Middle-Brook Regional Health Commission

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November Newsletter 2025

Latest in Public Health and Upcoming Events

Rabies Vaccination Clinics 2025

We are holding free rabies vaccines for our cat and dog owners:

- Saturday, November 15th from 9:00am-10:30am at the Finderne Firehouse
- Saturday, December 6th from 9:00am-10:00am at the Watchung Firehouse

For more information about our clinics, click here.

Product Alert: ByHeart Whole Nutrition Infant Formula

Do not use certain lots of ByHeart Whole Nutrition Infant Formula. FDA's Investigation is ongoing. Certain lots of ByHeart Whole Nutrition Infant Formula include:

- Lot: 206VABP/251261P2 ("Use by 01 Dec 2026")
- Lot: 206VABP/251131P2 ("Use by 01 Dec 2026")

Read more at fda.gov

Great American Smokeout

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life! The Great American Smokeout is an annual event sponsored by the American Cancer Society (ACS).

For more information, click here.

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Diabetes Awareness Month

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November is Diabetes awareness month. More than 1 and 3 adults have prediabetes. Most adults don't event know they have it. This month, we raise awareness about diabetes and encourage people to take charge of their health!

There are different types of diabetes: Type 1, Type 2, Gestational, and Prediabetes. **Type 1 diabetes** is thought to be caused by an autoimmune reaction that stops your body from making insulin. **Type 2 diabetes** develops over time and is when your body does not use insulin well and cannot keep blood sugar at normal levels. **Gestational diabetes** develops in people who are pregnant and may increase their risk for type 2 diabetes later in life. With prediabetes, blood sugar levels are higher than usual, but not high enough to be considered type 2 diabetes. For more information, visit: cdc.gov/diabetes/.

Know your risk

You are more likely to develop type 2 diabetes if you have overweight or obesity; are age 45 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.

Learn the ABCs of managing diabetes

A is for the A1C test that health care professionals use to measure your average blood glucose levels.

B is for blood pressure. People with diabetes have twice the risk for heart disease.

C is for cholesterol. People with diabetes tend to have lower "good" cholesterol levels (HDL) and higher "bad" cholesterol levels (LDL), which increases their risk for heart disease and stroke.

Build healthy habits

Moving matters

Eat a balanced diet

Quit Smoking

Get enough sleep

Talk with your healthcare provider to get tested for diabetes.

Preparedness Corner

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National Family Caregiver Month

1 in 4 American adults is a family caregiver.

According to the Family Caregiver Alliance, family caregivers include any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition.

Caregiving for loved ones can bring joy and purpose but it can also lead to stress exhaustion, and other mental health concerns.

AARP created state caregiver resource guides to help family caregivers access key programs, services and agencies in their community. For more information, visit: Family Caregiver Resources for New Jersey

Family Caregivers and Disaster Preparedness

The Federal Emergency Management Agency and the Rosalynn Carter Institute for Caregivers created a Disaster Preparedness Guide for Caregivers to help family caregivers navigate the unique challenges that may arise when disasters strike.

Identify Barriers and Risks: Assess your care recipient's unique needs and potential challenges to build a clear understanding of their risk in the event of a disaster.

Learn and Connect: Explore available resources to meet the specific needs identified. Build connections and strengthen your support network to ensure you and your care recipient are prepared at anytime.

Make a Plan: Build a disaster preparedness kit and create an evacuation plan. Be sure to include your care recipient as well as family, friends, and other support networks you have developed.

Learn more at ready.gov/caregivers.

Recipe of the Month

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THREE SISTERS STEW

Ingredients

(6 Servings)

- 1/2 pound ground beef
- 1 cup onions, diced
- 3 cups water
- 3 cups red potatoes, cubed (or 1 1/2 cans, about 24 ounces, low-sodium sliced potatoes, drained)
- 2 tomatoes, diced (or 1 can, about 15 ounces, low-sodium diced tomatoes, drained)
- 1 can (15 ounces) low-sodium tomato sauce
- 1/2 cup frozen corn kernels (or 1/4 can, about 4 ounces, low-sodium whole kernel corn, drained)
- 1/2 cup yellow squash, diced (or 1/4 can, about 4 ounces, low-sodium sweet potatoes, drained and diced)
- 1/2 cup green squash, diced (or 1/4 can, about 4 ounces, low-sodium carrots, drained)
- 1/2 can (about 8 ounces) low-sodium kidney beans, drained
- 1/2 can (about 8 ounces) low-sodium black beans
- 1/4 cup quick cooking oats
- 2 cloves garlic, finely chopped
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Directions

1. In a small skillet, brown ground beef and onions over medium to high heat for 8 to 10 minutes. Drain fat.
2. In a large pot, combine cooked ground beef, water, and red potatoes.
3. Bring the pot to a boil and cook for 15 minutes.
4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

For more recipes, visit: myplate.gov