

Middle-Brook Regional Health Commission

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July Newsletter 2026

Latest in Public Health and Upcoming Events



You Matter Too: Building Resilience as a Caregiver

Wednesday, July 22 at 11:00am - 12:00pm
Warren Library Branch SCLSNJ

Join Karen Z. Kowalski, MPH, OTR, CAPS, for an interactive presentation focused on practical strategies to reduce stress, prevent burnout, and support your own well-being. Participants will learn simple techniques for managing daily challenges, conserving energy, setting healthy boundaries, and creating a personalized self-care plan. Leave with tools and resources that you can use right away to care for yourself while caring for others. Registration required: sclsnj.org



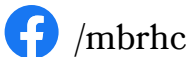
Critter Prevention

Keep insects, rodents, and wildlife away to reduce chances of vector-borne illness. Maintain your yard and take out the garbage regularly to prevent harborage conditions. Inspect the foundation of your home for cracks, holes, and openings where critters may enter. For more tips on pest prevention, [click here](#).



Nicotine-Free Summer

It is never too late to quit. Health benefits of quitting smoking or vaping include reduced risks of heart disease, stroke, cancer, chronic obstructive pulmonary disease (COPD), and other smoking-related illnesses. Find resources to quit smoking at tobaccofreenj.com.



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Mosquito Prevention

Don't Let Mosquitoes Bug You! Prevent Mosquito-Borne Illness:



Mosquitoes can spread disease by feeding on infected birds and mammals, then biting humans. Last year, New Jersey saw an increase in mosquito pools testing positive for West Nile Virus. This and other mosquito-borne illnesses can cause serious health issues, particularly in older adults and immunocompromised people.

Everyone is at risk of mosquito-borne illness, especially those who spend more time outside. Symptoms may develop within 3-14 days following the bite of an infected mosquito.

Symptoms of mild illness may include low-grade fever, headache, body aches, rash, nausea, and swollen lymph nodes.

Symptoms of severe illness may include high-grade fever, severe headache, stiff neck, disorientation, and muscle weakness.

If you or a family member potentially has a mosquito-borne illness, contact a healthcare provider.

Protect Yourself:

- Use an EPA-approved mosquito repellent and follow the directions.
- Wear light-colored clothes that cover exposed skin.

Protect Your Home:

- Check outdoor areas where water may stagnate, such as lawn furniture, to prevent mosquito breeding
- Use screens in windows



Don't scratch! Mosquito bites may itch, but breaking the skin increases the risk of infection.

Traveling? Learn more about preventing mosquito bites at nj.gov/health
For more information, visit: cdc.gov/mosquitoes



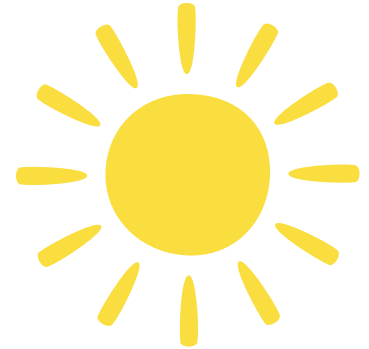
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Preparedness Corner

Protect Yourself from UV Rays

The sun is a natural source of ultraviolet (UV) radiation, which helps people produce Vitamin D. However, overexposure to UV rays can lead to serious health issues such as skin cancers and eye damage. Everyone is at risk, especially people with lighter-colored skin, hair, and eyes.



Keep Your Skin Safe:

- When choosing a sunscreen, look for SPF 15 or higher and UVA and UVB protection.
- Stick to the shade during the sunniest hours.
- Shield your face, ears, and neck with a wide-brimmed hat.
- Wear sunglasses designed to block UVA and UVB rays to protect your eyes.
- Long, darker-colored clothing is more protective.
- Avoid tanning beds.

Know When to Reapply Sunscreen:

- Reapply every 2 hours spent in the sun.
- Reapply after swimming.
- Reapply after strenuous activity or sweating.

Treat Sunburns to Reduce Skin Damage:

- Apply hydrocortisone cream or aloe vera gel.
- Keep sunburned skin covered until it heals.
- Contact a healthcare provider if the sunburn appears infected or is accompanied by high fever, chills, dizziness, or nausea.



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





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Food for Thought



Pear-Berry Breakfast Crisp

Help your heart first thing in the morning with this naturally sweet breakfast. Blueberries are full of anthocyanins, which can reduce the risk of developing coronary heart disease. The recipe below serves 6.

Ingredients

Topping

- 1½ cups rolled oats
- ¼ cup whole-wheat flour
- ⅛ teaspoon salt
- ¼ cup honey
- ¼ cup margarine, melted
- ¼ cup chopped hazelnuts
- ¼ cup vanilla low-fat Greek yogurt

Pear-Berry Filling

- 3 ripe pears (about 18 ounces), cored, cut in ½-inch slices
- 2 cups fresh or frozen blueberries
- 1 tablespoon cornstarch
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- 2 tablespoons honey
- 2 teaspoons vanilla extract

Directions

1. Preheat oven to 350°F (176°C).
2. To prepare the topping, combine the oats, flour and salt in a medium bowl. Stir well to combine; set aside. Stir together honey and margarine in a small bowl. Add the honey mixture to the oat mixture; toss gently to coat the ingredients. Stir in hazelnuts. Set aside.
3. To prepare the filling, combine pears, blueberries, cornstarch, cinnamon, cloves and salt in a medium bowl. Stir together honey and vanilla extract in a separate small bowl; gently toss with the pear-berry mixture.
4. Pour the pear-berry mixture into an 8-by-8-inch baking dish. Spread the oat topping over the fruit. Bake for about 30 to 40 minutes, until the top is golden brown.
5. Serve warm or cold, topped with Greek yogurt.

For more recipes, visit: eatright.org/recipes

Source: Academy of Nutrition and Dietetics