



Fall Newsletter

September-November 2025

Our Location



Address:
201 Washington Crossing
Pennington Road
Titusville, NJ 08560



Phone Number:
(609) 737-0120



Operating Hours:
Monday-Friday
8:30 AM - 4:30 PM

Visit Our Website:



<https://www.hopewelltwp.org/162/Health>

Follow Us on Social Media!



Hopewell Township- Mercer
County, Government



@hopewelltwpnj

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Upcoming Holidays & Observances:

- **Rosh Hashanah begins** - September 22
- **Indigenous Peoples Day/Columbus Day** - October 13
- **Halloween** - October 31
- **Daylight Savings Ends** - November 2
- **Veterans' Day** - November 11
- **Thanksgiving** - November 27



FLU SHOT CLINICS

2025 Fall Schedule

HOPEWELL TOWNSHIP HEALTH DEPARTMENT

Serving Hopewell Township and The Boroughs of Pennington & Hopewell



**Questions? Email
nurse@hopewelltwp.org
or call 609-537-0238**

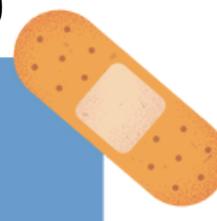
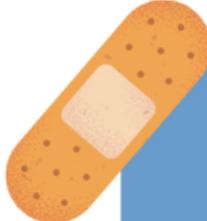
Vaccination open to children ages 3+ with parent/guardian

Standard Trivalent and Senior Doses available

Residents should bring all insurance cards, Prescription and Medical

Seniors: Medicare B and all prescription cards

Uninsured? Vaccination is free for residents of Hopewell Valley (with proof of residency) \$40 non-residents (credit card only)



Wednesday, September 17th - 10am - 1:30pm

Hopewell Township Municipal Building

(201 Washington Crossing Pennington, Titusville)

Registration Link: <https://chat.eh.care/a7643797688e40e6bae76b0feaaa2110?clinicId=129642>

Wednesday, September 24th - 1:30pm - 3:30pm

Hopewell Valley Senior Center

(395 Reading Street, Pennington)

Registration Link: <https://chat.eh.care/a7643797688e40e6bae76b0feaaa2110?clinicId=129644>

Tuesday, October 7th - 11am - 3pm

Hopewell Township Municipal Building

(201 Washington Crossing Pennington, Titusville)

Registration Link: <https://chat.eh.care/a7643797688e40e6bae76b0feaaa2110?clinicId=129645>

Tuesday, October 21st - 3pm - 7pm

Pennington Borough Municipal Building

(30 North Main Street, Pennington)

Registration Link: <https://chat.eh.care/a7643797688e40e6bae76b0feaaa2110?clinicId=129646>





FLU VACCINES*



VOTE AND VAX

HOPEWELL BOROUGH HALL

88 EAST BROAD STREET

TUESDAY, NOVEMBER 4, 2025

10:00 AM - 1:00 PM

TRIVALENT FLU VACCINE FOR AGES 3+ AND
SENIOR DOSES WALK-INS WELCOME

FOR CLINIC: WEAR SHORT SLEEVES & BRING
MEDICARE, INSURANCE AND PRESCRIPTION CARDS.

UNINSURED? VACCINATION IS FREE FOR RESIDENTS
OF HOPEWELL VALLEY (WITH PROOF OF RESIDENCY)
\$40 NON-RESIDENTS (CREDIT CARD ONLY)

REGISTRATION LINK: [https://chat.eh.care/
a7643797688e40e6bae76bofeaaa2110?clinicId=129649](https://chat.eh.care/a7643797688e40e6bae76bofeaaa2110?clinicId=129649)

QUESTIONS? EMAIL
NURSE@HOPEWELLTWP.ORG
OR CALL 609-537-0238





Free! RABIES CLINIC

All are welcome!

November 1st, 2025 ~ 9am - Noon

Hopewell Township Department of Public Works
203 Washington Crossing Pennington Rd
Titusville, NJ 08560

November 15th, 2025 ~ 9am - Noon

Hopewell Borough Train Station
2 Railroad Place, Hopewell, NJ 08525

November 22nd, 2025 ~ 9am - Noon

Hopewell Township Department of Public Works
203 Washington Crossing Pennington Rd Titusville,
NJ 08560

December 6th, 2025 ~ 9am - Noon

Pennington Borough Department of Public Works
301 N Main St, Pennington, NJ 08534

Questions? Call 609-737-0605 x6780

or go to

www.hopewelltwp.org/AnimalControl



Breast Cancer Awareness Presentation

Hosted by

Capital Health Community Health Education

Featuring Dr. Jenna Mancinelli, a Capital Health Cancer Center breast surgeon who specializes in surgical care for breast disease, both benign and malignant, as well as other breast conditions.

Location: Hopewell Township Municipal Center

Wednesday, October 8, 2025 | 3:30 p.m.

Join Dr. Mancinelli to learn about breast cancer screening information, optimal breast health guidelines, and resources for those afflicted. A Q&A session will follow the presentation.



Stay Alert: Driving Safely During Deer Mating Season



As October begins, white-tailed deer become more active. This marks the beginning of the mating season, also known as the fall rut. During this time, bucks chase does, causing deer to dart across roads. This is especially true around dawn and dusk when visibility is low. For motorists, low levels of light and sun glare can make it very difficult to see deer that are about to cross the road.

The following tips can help motorists stay safe during deer mating season:

- If you see a deer, slow down and pay attention to possible sudden movement. If the deer is in the road and doesn't move, don't go around it. Wait for the deer to pass and the road is clear.
- Pay attention to "Deer Crossing" signs. Slow down when traveling through areas known to have a high number of deer. This will ensure that you will have enough time to stop, if needed.
- If you are traveling after dark, use high beams when there is no oncoming traffic or vehicles ahead. High beams will reflect by the eyes of deer on or near roads.
- If you see one deer crossing, be on guard: others may be in the area. Deer usually move in family groups during this time of year and cross roads single-file.
- Don't tailgate. Remember: the driver in front of you might have to stop to avoid hitting a deer.

Always wear a seatbelt, as required by law. Drive at a safe speed. Additionally, consider factors like weather, daylight, traffic, curves, and road conditions.

Do not use handheld devices while driving.

- Report any deer-vehicle collision to a local law enforcement agency immediately.
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For more information about white-tailed deer in New Jersey, visit:
<https://dep.nj.gov/njfw/wildlife/white-tailed-deer/>



Why Washing Chicken Can Increase Your Risk of Foodborne Illness

When handling raw poultry, it's crucial to avoid washing it, as this can spread harmful bacteria like *Salmonella* and *Campylobacter*.

Modern poultry processing already cleans the chicken, so washing is unnecessary.

Salmonella



Salmonella is spread by eating or drinking contaminated food or water, or, by contact with people or animals infected with *Salmonella*.

Most people with *Salmonella* infection have diarrhea, fever, and stomach cramps.

Symptoms usually begin six hours to six days after infection and last four to seven days. However, some people do not develop symptoms for several weeks after infection and others experience symptoms for several weeks.

Campylobacter



Eating undercooked poultry, meat, or eggs, or cross contamination of foods, such as using the same cutting board or utensils for raw poultry or meat and vegetables without washing

Most people with *Campylobacter* infection have: Diarrhea that can be bloody, Fever, Stomach cramps.

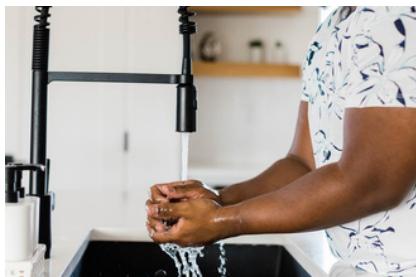
Some people experience nausea or vomiting.

Symptoms usually start 2–5 days after swallowing *Campylobacter* and usually end within 7 days.



Why Washing Chicken Can Increase Your Risk of Foodborne Illness

Following these simple tips to help reduce the risk of foodborne illness:



Wash your hands (scrubbing for 20 seconds) before handling any food.



Use a clean paper towel to remove any unwanted residue from the chicken/its packaging.



Cook the chicken to an internal temperature of 165°F, which kills harmful bacteria.



Separate raw poultry from other foods and keep surfaces clean to avoid cross-contamination.

Healthy Meal Idea: Apple Pie Breakfast Parfaits

YUM!



Ingredients

For the apples:

- 1 tablespoon coconut oil
- 2 apples chopped
- 1 teaspoon maple syrup
- 1 - 2 teaspoons cinnamon



For the parfait:

- 1/4 cup chia seeds
- 1/4 cup quick oats
- 1 1/4 cup unsweetened almond milk
- 1/2 cup granola of your choice
- 1/2 cup coconut yogurt

Instructions

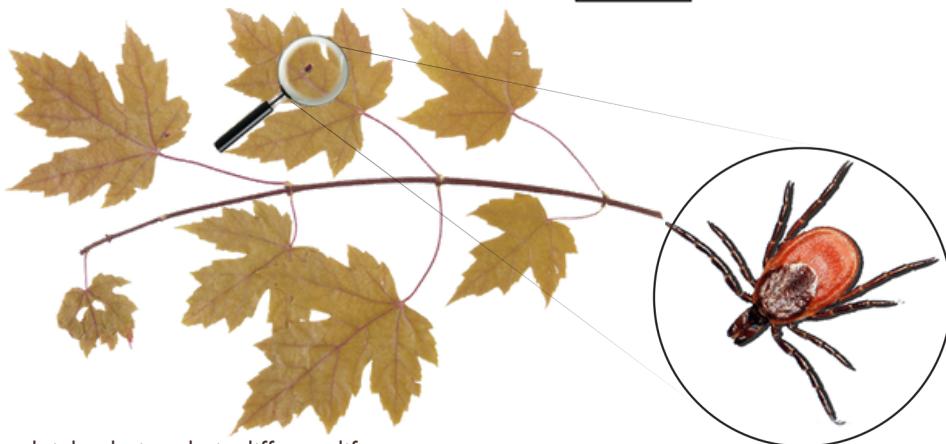
1. Heat the coconut oil over medium heat. Once melted and shimmery, add the apples, syrup and cinnamon. Saute until apples are softened and starting to caramelize about 6 - 8 minutes.
2. While the apples are cooking, stir together the chia seeds, oats and almond milk. Set aside.
3. Once the apples are done cooking, remove them from the heat and prepare the parfaits. Divide the chia-oat pudding evenly between four jars. Top with 2 tablespoons of granola, 1/4 of the apples and top with 2 tablespoons of yogurt.
4. Drizzle with a touch more maple syrup and a sprinkle of granola if desired!

Recipe from **Simply Quinoa**

Environmental Health Corner

The large adult tick emerges in fall, with a peak in October through November. Both male and female adults find and feed on a host, then the females lay eggs sometime after feeding.

Adult ticks wait for host animals from the tips of grasses and shrubs approximately one meter above the ground. When an animal or person brushes by the vegetation, they quickly let go and climb onto the host. Adult ticks feed on their host for five to seven days. The female will become engorged with blood, providing nourishment for her developing eggs. After feeding and mating, the female tick drops into the leaf litter where she lays thousands of eggs. She will become dormant as the temperature drops below 40°F.



What is a tick?

Ticks are related to spiders. They have 8 legs. But they don't spin webs and they don't eat insects. All ticks are small, but blacklegged ticks (sometimes called deer ticks) are **very** small. This is a blacklegged tick close-up:

This is the actual size of blacklegged ticks during their different life stages:



They are so tiny, it's easy to mistake them for freckles or dirt. Sometimes they're hard to see at all! Would it be hard to find these on a pet?



Where do ticks live?

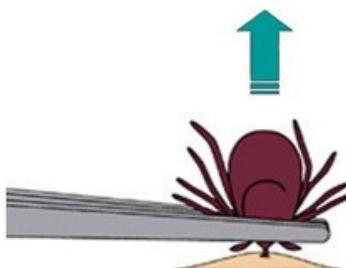
Ticks live in places where there is a lot of tall grass, shrubs, and leaves.

Ticks wait for an animal (like a deer, a mouse, or a dog) or a person to walk by. Then they grab on to the animal or human.

How do ticks bite us?

After climbing on a person or animal, ticks find a good place to attach themselves. They might hide in your hair, or behind the knee, even in your underwear! Then, the ticks bite into a person or animal's skin and start drinking their blood. Tick bites don't usually hurt, so you may not even notice it. The tick can stay attached for a few days. When it is full, it will fall off.

Environmental Health Corner Continued...



An adult should use narrow tweezers to pull the tick straight up and out.

What if I find a tick on me?

If you find a tick on your body, tell your parents or a teacher. They can use tweezers to pull it off. Then they should wash the bite with soap and water or disinfectant.

How can I keep ticks away?

You can wear insect repellent and stay out of tall weeds. If you are in a place where ticks live, take a bath or shower after you come inside. Let your parents check you for ticks afterwards.

Also, tell your parents that there are things they can do to keep ticks out of your yard.

How can I stay healthy?

If a tick bites you and soon after you get a fever, a skin rash, or feel really, really tired, tell your parents. The tick may have given you some germs. See your doctor to find out if you need medicine.

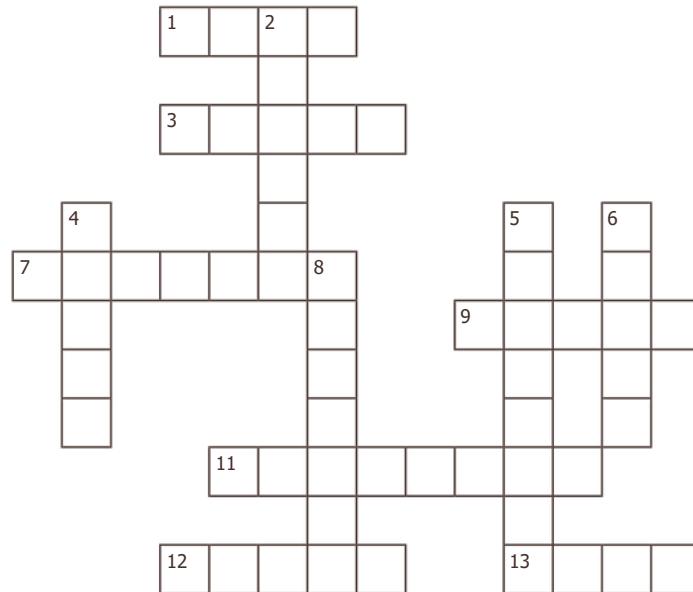
Test Your Knowledge!

ACROSS

- If a tick makes you sick, you may get one of these on your skin.
- Ticks eat ____.
- Never pull off tick with your ____.
- If a tick makes you sick, you may feel hot because of a ____.
- Ticks can be so small, you might think they look like ____.
- A place where ticks wait for people or animals.
- After removing a tick, wash the bite with ____ and water.

DOWN

- Take a bath or ____ to help remove ticks.
- The number of legs a tick has.
- Tool for removing ticks.
- When you come indoors, always ____ for ticks.
- Ticks are related to these web spinners.



Community Resource Spotlight



Sharing the Hope Family Support Center

- Offers free, one-on-one family support for individuals who have a loved one affected by substance use disorder.
- **Website:** <https://njprevent.com/family-support-center/>
- **Phone Number:** (908) 782-3909



Pennington Adult Living Services

- Offers services and interventions to assist individuals with autism to achieve more independent, productive, and happy lives.
- **Website:** <https://www.palsnj.org/about>
- **Phone Number:** (609) 737-4469



Meals on Wheels Mercer County

- delivers healthy meals and provides friendly connections to our community neighbors who experience challenges in accessing nutritious food and support.
- **Website:** <https://www.mealsonwheelsmercer.org/>
- **Phone Number:** (609) 695-3483



Please visit www.hopewelltwp.org/162/Health for upcoming events and resources offered by Hopewell Township Health Department!

Hopewell Township Social Services Directory

