



## HEALTH MATTERS - MAY 2026

Did you know? May is **Hepatitis Awareness Month**, **Older Americans Month**, **Maternal Mental Health Month**, **Mental Health Awareness Month**, **Women's Health Month**, **Brain Tumor Awareness Month**, **Skin Cancer Awareness Month** and **Cystic Fibrosis Awareness Month**. **National Women's Health Week** is May 10-16.

**BORN FROM 1945-1965?**

**GET TESTED FOR HEPATITIS C**

**3 IN 4** people with Hepatitis C were born during these years

Left untreated, Hepatitis C can cause:

- LIVER DAMAGE**
- FAILURE**
- CANCER**

People born from 1945-1965 are **5X MORE LIKELY** to have Hepatitis C

Many people can live with **HEPATITIS C FOR DECADES WITH NO SYMPTOMS**

**MORE THAN One Million** people living with Hepatitis C **DO NOT KNOW THEY ARE INFECTED**

Talk to your doctor.  
A blood test is the only way to know if you have Hepatitis C.  
Treatments are available that can cure this disease.

**HEPC Blood Test**

**National Hepatitis Testing Day is observed on May 19th.**

May is **Hepatitis Awareness Month** in the United States, dedicated to raising awareness of viral hepatitis (A, B, and C), promoting testing, encouraging vaccination, and highlighting treatment options.

**More information on hepatitis**

CDC U.S. Department of Health and Human Services

www.cdc.gov/knowmorehepatitis

KNOW MORE HEPATITIS

### Mental Health Awareness Month - Resources

- **Substance Abuse and Mental Health Services Administration**
- **Suicide Prevention Line 988**
- **Mental Health Association in NJ**
  - **Peer Recovery Warm Line** - Call (877) 292-5588
- **National Alliance on Mental Illness NJ**
- **Helpline for Youth**- 1-888-222-2228

## Upcoming Local Programs



# THE CARE CONNECTION



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

**Thursday, May 7, 2026 11am-12pm**  
Bernards Township Library  
32 S. Maple Avenue, Basking Rldge

### Agenda & Speakers:

- **Home Care 101** – Community Visiting Nurse Association
- **Navigating the Assisted Living Landscape** – Beacon Senior Advisors
- **Discover New Resources** – Somerset County Office on Aging
- Q&A

**Register Here:** <https://tinyurl.com/bthdcare>



*The inclusion of any organization/speakers for this program does not represent an endorsement or recommendation by the Bernards Township Health Department*

**Contact us  
for more information**

(908) 204-3069

[www.bernardshealth.org](http://www.bernardshealth.org)

[ttomaino@bernards.org](mailto:ttomaino@bernards.org)

## The Care Connection

A free workshop offering practical help and resources for caregivers and aging adults. Information and resources to make it easier for older residents to live in their community with independence, dignity, and choice. Presentations on aging well in-place with home care and transportation services, staying active and healthy with wellness and meal programs, how to access various assistance programs, and how to plan for a transition into assisted living.



## **Angst: Documentary Screening & Guided Discussion**

Angst is a compelling and honest documentary that brings to light what it's like to live with anxiety, utilizing the voices of kids, teens, parents, educators, and mental health experts. Learn more at <https://www.impactful.co/angst>

The documentary screening will be accompanied by a guided discussion. Open to community members ages 10 and up.

**Register for ANGST**

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Join us for **Get Real Talks**, a student-led panel where families can hear directly from high school students about academics, activities, daily life, and what to expect during the high school years

**Wed, May 13, 2026 - 6:30 PM**

**Warren Craft Room - Bernards Township Municipal Building**  
1 Collyer Lane, Basking Ridge, NJ 07920



Featuring students from:  
*Ridge Education Action & Community Health (REACH) Youth Leadership*



Registration requested. For more information and to register, visit:  
[www.bernardshealth.org](http://www.bernardshealth.org) or call (908) 204-2523



Somerset County Youth Services Commission and the Board of County Commissioners

**Register for Get Real Talks**

**Memory Cafe at the Somerset Hills YMCA - May 27, 2026**

The Memory Cafe is a monthly gathering in a safe and supportive environment designed for individuals experiencing memory loss, Mild Cognitive Impairment (MCI), early-onset Alzheimers Disease, Dementia, other memory challenges & their Caregivers.

At Somerset Hills Y, the café offers activities such as crafting, games, and music, all of which help foster opportunities for reminiscing. Registration is required for participants. Caregivers must attend but are not required to register. Lunch will be included

- Registration Required - PLEASE CONTACT LISA PENSABENE PRIOR TO REGISTRATION AT 908-766-7898 x 503
- [Find more information here](#)

# RWJ Barnabas Health & Atlantic Health - Upcoming Events

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

## RWJ Barnabas Events Calendar

## Atlantic Health Events Calendar

### Mental Health Services for Children and Adults in Crisis

Robert Wood Johnson University Hospital Somerset offers two new programs to help children and adults who are experiencing a psychiatric emergency: Psychiatric Emergency Screening Services (PESS) and the Hope Hub. These services are available to individuals who are experiencing:

- Emotional distress or a mental health crisis
- Worsening anxiety, depression or other behavioral concerns
- Thoughts of self-harm or harm to others
- Difficulty coping due to stressors, trauma or loss
- Urgent psychiatric concerns that require immediate evaluation and support

**No referral is needed.** Care is provided regardless of ability to pay. *Language interpretation services are available.*

#### Psychiatric Emergency Screening Services (PESS)

Services for children and adults:

- Crisis Intervention
- Stabilization
- Treatment
- Clinical-led mobile outreach to those in Somerset County experiencing acute psychiatric distress 24/7

Robert Wood Johnson University Hospital Somerset  
Emergency Department  
110 Rihill Avenue, Somerville, NJ 08876  
**24/7 Crisis Hotline:** 908-526-4100

#### The Hope Hub

The Hope Hub offers individuals and families a calm, welcoming space where they can receive confidential support during a behavioral health crisis which does not require care in the Emergency Department. Located in a separate building on the hospital's campus, it is designed to look like a living room rather than a hospital setting. Our goal is to meet individuals and families where they are, reducing fear and helping them move forward with clarity, support and a pathway to recovery. We will provide connections to community resources for ongoing support.

**Hours:** Monday-Friday, 10 a.m. - 6:30 p.m. | **Phone:** 908-526-4100

**After hours:** Call 988 Suicide and Crisis Lifeline. Individuals may access crisis services through RWJUH Somerset's Emergency Department or by calling the 24/7 Crisis hotline at 908-526-4100.

**Walk-ins welcome.** *Appointments available if desired.*



### Stroke Risk Screenings - RWJUH Somerset

- Tuesday, May 5 - 3:30 pm-6:30 pm
- Friday, May 15- 1:00 pm-4:00 pm

To register, please call (908) 685-2184.  
[Click here for more information!](#)

### May Blood Pressure Screenings

## Save the Date!

# 36<sup>th</sup> Annual Pleasant Valley Twilight Challenge 5K



**Sunday, June 7, 2026 - 6 PM**  
Basking Ridge, NJ

Scan to Register:



Supporting the Bernards Township Municipal Alliance & Youth Services Commission

**5K Early Bird Registration by 4/26 - \$20**  
**5K Pre-Registration 4/27 - 6/6 - \$30**  
**Same Day Registration on 6/7 - \$35**  
**1 Mile Health Walk - \$15**  
**Kid's Lollipop Loop - FREE**

**1 Mile Health Walk Starts - 5:30 pm**  
**5K Starts - 6:00 pm**  
**Kid's Lollipop Loop Starts - 6:45 pm**

**Pleasant Valley Park**  
 3405 Valley Rd, Basking Ridge

**Awards for Top Overall Male  
 and Female and top 3  
 runners in each age group**

For info, registration & sponsorship:  
[tinyurl.com/Twilight5KRace](http://tinyurl.com/Twilight5KRace)

**Event  
 Partners:**



**Municipal Alliance**



Timing by:



Live Music with:



**Animal Control**



## Spring is here and so are baby animals!

This is the time of year to be extra careful when starting up your lawn mower or doing other yardwork. In this month's Animal Control article, learn how to spot animal nests and what to do if you encounter an orphaned baby animal.

[Read More Here](#)

## Health Education - Featured Recipe of the Month

The weather is warming up and for many that means firing up the grill! The chicken breast in this recipe can be swapped for chicken thighs or pork loin. Feel free to swap in other summer vegetables like zucchini or mushrooms. As always, be aware of cross contamination when cooking outdoors. Refer to this article for [Food Safety Reminders: At the Grill!](#)- Tara Tomaino, RD



## Teriyaki Chicken Pineapple Kebabs

**SERVES:** 4

**MARINADE TIME:** 30MIN-8 HRS **COOK TIME:** 35 MINUTES

### Ingredients:

#### For the kebabs:

- 1 ¼ lb chicken breast, cut into 1-inch pieces
- 2 cups fresh pineapple, cut into 1-inch cubes
- 2 medium bell peppers, cut into 1-inch pieces
- 1 small red onion, cut into 1-inch pieces
- 1 tsp avocado oil or olive oil
- Salt & pepper
- Wooden skewers (soak in water for 30 min prior to grilling)

#### For the sauce:

- ½ cup coconut aminos
- 2 Tbsp water
- 1 Tbsp toasted sesame oil
- 1 tsp garlic powder
- ½ tsp ground ginger



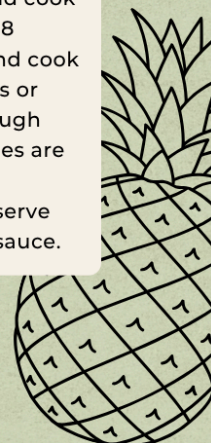
Store leftovers in an air-tight container in the refrigerator for up to 3 days. For best results, store chicken and produce separately.

Source: The Real Food Dietitians

<https://therealfooddietitians.com/teriyaki-chicken-pineapple-kebabs/>

### Instructions:

1. In a small bowl, combine the sauce ingredients and mix well. Add ⅓ cup sauce to the chicken and stir, reserving the remaining sauce for later. Place the chicken in the refrigerator to marinate for 30 min or up to 8 hours.
2. Preheat the grill to high heat (450F).
3. Cut the pineapple and vegetables. Place vegetables in a medium bowl and toss with oil.
4. For the skewers, thread the chicken, pineapple, peppers and onions onto the skewers in a repeating pattern.
5. Brush the kebabs on all sides with about 2 tbsp of the remaining sauce.
6. Place kebabs on the grill and cook over indirect heat for about 8 minutes. Turn the kebabs and cook for an additional 5-7 minutes or until chicken is cooked through and pineapple and vegetables are tender.
7. Remove from the grill and serve immediately with reserved sauce.



## Bernards Township Health Department

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

262 South Finley Avenue, Basking Ridge, NJ 07920  
908-204-3070

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



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

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