

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

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September 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.



Lace up your shoes and walk with an OT

Join us for a fun and informative walk in the park with Karen Z. Kowalski, MPH, OTR, CAPS, while learning simple ways to stay safe, active, and independent. As we walk and talk, we will explore topics such as fall prevention, energy-saving strategies, proper footwear, and environmental awareness.

When: Tuesday, September 29 from 9:00 AM

Where: Duke Island Park 191 Old York Road, Bridgewater (Parking Lot C)

Bring your questions, enjoy some fresh air, and walk away with practical tips for everyday life! **Registration required:** bit.ly/4fWJVIE.



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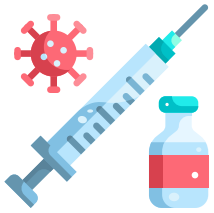
2026 Community Vaccine Clinics



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The Middle-Brook Regional Health Commission & Green Brook Family Medicine will be providing:



- Flu vaccines for ages 5 years and older
- Senior Flu Vaccines ages 65 and older
- Pfizer COVID vaccine for ages 12 and older
- PCV20/21 Pneumonia Vaccines
(ONE TIME DOSE recommended for ages 50+)
- TDAP (Adult Tetanus Booster) for ages 11 and older



Wednesday, September 30

3:00 PM - 6:00 PM

Warren Township Courthouse
46 Mountain Blvd, Warren 07059

Wednesday, October 21

3:00 PM - 6:00 PM

Warren Township Courthouse
46 Mountain Blvd, Warren 07059

Vaccines are **free** under most insurance plans.

For the Clinic:

- Please bring **all insurance cards** to the clinic to determine eligibility.
- A parent/guardian is required to be present with children under the age of 18.
- A provider from Green Brook Family Medicine will be available at the clinic to address any vaccine related questions.

We are unable to accept the following insurance plans:

- All HMO's
- NJ Family Care/Medicaid Insurance
- Magnacare/OSCAR/PHCS/Clover Insurance
- Dual Plan Horizon Medicare Advantage
- United Health Care/Oxford/UMR Commercial Plans
- Centivo Insurance Plans



Pre-Registration is requested.

To register, scan the QR or visit:
<https://warren-vax.timetap.com>

For questions about insurance eligibility,
please contact Ann at Green Brook Family
Medical via email:

insurance@greenbrookfamilymedicine.com

For more information about our clinics, please call 732-968-5151 then press 3.

For more information on vaccines, visit: vaccineinformation.org

Food Safety Month



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September Is National Food Safety Education Month

About 1 in 6 Americans contract a foodborne illness each year. The FDA recognizes September as a time to learn more about how to stay safe. No one is immune to foodborne illness, but higher risk groups include immunocompromised individuals, the elderly, those who are pregnant, and very young children. We all can be mindful when preparing food to protect ourselves and those we love to cook for.

Four Steps to Protect Yourself in the Kitchen:

- 1) **Clean** your hands, utensils, equipment, and surfaces food touches often.
- 2) **Separate** raw meats from other foods and use separate utensils and cutting boards.
- 3) **Cook** food to safe temperatures and check with a thermometer.
- 4) **Chill** leftover food within two hours.



This month, follow @mbrhc_nj on Instagram for more tips on kitchen etiquette, recognizing signs of foodborne illness, and minimizing risk when eating at a restaurant.



What Is Cross Contamination?

Cross contamination occurs when improper cleaning or separation of foods, equipment, or utensils leads to the transfer of harmful bacteria to a new food or surface. Cross contamination increases the risk of contracting a foodborne illness.

For more information, visit: [fda.gov/food/consumers/food-safety-education-month](https://www.fda.gov/food/consumers/food-safety-education-month).



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Septic Smart

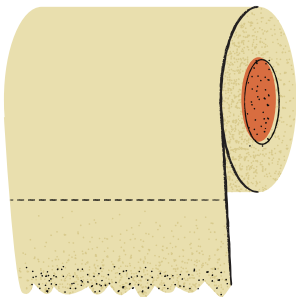
SepticSmart Week Approaches! Is Your System Protected?



SepticSmart Week, held by the Environmental Protection Agency from September 14-18 this year, encourages septic system owners to be proactive. Taking proper care of your septic system can prevent costly problems. Malfunctioning septic systems can threaten more than your property; they can contaminate ground and surface water.

In the Home

- Be mindful of your water use.
- Leftover cooking oil, fats, and grease should be disposed of in sealed containers in the trash.
- Paper towels, diapers, wipes, disposable period products, and anything other than toilet paper should not be flushed.



In the Field

- Be mindful of where you plant trees and shrubs to avoid root intrusion into pipes.
- Minimize soil compaction in the disposal area by ensuring cars and livestock do not pass over it.
- Most septic systems should be professionally pumped every 3-5 years. Some advanced systems require more frequent maintenance.
- Septic system additives are marketed as improving performance, but are often unnecessary and potentially harmful to your system.



For more information, visit: epa.gov/septic/septicsmart-week.



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Preparedness Corner

National Preparedness Month

September is National Preparedness Month. The Federal Emergency Management Agency's Ready Campaign encourages emergency preparedness in the home.



Don't let your go-kit sit forgotten in your closet until you need it. Check your emergency essentials every few months, such as the expiration dates on supplies in your first aid kit, the lightbulb in your flashlight, and the charge of your batteries.

An emergency is the worst time to learn how to use what is in your go-kit. Make sure designated household members are familiar with your supplies.

Are you in the loop? Text the keyword SCNJALERTS to 888777 to sign up for emergency alerts from Somerset County related to road closures and severe weather.



You can't predict where you might be in an emergency. Creating an emergency communication plan with your family ensures you know how to contact and find each other if you aren't together. Memorize phone numbers and designate a safe place to meet in case you are separated.



For more information, visit: ready.gov/september.



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Food for Thought



Roasted Carrot and Farro Salad

This heart-healthy salad is powered by arugula, a highly nutritious cruciferous vegetable. Just 100 grams of arugula provides up 90% of your daily value of vitamin K. The recipe below serves 7.

Ingredients

- 2 pounds carrots, peeled and cut into 1-inch pieces
- ¼ cup plus 2 tablespoons olive oil, divided
- 1½ teaspoons ground cumin
- 1 teaspoon salt, divided
- ¾ teaspoon pepper, divided
- 1 cup uncooked farro
- ½ cup reduced-fat, plain Greek yogurt
- 1½ teaspoons grated lemon rind
- 3 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 2 cups fresh baby arugula
- ¼ cup chopped walnuts, toasted

Check if your vegetables were pre-washed before you begin! Even produce that will be peeled later should be washed first.



Directions

1. Preheat oven to 400°F (204°C).
2. Combine carrots, 2 tablespoons olive oil, cumin, ¾ teaspoon salt and ½ teaspoon pepper on a large rimmed baking sheet. Toss to coat. Spread carrots in a single layer.
3. Bake 25 to 30 minutes or until tender, stirring after 10 minutes.
4. Cook farro according to package directions.
5. Whisk together yogurt, remaining ¼ cup olive oil, lemon rind, lemon juice, garlic and remaining ¼ teaspoon each salt and pepper.
6. Combine farro, carrots and baby arugula in a large bowl. Drizzle with yogurt mixture and toss to coat. Sprinkle with walnuts.

For more recipes, visit: eatright.org/recipes.

Source: Academy of Nutrition and Dietetics