

Middle-Brook Regional Health Commission

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Latest in Public Health and Upcoming Events



Join our Community Playlist

What Song Gets You Moving? We're creating a Community Warm-Up Playlist to inspire movement and physical activity throughout our community! Think about the song that gets you energized before a walk, workout, game, dance session, or active day. Maybe it's the song you'd choose as your "walkout song" before a big moment or simply the one that motivates you to get moving.

Share your favorite song and help us build a playlist powered by our community. Submit your song [here](#).




ICYMI: Game plan for staying healthy this summer

The United States 250th Anniversary, World Cup celebrations, traveling, and summer events bring excitement and fun times, but also bring opportunities for germs to spread! Whether you are cheering at watch parties, celebrating at community events, or gathering at backyard cookouts, simple steps can help keep everyone healthy. Read more at middlebrookhealth.org




Weber Grill Recalls Metal Wire Bristle Grill Brushes

Earlier this year, Weber recalled certain metal wire bristle grill brushes after reports that bristles can detach from the brushes, posing an ingestion hazard and risk of serious internal injuries. Consumers are advised to stop using recalled brushes immediately and check whether their product is included in the recall. Read more at cpsc.gov/Recalls.

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Brain Health

Make a plan for a healthy brain.

Taking action to support brain health may help reduce the risk of cognitive decline and possibly Alzheimer's and dementia. It is never too early or too late to start:



**Challenge
your mind**



Get moving



**Eat a
balanced diet**



Sleep well



**Protect your
head**

Want to take steps to support brain health but don't know where to start? Build your action plan at alz.org.

185,000

people aged 65+ are
living with Alzheimer's in
New Jersey

15%

people aged 65+ are
living with Alzheimer's in
New Jersey

\$13.6 billion

is the value of unpaid
care provided in New
Jersey

Alzheimer's Disease Early Detection and Diagnosis.

Alzheimer's disease is a brain disease that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. A large number of those living with Alzheimer's are not diagnosed, and many are unaware of their diagnosis. Early diagnosis can improve the quality of care and life. Be aware of the [10 warning signs and symptoms](#) of Alzheimer's Disease. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

Are you a caregiver?

The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering support for people living with dementia, caregivers, families and the public.

Learn more about the brain, and Alzheimer's effect at alz.org.

Preparedness Corner



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Food Safety in a Power Outage

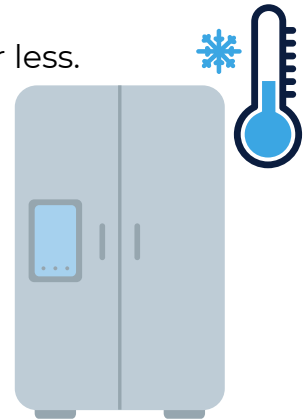
Power outages lead to foodborne illness when perishable foods are stored or prepared at incorrect temperatures. Protect yourself with these simple tips:

Plan Ahead

- Set the refrigerator to 40°F or less and the freezer to 0°F or less.
- Monitor temperatures by keeping a thermometer in the refrigerator.
- Freeze extra food so it lasts longer.
- Pack the freezer full using water bottles, ice, and ice packs to maintain the temperature.
 - This doubles as prep in case food needs to be transferred!



- Add a can opener to your emergency kit.
- Keep foods that can be prepared without a heat source, such as canned tuna, granola bars, and dried fruit, in the pantry.



During a Power Outage

- Keep the refrigerator and freezer shut!
 - Food is safe in the refrigerator for 4 hours.
 - Food is safe in the freezer for up to 48 hours if it's full.
- Avoid eating food that cannot be cooked safely without power.
- Clean hands with bottled water or hand sanitizer if running water is unavailable.



After a Power Outage

- Sort through temperature-sensitive food.
 - Discard perishable foods such as meat, fish, milk, eggs, and cut produce if the power outage lasted more than 4 hours.
 - Discard food that has an unusual smell, color, or texture.
 - Keep food that is still covered with ice crystals or below 40°F.



When in doubt, throw it out!

For more information, visit: [foodsafety.gov](https://www.foodsafety.gov)



Couscous Salad with Minted Cucumber, Tomato, and Bell Pepper

This variation on tabbouleh, a popular Middle Eastern salad, helps you stay hydrated with cucumber. Keep the cucumber peels on for added fiber, which supports gut health and digestion. The recipe below serves 8.

Ingredients

- 2 cups cooked whole-wheat pearl couscous, chilled*
- 1 cup cherry tomatoes, quartered
- 1 medium unwaxed cucumber, seeded, cut into ¼-inch pieces
- ⅔ cup chopped fresh flat-leafed parsley
- ⅔ cup chopped fresh mint
- ½ medium red bell pepper, seeded and diced
- ½ cup crumbled feta cheese
- 2 medium green onions, chopped
- 3 tablespoons fresh lemon juice**
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon grated lemon peel**
- 1 clove garlic, minced
- ¼ teaspoon kosher salt, or to taste
- ⅛ teaspoon freshly ground black pepper, or to taste

Directions

1. Place couscous, tomatoes, cucumber, parsley, mint, bell pepper, feta cheese and green onions in a large bowl.
2. In a separate bowl, whisk together lemon juice, olive oil, lemon peel and garlic. Season with salt and pepper.
3. Pour dressing over couscous mixture; toss gently to coat.

Cooking Notes

*To cook pearl couscous, simmer 1 cup whole-wheat pearl couscous in 1¼ cups water, covered, for 10 minutes. Pearl couscous, also called Israeli couscous or ptitim, has a chewy, nutty flavor, somewhat similar to barley. Compared with traditional couscous, the granules are somewhat larger, firmer in texture and less likely to clump together. If pearl couscous is not available, use traditional couscous.

**Variation: Substitute orange juice and orange peel for lemon juice and lemon peel.

For more recipes, visit: eatright.org/recipes

Source: Academy of Nutrition and Dietetics