



NORTHWEST BERGEN REGIONAL HEALTH COMMISSION

FALL NEWSLETTER 2026



www.NWBRHC.ORG



NorthWest Bergen
Regional Health
Commission



@nwbrhc_nj

Contact Us

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Waldwick, NJ 07463

Phone Number: 201 445- 7212

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Upcoming Holidays and Observances

Labor Day- September 7th
Rosh Hashanah September 11th
Yom Kippur begins- September 20th
First Day of Autumn- September 22nd
Indigenous Peoples Day October 12th
Halloween- October 31st
Daylight Savings- November 1st
Veterans Day- November 11th
Thanksgiving- November 26th
Pearl Harbor Remembrance Day
December 7th
First Day of Hanukkah December 4th
Winter Begins- December 21st
Christmas Day December 25th
First Day of Kwanzaa December 26th

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RABIES:

PREVENTION STARTS WITH AWARENESS



WHAT IS RABIES?

Rabies is a serious viral disease that affects the nervous system of mammals, including humans. It is most commonly spread through the saliva of an infected animal, usually through a bite or scratch. Because rabies is almost always fatal once symptoms appear, prevention and early medical treatment are critical.

RECOGNIZING THE WARNING SIGNS OF RABIES

Rabid animals may display unusual changes in behavior, including:



LOSS OF FEAR OF HUMANS

Wild animals may approach people or appear unusually comfortable around humans.



UNUSUAL ACTIVITY PATTERNS

Nocturnal animals may be seen active during daylight hours.



AGGRESSIVE BEHAVIOR

Growling, barking, snapping, attacking, or destructive behavior.



ANXIETY OR DISTRESS

Nervous movements, twitching, disorientation, or excessive licking and chewing at a wound.



UNUSUAL FRIENDLINESS

Some infected animals may appear tame or overly friendly. **Do not** approach or handle them.



ADDITIONAL SYMPTOMS

Excessive drooling, paralysis, seizures, weakness, or difficulty walking.



PROTECT YOURSELF

DO:

- ✓ Observe wildlife from a safe distance.
- ✓ Keep pets up to date on rabies vaccinations.
- ✓ Report animals exhibiting unusual behavior.
- ✓ Seek medical attention immediately after any bite or scratch.



DON'T:

- ✗ Feed, pet, or handle wildlife.
- ✗ Approach stray or wild animals.
- ✗ Attempt to capture or relocate suspicious animals.
- ✗ Assume a friendly wild animal is safe.



IF YOU ARE BITTEN OR SCRATCHED

1



WASH

Wash the wound thoroughly with soap and water immediately.

2



SEEK MEDICAL CARE

Seek medical attention as soon as possible.

3



REPORT THE INCIDENT

Report the incident to local health authorities or animal control.



REPORT UNUSUAL ANIMAL BEHAVIOR

Contact NWBRHC at
201-445-7217 or
info@nwbrhc.net



Northwest Bergen Regional
Health Commission

Est. 1957



2026 RABIES VACCINATION Schedule

PROTECT YOUR PETS • FREE COMMUNITY CLINICS

TOWN	DATE	TIME	LOCATION
Waldwick	Thursday 11 / 05 / 2026	6:00 to 07:30 pm	DPW Garage, 19 Industrial Park
Hillsdale	Thursday 11 / 05 / 2026	6:00 to 07:30 pm	Stonybrook Swim Club parking lot, 183 Cedar Lane
Twp of Washington	Saturday 11 / 07 / 2026	9:00 to 10:30 am	DPW, 350 Hudson Avenue
Montvale	Saturday 11 / 07 / 2026	11:00 to 12:30 pm	DPW, 1 Memorial Drive
Westwood	Saturday 11 / 07 / 2026	12:00 to 02:00 pm (12:30 – 1:00 cats) (1:00 – 2:00 dogs)	Train Station on Broadway
Fair Lawn	Thursday 11 / 12 / 2026	5:30 to 06:30 pm	Parks Garage, Memorial Park
River Vale	Saturday 11 / 14 / 2026	8:30 to 10:00 am	Community Center, 628 Rivervale Road
Emerson	Saturday 11 / 14 / 2026	1:00 to 2:00 pm	DPW, Palisade Avenue

IMPORTANT INFORMATION



ALL DOGS
must be
LEASHED.



A CARRIER
must be provided
for all **CATS.**



Please bring
PET TAGS and/or
proof of previous
rabies vaccination.



.....  **KEEP OUR PETS HEALTHY. KEEP OUR COMMUNITY SAFE.** 

QUALITY IMPROVEMENT CORNER



WELCOME BACK TO QI CORNER

Quality Improvement (QI) is an ongoing process of making services better. It focuses on improving efficiency, effectiveness, performance, accountability, and outcomes while promoting fairness and helping communities achieve better health.

Rodent related complaints made up 30% of all complaints received in 2025. To help reduce these issues, we have selected rodent education and awareness as our 2026 Quality Improvement (QI) project. Our efforts will focus on increasing awareness and promoting prevention strategies for both residential and commercial properties across the 12 municipalities where we provide public health services.

COMPLAINT RESPONSE

Each rodent complaint is investigated by an inspector, who provides recommendations or corrective actions as needed. Follow-up inspections are conducted when necessary, and educational materials on rodent prevention, control, and safety are provided to property owners or occupants.

New educational materials were created, including a door tag to provide important information to residents who were unavailable during the investigation.

PREVENTATIVE MEASURES

Education and outreach efforts will focus on increasing community awareness of rodent prevention through social media, newsletters, community events, email communications, and municipal newsletters. NWBRHC will also collaborate with municipal Building Departments to promote rodent prevention by providing educational materials and guidance to residents, contractors, and developers with an emphasis on reducing rodent attractants and preventing infestations. Look for us at your town events!

Seal Up! Trap Up! Clean Up!



Eliminate Food & Harborage

**RODENTS REQUIRE:
FOOD, WATER & SHELTER**

**SIGNS OF A
RODENT PROBLEM**
Burrows, nests, droppings, teeth
marks on wood, rubber or plastic &
visible rodent activity.

7 Tips **TO CONTROL
RODENTS & AVOID
A VIOLATION:**

- Remove any food and water sources, including bird feeders and canine droppings
- Do not feed wildlife
- Use garbage cans with tight-fitting lids and no holes; keep the area tidy
- Remove any exterior clutter
- Keep grass cut shorter than 9"
- Clear away accumulated branches, leaves, and debris
- Keep firewood at 12" off the ground

Bergen Regional Health Commission

RODENT CONTROL

PUBLIC HEALTH NOTICE

Dear Resident,

Rodents can cause property damage and transmit disease. The Northwest Bergen Regional Health Commission is conducting an environmental assessment and a rodent investigation in your neighborhood. Inspectors are looking for signs and symptoms of rodent population growth. Follow-up compliance inspections will be completed as needed to ensure proper rodent control.

**Thank you,
NWBRHC**

Questions:
201-443-7217 or info@nwbrhc.nj



Community Resource Spotlight



Pharmaceutical Assistance to the Aged & Disabled (PAAD)

Do you have difficulty affording your prescriptions? You may qualify for New Jersey's PAAD program. The Pharmaceutical Assistance to the Aged and Disabled (PAAD) program is a state funded program that helps eligible seniors and individuals with disabilities save money on their prescription drug costs. The main requirements are being over 65 and having an income less than \$54,943 (single) and less than \$62,390 (married).

The application NJ SAVEs filled out online. Paper applications are also available by calling the Division of Aging Services hotline at 1- 800 - 792- 9745 or by requesting one at a local pharmacy, senior center, or Area Agency on Aging. A list of Area Agencies on Aging by county is available at: https://www.nj.gov/humanservices/doas/assistance/county_offices/. Only drugs approved by the Food and Drug Administration are covered. Drugs purchased outside the State of New Jersey are not covered, nor is any pharmaceutical product whose manufacturer has not agreed to provide rebates to the State of New Jersey.

You may be eligible for PAAD if you meet the following requirements:

- You are a New Jersey resident;
- You are age 65 or older or between ages 18 and 64 and receiving Social Security Title II Disability benefits; and

Your income for 2026 is less than \$54,943 if single or less than \$62,390 if married.

Medicare eligible PAAD beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan. PAAD will pay the monthly premium for certain standard basic Part D plans with a monthly premium at or below the regional benchmark. These plans will cover medically necessary prescription medications under Medicare Part D. If a beneficiary self-enrolls in an enhanced plan at or below the regional benchmark premium amount, PAAD will pay the premium as long as the plan agrees to follow all the billing requirements.

The federal Medicare Plan and/or PAAD will pay any costs above the PAAD copayment of \$5 for each covered generic drug or \$7 for each covered brand name drug, including premiums. However, if a Medicare Part D plan does not pay for a medication because the drug is not on its formulary, PAAD beneficiaries will have to switch to a drug on their Part D plan's formulary, or their doctor will have to request an exception due to medical necessity directly to their Part D plan. Medicare Advantage participants must add a prescription benefit to their coverage, and PAAD will contribute up to the regional benchmark amount towards the prescription portion of their total premium.

Please feel free to share this information with family, friends, and community members who may benefit from these services.

FREE ADULT VACCINES

19 years of age and over



Made available through a partnership between the Northwest Bergen Regional Health Commission (NWRBHC) and the Bergen County Department of Health Services, with funding provided by the New Jersey Department of Health Office of Local Health.

Available Vaccines



 Influenza (Flu)	 Pneumococcal
 Meningococcal	 TD (Tetanus)
 Hepatitis A	 Tdap (Tetanus, Diphtheria, and Pertussis)
 Hepatitis B	 Varicella
 Hepatitis A/B	 Shingles
 HPV (Human Papillomavirus)	 COVID-19
 MMR (Measles, Mumps, and Rubella)	

First Thursday

of each Month

2026 Dates:

Thursday, August 6
Thursday, September 3
Thursday, October 1
Thursday, November 5
Thursday, December 3

Location:

Waldwick
Health Clinic

22 Whites Lane
Waldwick

Time:

10:00 a.m. - 12:00 p.m.

Appointments:

201-445-7217

Any Questions: Please contact NWRBHC at 201 -445-7217 or Info@NWRBHC.net



FLU CLINICS SCHEDULE 2026



Get your flu shot. Protect yourself, your family and your community.

DATE	TIME	TOWN	ADDRESS
9/21/26	12:00 – 1:00	Twp of Washington	Township of Washington Public Library 144 Woodfield Road
9/22/26	11:00 – 12:00	Hillsdale	Council Chambers, 380 Hillsdale Ave
9/23/26	11:00 – 12:00	Waldwick-Tamaron	8 Tamaron Drive
9/23/26	12:30 – 1:30	Waldwick	22 Whites Lane
9/24/26	10:00 – 12:00	Franklin Lakes	Ambulance Corps Building, 480 Bender Court
9/25/26	10:00 – 11:00	Midland Park-Kentshire	187 Paterson Ave
9/28/26	11:00 – 12:00	River Vale	Town Hall, 406 Rivervale Road
10/5/26	9:30 – 12:30	Fair Lawn	Senior Center, 1405 Gardiner Road
10/5/26	1:00 – 2:00	Westwood	Westwood House, 100 Madison Ave
10/8/26	12:00 – 1:00	Emerson	Senior Center, 20 Palisade Ave



**THE ONLY INSURANCE
WE ACCEPT IS
TRADITIONAL
MEDICARE PART B**

We cannot accept Medicare
Advantage plans (HMO, PPO, etc.).



**FOR ALL INSURANCES
OTHER THAN MEDICARE PART B:**

- **\$30** (regular vaccine)
- **\$80** (high-dose vaccine)

We accept cash only.



Fair Lawn Pricing:
\$68.95 for high dose vaccine
\$24.95 for regular vaccine



Medicare Part B participants **MUST** bring their Medicare Part B card
so that we may bill Medicare.



CALL 201-445-7217 TO REGISTER

Memory Screenings

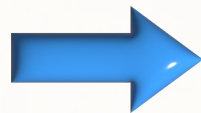


Have you noticed changes in your memory and wondered whether they're a normal part of aging or something more?

A memory screening is a simple, confidential assessment that can help identify whether changes are consistent with typical age-related forgetfulness or may warrant further evaluation. It cannot diagnose dementia, but it can offer peace of mind and help you take the next steps if needed. Early recognition of memory concerns can lead to timely support, treatment options, and better planning for the future.

Join us for a free Memory Screening, conducted by a certified dementia practitioner, on

Tuesday, September 8th, from 10:00 a.m. to 2:00 p.m.
at the Waldwick Health Center, 22 Whites Lane, Waldwick.



Call 201-445-7217 or
email:
Eabruzzo@NWBRHC.net

Can't make it on this date? Call us and we will notify you of the next one available!

Finding Light Through Seasonal Affective Disorder

Seasonal Affective Disorder is a form of depression that typically arises at a specific time of year, usually during the fall and winter when daylight hours are shorter. While it shares many symptoms with major depressive disorder, SAD is distinct because its onset and course are linked to seasonal changes.

While you may not be able to completely prevent Seasonal Affective Disorder (SAD), there are several strategies to help reduce its impact and manage symptoms effectively:



breathe

Maintain Routine

Keep a consistent sleep schedule and stay engaged in activities.

Maximize Daylight

Spend 30 minutes outdoors each day.

Use bright, full spectrum light bulb indoors.

Stay Active

Exercise regularly and try outdoor activities.

Manage Stress

Practice stress reduction techniques and seek support if needed.

FALL PREVENTION WEEK

SEPTEMBER 21-25



THE GOOD NEWS IS, FALLS ARE PREVENTABLE!

- ✓ Exercise regularly. It increases strength, flexibility, and balance.
- ✓ Wear the right footwear. The safest shoes fit your feet, have low heels, non-slip soles, and lace up or are secured with fabric fasteners.
- ✓ Make your home safer by removing fall hazards and improving lighting.
- ✓ Remove clutter like loose papers, boxes, wires, and phone cords from walk paths and stairways.
- ✓ Make lights brighter, especially in stairways. Consider a nightlight in the bath, bedroom, and hallways.
- ✓ Ask the doctor or pharmacist to review your medicines, both prescription and over-the-counter.
- ✓ Many medicines can cause side effects such as weakness or dizziness.

DID YOU KNOW?

- One out of four older adults age 65+ falls each year in the United States
- In 2024, 44,908 older Americans age 60+ died due to an unintentional fall – 574 of those were in New Jersey
- On an average day in New Jersey, 315 older adults age 60+ are treated in emergency departments due to a fall
- In New Jersey, 85% of falls admitted as inpatients were age 60 or older. Of that, 47.5% were age 80 or older.



For more info:

<https://nj.gov/humanservices/doas/services/a>

[-k/falls](#) [-prevention/](#)



HEALTHY GAME DAY

BUFFALO CAULIFLOWER BITES

with Greek Yogurt Ranch

SERVES 6-8 PREP TIME 15 MIN COOK TIME 25-30 MIN

Crispy on the outside, tender on the inside, and tossed in zesty buffalo sauce. Served with a cool and creamy Greek yogurt ranch and fresh veggies.



INGREDIENTS

For the Cauliflower

- 1 large head cauliflower, cut into bite-sized florets
- $\frac{3}{4}$ cup whole-wheat flour
- $\frac{3}{4}$ cup unsweetened milk (dairy or plant-based)
- 1 tsp garlic powder
- 1 tsp smoked paprika
- $\frac{1}{2}$ tsp onion powder
- Salt and pepper to taste

Buffalo Sauce

- $\frac{1}{2}$ cup buffalo hot sauce
- 1 tbsp olive oil
- 1 tbsp honey (optional, for balance)

Greek Yogurt Ranch

- 1 cup plain nonfat Greek yogurt
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp dried dill
- 1 tsp dried parsley
- Salt and pepper to taste

For Serving

- Celery sticks
- Carrot sticks
- Sliced bell peppers

INSTRUCTIONS

- 1 Preheat your oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Whisk together the flour, milk, garlic powder, paprika, onion powder, salt, and pepper until smooth.
- 3 Coat each cauliflower floret in the batter and arrange on the baking sheet.
- 4 Bake for 20 minutes.
- 5 Mix the buffalo sauce, olive oil, and honey. Toss the baked cauliflower in the sauce.
- 6 Return to the oven for 8-10 minutes until the edges are crispy.
- 7 Stir together all the ranch ingredients while the cauliflower finishes baking.
- 8 Serve the cauliflower hot with the Greek yogurt ranch and fresh vegetables.



WHY IT'S HEALTHIER

- ✓ Rich in fiber and vitamins from cauliflower.
- ✓ Greek yogurt provides extra protein while replacing sour cream or mayonnaise.
- ✓ Baked instead of deep-fried.
- ✓ Fresh vegetables add crunch and nutrients without extra calories.

MAKE IT A WINNING SPREAD!

Pair with air-popped popcorn, roasted chickpeas, fresh fruit skewers, and sparkling water with citrus slices for a satisfying game-day menu that doesn't feel heavy.





FALL WORDSEARCH



N R O C G L H U Z Y Z O C T W U F R S E
O H P R F L D S Y A N S M O R E S E E M
M I Y E H A Y R I D E A L C L M N D V C
E I V B A B T B L X N L T G Z P Y M A L
V P R M J T S O O B A E O L U X T D E Q
S I X E P O D F C M X L E M I R S T L E
K E H V U O J C H T D U P W H U H I J R
I O A O O F P S L E O K A K O W Q S B I
G L R N S A R E N Y I B W W G L L E O F
N W V I Z A G K D N V L E Z B H L M D N
I D E H M N X I S C A R F R M H L A C O
Z D S L A V O N U S V H Y N N F R K H B
A R T R Q Y J M K N H F B N B C A I I E
G A O B W T H A N K S G I V I N G N L U
R H Y W O R C E R A C S M C N Q H B L H
A C X P Z V P Y R R E B N A R C Q Y Y P
T R A W G A N N G F R L M S W E A T E R
S O R R O T X A D K J C D Y Z H N G Y I
L A U T U M N A W F I R E P L A C E E I
P Q D Z K E C A M P F I R E L H Q O V Z

WORD LIST

AUTUMN
BONFIRE
CAMPFIRE
CHILLY
CORN
COZY
CRANBERRY
FIREPLACE

FOOTBALL
GOLDEN
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
MARSHMALLOW
NOVEMBER

OCTOBER
ORANGE
ORCHARD
PIE
PUMPKIN
QUILT
RED

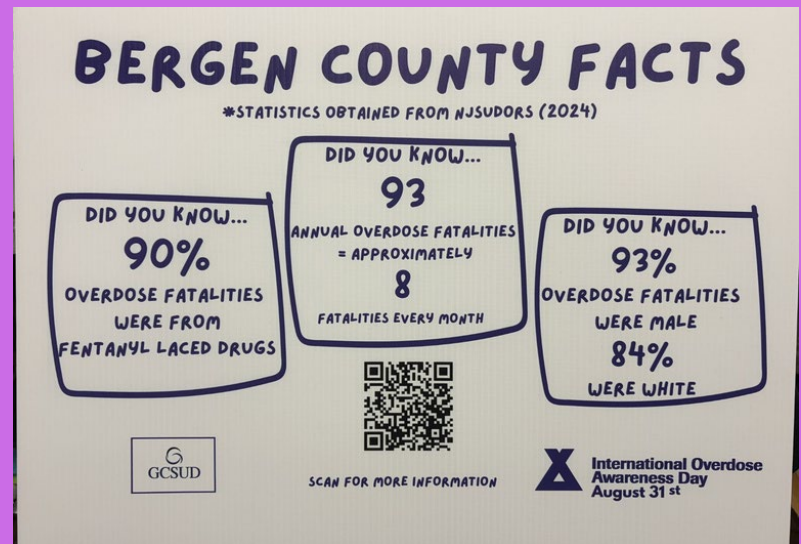
SCARECROW
SCARF
SMORES
SOUP
STARGAZING
SWEATER
THANKSGIVING

Homemade
GIFTS MADE EASY



On August 31st The NWBRHC staff wore purple to recognize International Overdose Awareness Day.

Be Aware. Be Prepared.
Prevent Overdose



FOR MORE
INFORMATION