials Board of Directors & Executive Committee 2022-2024

Tricia Cowell, Senior REHS:

- Registered Environmental Health Specialist License #B-102153
- Health Officer License #A-102153
- Certified Municipal Registrar (CMR) #3534
- Awarded Mini Master of Public Administration through Rutgers Center for Executive Leadership in Government
- Master Public Health (MPH), Southern New Hampshire University
- Lead Inspector/Risk Assessor
- Local Emergency Preparedness Committee (LEPC): Bernardsville Borough, Long Hill Township, and Peapack and Gladstone Borough
- Bernardsville Borough and Chester Borough Boards of Health
- New Jersey Environmental Health Association
- Notary Public



2022 BT HEALTH DEPARTMENT STAFF PROFESSIONAL LICENSURE/CERTIFICATIONS/ACCREDITATIONS (CONTINUED):

Nancy Dowd, REHS:

- Registered Environmental Health Specialist # B-102051
- Pest Control License
- Mendham Borough Board of Health
- New Jersey Environmental Health Association
- Lead Inspector/Risk Assessor
- Commcare Contact Tracer

Sybil Rainey, REHS:

- Registered Environmental Health Specialist # B-102197
- New Jersey Environmental Health Association

Jaclyn Handwerger, REHS

- Registered Environmental Health Specialist # B-173974
- New Jersey Environmental Health Association
- Servsafe Food Protection Manager
- Servsafe Proctor
- OSHA 10- Hour General Industry Safety and Health

Michelle Santoro, ACO, Humane Investigator:

- Biology, Bachelor of Science
- Certified Animal Control Officer
- Certified Animal Cruelty Investigator
- FEMA Animals in Disaster IS-00010 & IS-00012
- FEMA Livestock in Disaster IS-00111.a
- Commcare Contact Tracer

Kaitlin V. Cartoccio, MPH, MCHES, DRCC:

- Master Certified Health Education Specialist (MCHES) #19897
- Bernards Municipal Alliance
- Certified Youth Mental Health First Aid Instructor
- Disaster Response Crisis Counselor (DRCC)
- Community in Crisis
- Local Emergency Preparedness Committee (LEPC): Bernards Township
- Masters Public Health (MPH) - Rutgers University
- Member Society for Public Health Educators (SOPHE)
- New Jersey SOPHE member and Membership Chair
- Rutgers Center For Executive Leadership In Government
- Safe Communities Coalition



2022 BT HEALTH DEPARTMENT STAFF PROFESSIONAL LICENSURE/CERTIFICATIONS/ACCREDITATIONS (CONTINUED):

Hannah Truncale, MPH, CHES, CPH:

- Certified Health Education Specialist (CHES) #24986
- Certified in Public Health (CPH) #11230
- Master's degree in Public Health (MPH), Columbia University
- New Jersey Society of Public Health Educators, Member
- Certified Health Coach by ACE Fitness
- Morris Somerset Regional Chronic Disease Coalition
- American Heart Association CPR Instructor

Riya Patel

- Local Health Outreach Coordinator
- Bachelor of Science in Public Health - The College of New Jersey
- Certified Contact Tracer - Johns Hopkins University
- New Jersey SOPHE member
- Certified Youth Mental Health Presenter - NAMI

Maria Novoa Besteiro, BSN, RN

- Public Health Nurse

Deirdre Vogel, CMR, RMC:

- Certified Municipal Registrar (CMR) #3534
- Registered Municipal Clerks Certification (RMC) # C-1555
- Bernards Township Board of Health Secretary
- Registrars' Association of New Jersey
- Mid-State Registrars' Association
- Notary Public

Gindy McCarthy, CMR (Retired December 2022)

- Certified Municipal Registrar (CMR)
- Registrars' Association of New Jersey
- Mid-State Registrars' Association

