

Middle-Brook Regional Health Commission

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August Newsletter 2026

Latest in Public Health and Upcoming Events



September Programs

Standing Tall Against Falls: Fall Prevention

Tuesday, September 15 at 11:00am at the Warren Township Library Branch. Join this informative session on how to maintain a healthy lifestyle and a safe environment to reduce fall risk. Register at sclsnj.libnet.info.

Keeping Your Mind Sharp

Tuesday, September 15 at 2:00pm at the Bridgewater Township Library Branch. In this session, you will learn how normal aging affects the brain and helpful hints to maximize your memory. Learn more at sclsnj.libnet.info.



National Breastfeeding Month

This National Breastfeeding Awareness Month, we are highlighting the FAMILY CONNECTS NJ program: Nurse Visits Supporting Parents & Newborns at Home.

Family Connects NJ is a program that connects parents with a specially trained nurse for a personalized follow up visit at home within the first two weeks after their child's birth. Nurse visits are offered to all families, regardless of their circumstances at no cost.

Learn more about the program and request a visit at familyconnectsnj.org.



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Public Health
Prevent. Promote. Protect.
Middle-Brook Regional
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Immunization Month



Public Health
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August Is National Immunization Awareness Month (NIAM)



National Immunization
Awareness Month

This month, celebrate how vaccines have globally eradicated smallpox and nationally eliminated polio and rubella. Staying up-to-date with immunizations remains essential to protecting yourself and others. Talk to your healthcare provider about what vaccines are relevant to you, **especially if you have travel plans.**

Immunity refers to when your body is protected from an infectious disease by the presence of antibodies in your immune system. There are two types of immunity: active and passive.

- **Active immunity** can occur naturally or be induced by a vaccine.
 - Natural immunity is when you get sick and naturally recover from a disease.
 - Vaccine-induced immunity is when a vaccine introduces your immune system to a killed or weakened form of the disease. This is almost always safer than acquiring natural immunity.
- Lasts long term.

- **Passive immunity** occurs when antibodies are directly given to you.
 - A mother can give a newborn antibodies through the placenta.
 - Antibody-containing blood products like immune globulin can provide antibodies.
- Lasts weeks to months.



What Is Herd Immunity?

Also known as community immunity, herd immunity refers to the proportion of a population that must be vaccinated against a disease in order to make person-to-person spread unlikely. This extends protection to those who cannot be vaccinated, such as chronically ill individuals. For measles, about 95% of the population must be vaccinated to achieve herd immunity.

For more information, visit: voicesforvaccines.org/niam-2026

Preparedness Corner

Back-to-school Preparedness

As we plan for an exciting school year ahead, we want to share reminders that will help fall back into routines with health, wellness and preparedness in mind.

- ✔ **Make sleep a priority.** The American Academy of Sleep Medicine says that without enough sleep, children and teens are more likely to have behavior, learning and attention problems when they return to school. Build back in sleep routines before your child returns to school.
- ✔ **Prevent illness.** Take steps to prevent the spread of illness. While hand hygiene is one of the best ways to stop the spread of germs that can make your child sick, do not forget to stay up to date on routine vaccinations and stay home when not feeling well.
- ✔ **Plan for peace of mind.** The unexpected may affect our lives at any moment. It is important to know school policy in the event of an emergency or evacuation. Ask the school how you would be reunited with your child in an emergency or evacuation. Complete an [emergency contact card](#) that contains up-to-date contact information and keep one in your child's backpack and one in your wallet.

Not sure if your child is up to date on their school vaccines? Now is the time to check with your family doctor!

To view the New Jersey School Immunization Requirements, visit the following webpages:

Child Care/ Preschool

- nj.gov/health

School K-12

- nj.gov/health

For more information on vaccines, visit:

- vaccineinformation.org/



Grilled Eggplant Pesto Pizza Recipe

This pizza is packed with antioxidants, vitamins, and minerals thanks to the nutrient-rich eggplant. It is a good source of manganese, a mineral known to promote brain health and assist wound healing. The recipe below serves 6.

Ingredients

- 1 medium eggplant, cut in $\frac{3}{4}$ -inch thick slices
- 4 tablespoons olive oil
- 1 unbaked 12-inch whole-wheat or regular thin pizza crust
- $\frac{1}{4}$ cup pesto sauce
- 1 large tomato, sliced
- $\frac{1}{2}$ small onion, thinly sliced
- $\frac{1}{2}$ small onion, thinly sliced
- $\frac{1}{4}$ cup kalamata olives, sliced
- 2 ounces ($\frac{1}{2}$ cup) part-skim mozzarella cheese, shredded
- 1 ounce ($\frac{1}{4}$ cup) Parmesan cheese, shredded; or feta cheese, crumbled
- $\frac{1}{4}$ cup fresh basil leaves

Directions

1. Brush eggplant with olive oil. Grill over a medium-high fire for about 10 minutes, until soft and cooked through. Turn eggplant while cooking to brown evenly. Cool slightly.
2. Place pizza crust on a baking pan. Spread pesto sauce evenly over crust. Arrange grilled eggplant, tomatoes, onion and olives on top. Sprinkle with cheese. Slide uncooked pizza on the grill. Lower the lid.
3. Grill over indirect heat until the crust turns golden brown and the cheese melts, about 12 to 15 minutes.
4. Just before serving, cut basil leaves into thin strips. Top pizza with basil.

Cooking Notes

- If you don't have a grill, or prefer to cook inside, use this alternative cooking method: Roast eggplant and bake pizza in a 425°F (218°C) oven.

For more recipes, visit: eatright.org/recipes

Source: Academy of Nutrition and Dietetics