Issue 2018-25 | June 22, 2018

#### One of the Best Places to Live in America



This Newsletter is brought to you by the Hillsborough Township Committee:

Mayor Gloria McCauley

**Deputy Mayor Doug Tomson** 

**Committeeman Greg Burchette** 

Committeeman Frank DelCore Committeeman Carl Suraci

### Viktoria Wargo Named Triangle School's Teacher of the Year

Viktoria Wargo, a teacher at Triangle Elementary School who works with children on the Autism spectrum, has been named Triangle Elementary School's Teacher of the Year for 2018. She has been a member of the Hillsborough School District faculty since 2007.

Ms. Wargo organizes annual activities and created a documentary film "Touched by Autism", to spread Autism Awareness in the community. She is an advocate for her students and all students with disabilities.

The Township Committee commends Viktoria Wargo for being recognized as Triangle Elementary School's Teacher of the Year and thank her for all her work and dedication to the youth of Hillsborough.



Pictured: Committeeman Frank DelCore, Viktoria Wargo and Mayor Gloria McCauley

### **Johanne Costanzo Celebrates 100th Birthday**

On June 8th, Mayor Gloria McCauley was honored to attend a very special event held by friends and family to celebrate Johanne Costanzo's 100th birthday, which was on June 9, 2018.

Mrs. Costanzo, was born in Oil City, Pennsylvania on June 9, 1918 and grew up on the Piskorowski

Dairy Farm, on Triangle Road in Hillsborough. The Piskorowski Dairy Farm house, built in the 1800's, is still on the site. Mrs. Costanzo attended school in a one room school known as the Bloomingdale School on Amwell Road.

Johanne Costanzo won 2nd Honor at the Miss Somerville competition.

Johanne Costanzo married the love of her life, Vincent Costanzo, in 1945. They lived in Flushing, New York where she was a seamstress and he was a police officer. Sadly, she was widowed at a young age. She is a fun loving aunt who adores



her family, loves baking, animals and gardening, particularly her prized roses.

Johanne Costanzo is currently residing at Avalon Hillsborough and is an active participant in the various activities held at Avalon.



# Hillsborough Township's Community Night at Somerset Patriots - Friday, July 13th at 7:05 pm

### First Pitch by Mayor Gloria McCauley

Mayor Gloria McCauley announced at Tuesday's meeting that the Somerset Patriots will be hosting a Hillsborough Community Night on Friday, July 13th at the 7:05 pm game.

"Join us on Friday, July 13th for Hillsborough Community Night to cheer on the Somerset Patriots as they battle the Lancaster Barnstormers, hailing from Lancaster, Pennsylvania," stated Mayor McCauley.

"Yours truly will be throwing out the first ceremonial pitch. At the end of the game, we encourage everyone to stay and enjoy their fabulous fireworks display," added Mayor McCauley.

The Hillsborough Community Night is to be held at TD Bank Ballpark located at 1 Patriots Park in Bridgewater, NJ. Hillsborough Community night will also feature exclusive discounted group rates of

\$8.50 or All-You-Can-Eat-BBQ for \$28. To secure your tickets, please visit the Somerset Patriots website at <a href="www.somersetpatriots.com/tickets/groupportal">www.somersetpatriots.com/tickets/groupportal</a> Click the "Group Portal Login" button and enter the group password "Hillsborough".

For more information, contact the Somerset Patriots at 980-252-0700 or patriots@somersetpatriots.com

#### **Read More**

# Local Singer/Songwriter to Sing at Hillsborough Community Night at the Patriots

Susyn Timko is a singer/songwriter who has co-written songs and worked with one of Christina Aguilera's producers. She has performed with Grammy award nominated musicians. She loves singing Patriotic songs and is so honored to have been asked to sing God bless America at the Somerset Patriots Hillsborough Night game.



### The Strength Network Celebrates Grand Opening

Mayor Gloria McCauley recently attended the ribbon cutting ceremony for a new business in Hillsborough.

The Strength Network – AHP is a different kind of gym. As a personal training studio, their focus is on the individual experience and helping clients achieve their specific goals.

Everyone comes into the gym with their own story: a unique history, personal challenges, and distinct goals. We work with you to honor that history, overcome your challenges and achieve your goals.

They accomplish this by creating not just a personalized training program, but by counseling you about your nutrition and providing success coaching to obliterate any obstacles in your way.



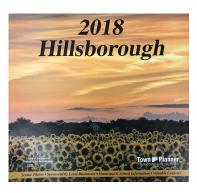
Pictured: EBDC Member Toni Natale, Business Advocate David Kois, Deputy Mayor Doug Tomson, Strength Network's Steven Shuster, Mayor Gloria McCauley, Strength Network's Jodie Shuster and EBDC Member Janine Erickson

www.tsn-ahp.com | 5 Jill Court, Suite 16 | (908) 829-3114

# **Township to Collect Scenic Photos for the "2019 Town Calendar"**

"The Township is pleased to be working with Town Planner Calendar to produce a 2019 color printed calendar which will be mailed out to every residence in Hillsborough, at no cost to our taxpayers," announced Mayor Gloria McCauley at a recent Township Committee Meeting.

"The printing of the calendar is funded through the various advertisements contained within the calendar," added Mayor McCauley.



### **Read More**

# Movie Premiere Features Work of HHS Students

A movie premiere, held May 30th at Hillsborough High School, showcased two movies filmed and edited throughout the school year in a class called Art 1a. Art 1a is an art class offered to self-contained students in Hillsborough High School that allows them to express themselves through numerous art projects, including water colors, paintings, and collages, as well as a movie that they all get to star in.

A few HHS senior students are selected as helpers to work alongside Mr. Bober and aides to assist the kids on their art projects. They also are the directors and editors of the class's movies.

This year's movies were "Acting Up", a film about a student who devises an evil plan in order to win the lead role in his school's play, and "Fudgie 3: Intergalactic Fudge", a film surrounding a birthday party, aliens, and the crazy mix-up that brings everyone together for a fun party!



Pictured: Committeeman Carl Suraci, Deputy Mayor Doug Tomson, senior helpers Colin Downes, Savannah Hunter, Amy Suraci and teacher, Mr. Bober.

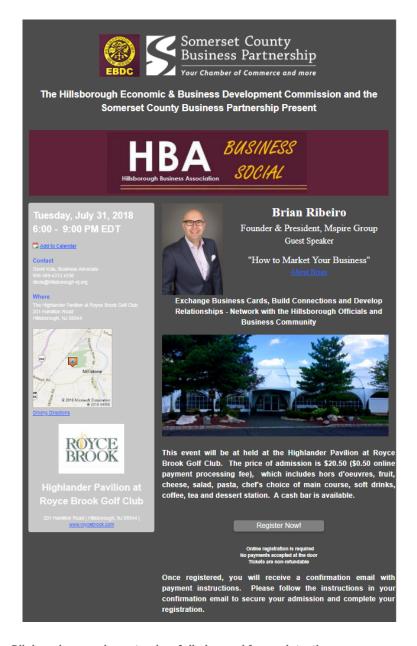
Click on image below to watch latest episode of "Hillsborough The Good Life!"





### **Business Advocate**

# "How to Market Your Business" at the next HBA Business Social



Click on image above to view full size and for registration information

### **Department Updates**

### Building Department

Things to Know if you are Planning to Install a Deck

This summer, if you are planning on installing a deck, there are a few things you need to know.

First visit the Hillsborough Zoning Department to obtain a Zoning permit. Before submitting to the Building Department, it is suggested that you pick up a handout for deck installations and read it through carefully. The Building Department application will require the following documents:

- Zoning Approval
- Permit application folder
- Building Subcode Technical section (tech card). Please note that additional tech cards may be required if you are installing Electric or Plumbing.
- If you have hired a builder, include a copy of the Home Improvement license
- 2 copies of plans are required (plan requirements/details are in the Deck Handout). In New Jersey, only Home Owners and Design Professionals (i.e - Architect or Engineer) are allowed to draw these plans. Your contractor is not permitted to draw the plans.

For any Additional questions, please Contact the Building Department or stop in for further information.

### **Engineering**

New Amwell Road Repavement -Residents Should Schedule New Utility Hook-Ups ASAP The Engineering Department would like to inform residents that New Amwell Road will be repaved in the next few weeks. The Township requests that residents who live on the section of roadway being repaved, that have planned new utility hook-ups to their homes, should arrange for them to be completed ASAP. Utility hook-up usually requires an excavation of the roadway and the Township requests this to be completed prior to the repaving.

Additionally, deteriorated curbs on the section of the roadway being repaved will be replaced. Affected residents will be without use of their driveways approximately 3-5 days. Residents will be notified of parking arrangements.

### Health

Lyme Disease Prevention

Warm weather is finally here and we are all spending more time outdoors. Although we are getting fresh air and exercise, we are also exposed to ticks which carry disease. The most prevalent tick borne disease is Lyme Disease, which is carried by the Deer Tick, otherwise known as the Black Legged Tick. Click below to view an educational video about tick bite prevention put together by the Hillsborough Health Department.



### **OEM**



#### What you need to know about lightning

Lightning is a capricious, random and unpredictable event. Lightning kills more people each year on average than hurricanes and tornadoes combined. There are about 100 lightning fatalities annually in the US. Beyond the tragic loss of life, however, are the many injuries. Injury from a lightning strike may occur in any of these ways:

- 1. Direct strike: Lightning directly strikes a person
- 2. Contact strike: A person is touching an object (such as a tree) that has been struck by lightning.
- 3. Side splash: Lightning jumps from the primary strike object on its way to the ground
- 4. Ground strike: Lightning strikes the ground and the current spread out in a circle from that spot
- 5. Blunt injury: A person is thrown violently from the lightning strike or from the explosive force that occurs as surrounding air is superheated and rapidly cooled.

Lightning safety should be practiced by all people during thunderstorms. Preparedness includes: get indoors or in a car; avoid water and all metal objects; get off the high ground; avoid solitary trees; stay off hard wire telephone

The "30/30" Rule for lightning safety could save your life. The first "30" means that you need to take cover if you hear thunder within 30 seconds of the lightning flash (flash to bang ratio). Then wait at least 30 minutes after the last lightning flash or thunder in order to resume normal activity.

Lightning can strike 10 to 15 miles from the rain portion of the storm. Measuring lightning's distance from you is easy. Use the "Flash/Bang" (F/B) Technique. For every count of five from the time of seeing the lightning flash to hearing the associated thunder, lightning is one mile away. A F/B of 10 = 2 miles; an F/B of 20 = 4 miles, etc.

All deaths from lightning are from cardiac arrest and stopped breathing at the time of the strike. Only about 10% of lightning strike victims are killed; 90% survive. But many of the estimated 1000 survivors suffer severe, life-long injury and disability.

The victims are not electrified and are safe to touch. Lightning may cause numerous other injuries

- Up to two-thirds of the seriously injured people struck by lightning have a temporary paralysis unique to lightning strike.
- Victims may experience superficial burns. Contrary to common belief, deep burns are rare. They occur in fewer than 5% of lightning injuries

If caught outdoors during nearby lightning, adopt the Lightning Safety Position (LSP). LSP means staying away from other people, taking off all metal objects, crouching with feet together, head bowed, and placing hands on ears to reduce acoustic shock.

A safe building is one that is fully enclosed with a roof, walls and floor, such as a home, school, office building or a shopping center. <u>Picnic shelters, deck</u> overhangs and other partially open structures are NOT safe unless a Lightning otection (i.e. lightning rods and ground wires) system is installed.



This lesson plan is intended for general information purposes only. It should not be construed as legal advice or legal opinion regarding any specific or factual situation. Always follow your organization's policies and procedures as presented by your manager or supervisor. For further information regarding this bulletin, please contact your Safety Director at 877.398.3046.

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May 2014

### **Police**

### **Graduation Season**

This time of year the Police Department normally sees an increase in calls for loud parties and underage drinking. State law restricts adults, not only from providing alcohol to underage persons, but also from allowing their property to be used for underage consumption of alcohol, even if they themselves did not provide the alcohol. Residents are asked to be mindful of legal & safe celebrations this graduation season.



### **Temporary Handicap Parking Permits**

Residents with a temporary disability can apply for a Temporary Disabled Parking Placard that is valid up to 6-months, and must apply in person to the Police Department. However, the Police Department obtains the placards from the NJDMV, and they are currently behind on their shipments of placards. Residents applying for placards can expect a delay in receiving it until the problem is rectified at NJDMV.

### Recreation



Parks & Recreation is proud to announce the addition of two new pickleball courts, located on the basketball courts of the Willow Road Complex. All you need to bring is your paddle and ball!!

There is still time left to register for this summer's activities, such as summer day camp, and summer sports camps, most of which are being run by the HHS Coaching Staff.

Save the date of June 30th for this year's Independence Day Celebration Fireworks, located at Auten Road School. Shuttles from the high school will begin at 5PM, with the fireworks shooting off sometime around the 9:30PM time frame. Come and enjoy offerings such as live music, food tent, inflatable attractions and pay to play boardwalk games.

### **Township Job Line**

### Hillsborough Township is currently looking to fill the following positions:

- Electrical Inspector, Full Time
- · Plumbing Inspector, Full Time
- · Building Inspector, Part Time
- Building Maintenance, Part time
- Registered Environmental Health Specialist Hillsborough Township Health Department
- · Technical Assistant, Building Department

More Information | Download an Application





# HILLSBOROUGH TOWNSHIP IS HIRING

Join Our Team!

Located in the heart of Somerset County Hillsborough Township offers an excellent work environment with an extensive benefits package.

Medical - Dental - Vision - Cafeteria Plan - Flexible Spending Account Pension - Employee Recognition Program - Merit Increases

### OPEN POSITIONS

### **ELECTRICAL INSPECTOR**

Salary \$62,000

Responsible for daily field inspections, as assigned by, and under the direct supervision of, the full-time Electrical Subcode Official. This is an AFSCME Union position with a 40-hour work week. Township vehicle provided for inspections.

### Required

- Electrical Inspector ICS license.
- · Strong customer service skills.
- · Strong computer and technology skills.
- · Ability to multi-task in a busy environment.
- · Valid New Jersey driver's license.

#### Preferred

- Electrical Subcode Official license
- Interest/desire to obtain additional licenses

#### PLUMBING INSPECTOR

Salary \$62,000

Responsible for daily field inspections, as assigned by, and under the direct supervision of, the full-time Plumbing Subcode Official. This is an AFSCME Union position with a 40-hour work week. Township vehicle provided for inspections.

#### Required

- Plumbing Inspector ICS license
- Strong customer service skills.
- · Strong computer and technology skills.
- · Ability to multi-task in a busy environment.
- · Valid New Jersey driver's license.
- · Clearance of a criminal history background check. · Clearance of a criminal history background check.

#### Preferred

- · Mechanical Inspector license.
- · Plumbing Subcode Official license
- · Interest/desire to obtain additional licenses

The Township of Hillsborough is an equal opportunity employer. Forward a cover letter of interest, resume, and 3 references, to Dianne Borngesser: dborngesser@hillsborough-nj.org



### Residents in the News

### High School student conducts Youth Leadership & Public Speaking **Program**

Rahul Ravula, a sophomore from Hillsborough High School and an Eagle scout from Troop-89 completed mentoring the second session of the Youth Leadership & Public Speaking program with fifteen 5th to 8th grade students.

Rahul worked with Hillsborough Parks & Recreation officials and started this program which finished the second session by celebrating the graduation day on June 2nd. The Youth Leadership & Public Speaking program aimed at giving township youths the tools necessary to craft, deliver and critique speeches while boosting their own confidence on the stage.

Rahul ensured that all the proceeds collected through this program were donated back to the Hillsborough Parks & Recreation. Rahul will continue this program in the Fall Session later this year through Hillsborough Parks & Recreation.

**Text Link** 



Pictued: Rahul Ravula with a group of 5th-8th graders he mentored

### **Healthy Community**







The Greater Somerset Public Health Partnership
& Somerset County Health Officers Association
In Cooperation with Healthier Somerset

#### **Present**

A "World Café" Community Listening Session
Community Health Assessment-Preliminary Data presentation & feedback session

Thursday, June 28th
7:45AM to 10 AM
Networking Breakfast followed by Program

#### Location

Hillsborough Township Municipal Complex-Peter.J. Biondi Building Multi-Purpose Room 379 South Branch Road, Hillsborough

What does a Healthy Community look like? What barriers do your neighbors face to achieving good health?

Join us as we highlight the **upcoming Community Health Assessment** and explore a "World Café" style dialog with our community partners. Your input will help us know where to focus our efforts to make Somerset County the healthiest county in New Jersey!

All Board of Health members, Community Organizations, and residents are invited to attend!

Yes, I will attend the GSPHP "Community Health Assessment Preliminary Data & Feedback Session"

Complete and Return the Following by June 25 or call (908) 204-2520

Name

Organization/ Municipality

Phone Number

Email

To RSVP, email or fax: Lucy Forgione, GSPHP, Email: <a href="mailto:lforgione@bernards.org">lforgione@bernards.org</a> FAX: 908-204-3075

Questions & RSVP (908) 204-2520

Questions & HSVP (906) 204-2520

### **Updates from the Business Community**

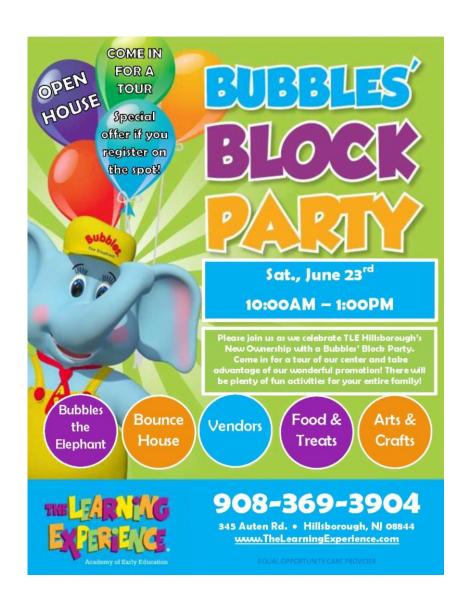
Nails Spa & Beyond Grand Opening June 23rd

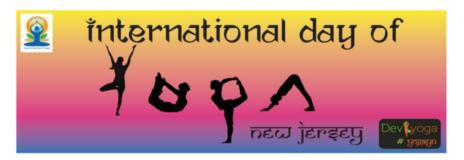
Nails Spa & Beyond will be holding their Grand Opening Ceremony and Ribbon Cutting with Hillsborough Deputy Mayor Doug Thomson doing the honors. The new salon will open at 9:30 a.m. on June 23rd with the ribbon cutting ceremony scheduled for 11:00 a.m. The salon is located in the Hillsborough Promenade at 315 Route 206, Suite 904, NJ 08844, right next to the Kohl's shopping plaza.

This new location will carry a multitude of nail polish colors as well as a collection of spa scents for our clientele. They will be offering services ranging from Signature Manicures and Pedicures to Nail Art, Nail Repair, Hair Removal Waxing, Massage and more.



### **Read More**





# 4<sup>TH</sup> INTERNATIONAL DAY OF YOGA 23 JUNE 2018

Come celebrate the 4th International Day of Yoga with a free yoga session to discover mind and body balance.

### REGISTER at www.devyoga.org

Chief Guest Padma Shri Dr. H.R. Shah, Chairman & US CEO of TV Asia



### Auten Road School 281 Auten Rd, Hillsborough, NJ 08844

8.45am:
Registration

9.00-11.00am:
Adult Session
(26 and older)

11.15-11.45am:
Youth Session
(25 and under)



**Events for Charity & Causes** 



RideWise invites you to pledge to <u>drive less</u> during the month of June.

Sign the pledge and track your miles.

www.RideWise.org

Many prizes from local sponsors for top participants and contest winners.

\$100 Amazon Gift Card to grand prize winner.



- . Walk
- . Bike
- . Share a ride
- . Take the train
- . Take the bus
- Telecommute

Reduce your miles driven for work or recreation.

Sign up to compete in the Employer Challenge



### 5TH ANNUAL COL STANLEY L. LAPIDOW SCHOLARSHIP MOTORCYCLE RIDE & BBO

SATURDAY
JUNE 23, 2018
14 WARNER DRIVE
HILLSBOROUGH
NJ

JOIN US FOR A
MOTORCYCLE RIDE

THROUGH COL LAPIDOW'S HOMETOWN

REGISTRATION AT 10:30AM KICKSTANDS UP AT 11:30AM

JOIN US FOR A
FUN BBQ PARTY

1:00PM - 6:00PM

- \* BOUNCE HOUSE \* FOOD & DRINKS \*
- \* CORNHOLE TOURNAMENT \* MUSIC \* GAMES \*

PLEASE REGISTER BY JUNE 15, 2018

FOR MORE INFORMATION, TO REGISTER, OR TO MAKE A DONATION PLEASE VISIT

WWW.LAPIDOW.COM



The late COL Stanley L. Lapidow dedicated much of his life's work to the military and the memory of those who served our great Country.

In his honor, the

COL STANLEY L. LAPIDOW SCHOLARSHIP

was created to support the cadets of the Rutgers Army ROTC Scarlet Knight Battalion.

\*ASSOCIATION OF THE UNITED STATES ARMY - NORTHERN NJ CHAPTER\*



Special Olympics New Jersey transforms lives through the joy of sport, every day.

### INTRODUCTION TO SPECIAL OLYMPICS HILLSBOROUGH

### Special Olympics Mission

Our mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, and other Special Olympics athletes and the community. And of course, to have FUN!!

All programs are free to registered athletes! We also support inclusion as our programs engage peer students as volunteers working directly with our athletes.

### **Athlete Requirements**

The minimum age for participation in skills clinics and competition teams is 8. Young athlete programs are available through SONJ beginning at age 2. Athletes are required to complete a participation packet, and have a medical examination every 3 year. Medical exams are also provided free of charge at Spring, Summer, Fall and Winter Games.

### **Programs**

Skills clinics are designed for learning and improving skills through fun small group drills. Clinics take place in town at various locations, and typically are held once per week for 4 to 6 weeks.

Competition teams are open to athletes of all skill levels! Matchups are designed to group athletes of similar skill levels. Teams practice once or twice or week in town, and compete on weekends at various locations in the area including the SONJ facility in Lawrenceville.

### Additional Information / How to Register

To receive emails about upcoming programs and related information, please subscribe at our website below. Program registrations are announced via emails to our subscribers and registrations are also done directly via the website. For additional information please contact Bilynda or Pam directly, or message us via the website.

Skills Clinics:
Basketball – Jan & Feb
Swim – May & Jun
Golf – Aug
Soccer – Sep & Oct

Competition Teams:
Track - Spring
Soccer - Fall
Basketball - Winter

Unified competition teams coming soon!

Come play with us!
Volunteers of all ages
welcome. Student
volunteers get service
hours!

#### **BILYNDA MOLISH**

Local Training Program Coordinator 908-468-0702 Bin904@aol.com

### PAM FIGARD

Volunteer Coordinator Figard1999@hotmail.com

www.leaguelineup.com/hillsboroughspecialolympics www.sonj.org

### **Important Dates**

### **Meeting Dates**

June 28, 2018

Planning Board Business Meeting

7:30 pm

July 10, 2018

**Township Committee Meeting** 

7:30 pm

### All Boards & Commissions Meeting Dates | Community Events | Library events

### **Community Events**

Visit the Community Events Calendar Page on the Hillsborough Township Website to see what's happening around town or to post your event

Click on flyers for more information

# Somerset Valley Players Present "Grand Hotel - The Musical"

June 8 - June 24 Friday & Saturday - 8 pm Sunday - 2 pm

### **Learning Experience Open House**

June 23rd 10a am - 1 pm 345 Auten Rd

"Determined to Reach Your Destiny" Speed, Agility and Track Camp

June 25-28

# Wildlife Explorer Program at Duke Farms

July 10-14 (ages 8-10) July 23-27 (ages 11-13)

# Cirque Us! - Starstruck: A Cosmic Circus

July 3rd 7 pm Circus Place

# Hillsborough Night at Somerset Patriots

Friday, July 13th 7:05pm Somerset County Ballpark

### Hillsborough Rotary Fair

August 14-19 Field Adjacent to Hillsborough Promenade (Lowe's)



Take your feet to the streets and enjoy the day with family & friends along the scenic D&R Canal Sunday, July 8th, and Sunday, August 12th

You asked and we made it happen! On two upcoming Sundays, Canal Road will be closed to vehicular traffic between Griggstown & Rocky Hill from 10 am to 4 pm. Bring your family and friends, pack water and a snack and stroll leisurely or ride your bicycle down traffic and noise-free Canal Road to view historic homes from the street. For a change of pace, you can choose to get closer to nature and take the scenic route back to Griggstown along the canal path.

This event made possible by Millstone Valley Scenic Byway, Franklin Township and the Franklin Township Police Department. To learn more about Millstone Valley Scenic Byway, visit their <u>website</u>. For a more detailed history of the Millstone Scenic Byway check out Linda Barth's book entitled "The Millstone Valley Through Time".

### **School News & Updates**

### **Seeking Old Triangle Road School Photos**

Triangle Elementary School, home of the Tigers is taking a look back in history to its early days. Built in 1962, Triangle School is a twin to Woodfern Elementary. They are seeking historical photographs of the School for a project. If you have any photographs to share, Triangle School will scan them and return the original pictures to you. Please send items to Amy Mele, Triangle School 156 S. Triangle Road, Hillsborough, NJ



08844. They will also accept scanned photographs, sent to <u>amele@htps.us</u>. Any information you can provide about the year and subject of the photographs is greatly appreciated! Stay tuned for the end result of this amazing project.

### ARIS/HMS Discount Card 2017-2018 - Now Only \$5!!

ARIS/HMS 2017-2018 Discount Cards available for \$5.00 each, with all proceeds going to ARIS and HMS school programs and staff grants. The card includes reusable discounts from 34 local businesses including ShopRite's \$4.00 off \$100.00 purchase, McDonald's, Super



Sundaes, Lenny's, Philly Pretzel, Revival Barbershop, Olympia Sports and many more!! Discounts are valid through 9/30/18. Special Promotion: Buy 5 cards, get 1 card free!

To purchase a discount card, please email <u>wenholt@aol.com</u> or stop by Super Sundaes (near the Post Office) and pick one up.

### **Somerset County News**

### Somerset County July Recycling Calendar

 The Somerset County Recycling Center, located at 40 Polhemus Lane, Bridgewater, NJ 08807, will be closed Wednesday, July 4th, for Independence Day.

- 'First Saturday of the Month' Drop-off in Bridgewater July 14th
- Electronic Waste Drop-off July 14 in Hillsborough

#### **Read More**

### 'Take Control of Your Health' Workshop Starts July 9

Somerset County Freeholder and Health Department Liaison Patricia L. Walsh invites anyone age 60 and above and their caregivers to attend a free six-week workshop entitled "Take Control of Your Health." The workshop will be held every Monday beginning July 9, continuing July 16, 23, 30, Aug. 6 and 13, from 10 a.m. to 12:30 p.m. The program is designed to give people with chronic conditions and their caregivers the knowledge and skills to take an active role in managing their health.

Attend this fun, interactive, practical and motivational course at the Raritan Borough Hall Community Room, located at 22 First St. This program will benefit caregivers and people age 60 and above with chronic conditions, such as arthritis, heart disease, cancer, diabetes and asthma. Course participants will learn how to better manage their symptoms, eat healthier, exercise safely, alleviate pain and fatigue, be more independent, feel better and get more out of life. Participants will also receive a free book, "Living a Healthy Life with Chronic Conditions."

#### **Read More**

### Health Department Steps Up 'Fight the Bite!' Campaign

The Somerset County Department of Health is stepping up its public outreach regarding vector-borne illnesses, which according to the Centers for Disease Control are on the rise nationwide.

"Our health department staff is conducting additional educational programs this year to supplement our very successful 'Fight the Bite!' campaign that has been in use for the past five years," said Freeholder Patricia Walsh, health liaison. Fight the Bite! deals with mosquito- and tick-borne illnesses and gives residents practical tips for avoiding them.

Residents will begin to see Fight-the-Bite! signage in county parks and along trails and pathways throughout the county, as friendly reminders that everyone

can take simple steps to protect themselves and their families from diseases that can be transmitted through mosquitoes and ticks. Lyme disease, in which humans can become infected through the bite of a deer tick, remains the most common form of vector-borne disease in Somerset County, according to a recent analysis of data for the years 2010 through 2017.

#### **Read More**

MUNICIPAL BUILDING EVENING OFFICE HOURS

CLERK'S OFFICE 2nd & 4th Tuesdays until 7pm (June, July & August 2nd Tuesday Only)

HEALTH DEPARTMENT 2nd Tuesday until 7pm

BUILDING DEPARTMENT Tuesdays until 7pm

Press Releases

**Events Calendar** 

**Meeting Dates** 



Online Payments & Tax Notices

Recreation Activities Guide

Hillsborough Township | Somerset County | State of New Jersey
Hillsborough Business Association
Hillsborough Parks & Recreation | Sustainable Hillsborough
Hillsborough Schools | Hillsborough Public Library

STAY CONNECTED





