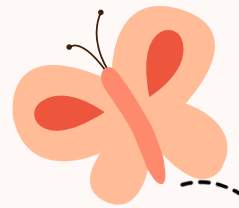




SPRING 2026



NEWSLETTER

In This Issue

- Earth Day
- Stress Awareness Month
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- The Positive Effects of Outdoor Activities
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Upcoming Observances

- April: Stress Awareness Month
- April 22: Earth Day
- April 25: Nat'l Prescription Take Back Day
- May 10: Mother's Day
- May 25: Memorial Day



Our Location

Address:

20 West Prospect Street
Waldwick NJ 07463

Phone: (201) 445-7217

Website: www.NWBRHC.org





EARTH DAY



What is a Carbon Footprint? It is the total amount of greenhouse gas emissions that come from production use and end of life of a product or service. Greenhouse gas emissions include carbon dioxide, methane, nitrous oxide and fluorinated gases.

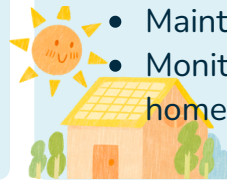
Travel Tips:

- Consider alternative transportation such as carpooling, public transportation, or riding a bike.
- While driving, think about checking that your tire pressure isn't low, decreasing air conditioning usage, and avoiding heavy traffic.



Energy Consumption Tips:

- Unplug items when not in use
- Switch to energy-efficient light bulbs and always turn off the lights when you leave the room
- Maintain air filters
- Monitor thermostat settings in your home



Food Tips:

- Eat or grocery shop locally to reduce the distance your food must travel (farmers markets, farm-to-table restaurants)
- Skip disposable dinnerware
- Waste less food at home by composting or freezing items when possible
- Avoid highly processed foods. Processed foods often require more energy for production, packaging, and transport. Choose whole, minimally processed ingredients when possible



Shopping Tips

- Donate clothes to a friend, thrift store or local homeless shelter
- Shop at thrift stores, resale boutiques and local yard sale
- Mend or repair clothing and shoes instead of replacing them



www.earthday.org





Stress Awareness Month



April 2026

Now is the time to take charge of your wellbeing and find ways to manage your stress and improve your overall health. Here are some stress management techniques you can do almost anywhere.

Deep Breathing

Take slow, deep breaths, inhale through your nose for a count of 4, hold for a count of 4, and exhale through your mouth for a count of 4.

Visualization

Close your eyes and imagine a peaceful scene like a beach or a forest. Try to engage all your senses in the scene. Smell the ocean water, feel the sun, hear the waves.

Mindfulness

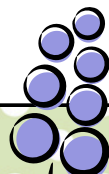
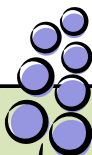
Focus on the present moment. Pay attention to your surroundings, your breathing and your thoughts.

Repeat "I'm calm and in control" or "I can handle this".

Stretching

Simple stretches can help release tension in your muscles. Stretch your arms, neck, and legs gently.

www.stress.org/resources



World Immunization Week

April 24-30

For more than 200 years, vaccines have protected generations and transformed public health. Their success has made many once feared diseases rare in much of the world. Today, vaccines remain essential at every stage of life, safeguarding people—from infancy through adulthood—against more than 30 serious and potentially deadly infections.



NWBRHC hosts one Child Health Conference Clinic on the third Wednesday of each month for those children who are uninsured or have Medicaid Part A.

Please note: Appointments are available to community members within our contracted municipalities. **Flyer on next page!**



HolyName 



Child Health Conference (CHC)



- Physical Exam (Ages 5 and under)
- Immunizations
- Lead Screening
- Nutrition Information
- Community Resources

Waldwick Health Center
22 Whites Lane
(Behind Ambulance Corp)

Where

3rd
Wednesday
of the Month

When

9:00 a.m. -
12:00 p.m.

Appointments
are Required

Time

Our Pediatric Services

The CHC provides infants and children who are uninsured or have New Jersey Family Care A with high quality well-childcare.

Book an Appointment!

201-227-6251

Serving the communities of: Allendale, Emerson, Ho-Ho-Kus, RiverVale, Westwood, Franklin Lakes, Midland Park, Saddle River, Township of Washington, Hillsdale, Montvale and Waldwick



Getting Outdoors: The Positive Effects of Outdoor Activities on Mental Health

Research has shown that spending time in nature can help lower cortisol levels, the body's primary stress hormone. Activities like walking in a park, hiking, or even just sitting on a bench outside have been linked to a reduction in stress and anxiety.

Cycling, swimming, or jogging trigger the release of endorphins—chemicals in the brain that improve mood and reduce feelings of depression.

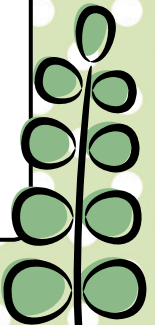
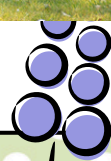
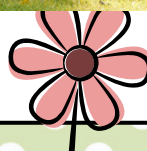
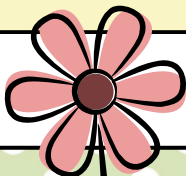
Exposure to sunlight (Don't forget your sunscreen!) also increases your serotonin levels, which play a key part in regulating mood.

Outdoor activities provide opportunities for socialization and connecting with others. Being outside encourages positive social interactions that can reduce the feeling of loneliness.

The benefit of spending time outdoors far exceeds just the physical effects, especially for your mental health.

In today's fast-paced, technology-driven world, people often find themselves disconnected from nature, leading to increased stress and anxiety.

Outdoor activities can provide significant mental health benefits, offering a natural antidote to the pressures of daily life.





National Prescription Drug Take Back Day April 25, 2026, 10AM to 2PM

Too often, unused prescription medications end up in the wrong hands; creating risks that can be dangerous and even tragic. That's why it was so encouraging to see thousands of people across the country clean out their medicine cabinets and safely, anonymously dispose of arecord amount of unused prescriptions.



What to Bring: Tablets, capsules, patches, and other solid forms of prescription drugs.



Liquids & Vapes: Liquids (e.g., cough syrup) must be sealed, and vaping devices are accepted only if batteries are removed.



What NOT to Bring: Syringes, sharps, and illicit drugs are generally not accepted at these specific events



Local Locations:

<https://www.dea.gov/takebackday>

Community Resource Spotlight



Be on the
lookout for
programs in
your area
coming soon!

What they Do

Free services for Hudson, Bergen, and Essex County residents. They help older adults living with dementia and their caregivers through:

- Cognitive Assessments for people aged 60+
- Support Groups in English and Spanish for caregivers
- Educational Seminars for seniors, caregivers, and professionals
- Long-Term Care Planning to help you make informed decisions
- First Responder Training & Agency Seminars to equip law enforcement, EMS, and agencies with dementia awareness and de-escalation skills
- Advocacy and Outreach to build dementia-friendly communities

For More info: www.actnowfoundation.org



**Contact us at Healtheducation@nwbrhc.net to schedule
a service for your group**



Featured Recipe

Healthy Deviled Eggs

Gluten Free, Vegetarian, Heart-Healthy



12 servings - Prep time: 25 Minutes

INGREDIENTS:

- 6 large eggs
- ¼ Greek yogurt
- 1 teaspoon Dijon mustard
- Kosher Salt
- ½ teaspoon garlic powder
- Sweet or smoked paprika, for sprinkling
- 2 teaspoons chopped chives for garnish
- Chives, for garnish (optional)

DIRECTIONS:

1. **Boil the eggs.** In the bottom of a medium saucepan, carefully arrange eggs in a single layer and cover with at least 1 inch of cold water. Set on high heat to bring to a rolling boil. As soon as the water is boiling fast and hard, turn the heat off and cover the saucepan. Leave the eggs in the covered pan for exactly 10 minutes.
2. **Run the cooked eggs under cold water.** Drain the cooked eggs and run them under cold water until they have fully cooled. This will make them easier to peel.
3. **Peel and halve the eggs.** Peel the eggs and slice them in half from top to bottom.
4. **Prepare the filling.** Using a small spoon, scoop out the cooked egg yolks and put them into the bowl of a small food processor fitted with a blade. Add the yogurt, mustard, garlic powder, and pulse several times until the mixture is fluffy and well combined.
5. **Fill the egg halves with the delivered egg mixture.** Using a spoon, scoop the egg mixture into the egg halves.
6. **Serve.** Sprinkle with paprika, then garnish with chives (if using). Serve immediately or store in an airtight container in the fridge for up to 2 days.

