



**Middletown Social Services to Host Foodstock Drive**  
**Starting Monday, July 8<sup>th</sup>**  
*Collection bins located throughout Township*



Middletown Social Services invites Township employees and residents to participate in Foodstock, a grassroots effort to help those who are struggling to keep food on their table, the week of July 8<sup>th</sup>-12<sup>th</sup>.

Residents are encouraged to support the Township of Middletown's employees' efforts to collect food that will be delivered to the Middletown Food Pantry (180 Main Street) and benefit local families.

You can drop off non-perishable food items before July 12<sup>th</sup> to the following locations:

- Johnson Gill Annex, 1 Kings Highway
- Mayor's Office, 1 Kings Highway
- Middletown Arts Center, 36 Church Street
- Middletown Family Pharmacy, 877 Main Street, Belford
- Middletown Township Police Department, 1 Kings Highway
- Middletown Township Senior Center, 900 Leonardville Road, Croydon Hall, Leonardo
- Poricy Park Nature Center, 345 Oak Hill Road
- Red Light Coffee, 642E Newman Springs Road, Lincroft

Tonya Keller Community Center, 50 Bray Avenue, North Middletown  
Click [HERE](#) to see what items are needed.



## Middletown Recreation Announces July Mayor's Wellness Campaign Activities



### July's MWC events include:

- **“Eating Healthy on a Budget”** presented by Vincent Smith of Horizon BCBSNJ. The seminar will be held on **Thursday, July 11th from 6:30-7:30 PM at the Tonya Keller Community Center, located at 50 Bray Avenue**. This seminar will help you learn how to shop and prepare healthy meals without breaking the bank. There will also be giveaways! Participants will receive one adult-sized and one kid-sized “My Plate” per family. “My Plate” demonstrates how to eat healthy portions at every meal. Kids who attend the seminar will also receive a complimentary copy of *Kids in the Kitchen Cookbook: Healthy Recipes That Are Fun*.
- Hot & Soul Yoga will be presenting **Yoga in the Park on Saturday, July 20th at 9:00 AM at Poricy Park (345 Oak Hill Road)**. This yoga session will give you an opportunity to wake up, stretch and find your inner peace — a great way to start the weekend! If you need a yoga mat, please call 732-615-2260 to reserve one as there are a limited number of mats available.



CLICK [HERE](#) FOR MORE INFO.



**July 4<sup>th</sup>, Independence Day**  
**NORTH ZONE UPDATE**

Garbage will be collected, *as scheduled*, on Thursday, 7/4/19

Bulk collection has been rescheduled for Saturday, 7/6/19

The Middletown Recycling Center (52 Kanes Lane) will be closed in observance of the holiday.

The graphic features a white garbage truck with a blue recycling bin on its back, set against a background of red, white, and blue stars and stripes. The text is in a bold, sans-serif font, with the title in red and the update details in black. A dark blue banner at the bottom contains the recycling center closure information in white text.

## County Dredging Pews Creek Access Channel Through Week of July 8th



Over the last few weeks, the Monmouth County Parks System has been doing maintenance on Pews Creek to ensure safe navigation for boaters docked at its Monmouth Cove Marina. The County must periodically dredge the access channel of Pews Creek from the Port Monmouth Road bridge to 300 feet beyond the end of the stone jetties into Raritan Bay.

All work is being performed in strict accordance with stipulations specified in the current New Jersey Department of Environmental Protection and Army Corps of Engineers permits. There are seasonal restrictions for dredging which is why the work is being done at this time.

Click [HERE](#) to read the press release.

**Middletown Welcomes Children's Health Center!**



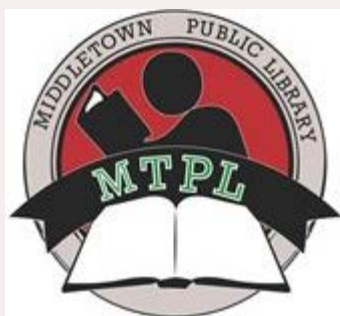
## The Middletown Health Department Reminds Residents to Stay Safe With a Summer Favorite

Americans will consume millions of hot dogs this month and throughout the summer. Storing and cooking them properly is key to preventing illness.

- Don't let hot dog juices get on cooking utensils, food prep surfaces or other items in the fridge.
- Store hot dogs up to one week in the refrigerator once the package is opened, and up to two weeks unopened.
- Even though they come fully cooked, hot dogs should be heated until steaming (or to an internal temp of 165 °F) to prevent listeriosis.



Click [HERE](#) for more hot dog tips from the US Department of Agriculture Food Safety and Inspection Service.



### **MTPL and MAC Hours**

The Middletown Township Public Library will be closed on July 4th and will resume normal business hours on Friday, July 5th.



The Middletown Arts Center will be closed Thursday, July 4th and Friday, July 5th.

## NJNG Paves Roads as Part of Gas Main Replacement Program

Starting mid-July, New Jersey Natural Gas will be paving the following roads as part of their gas main replacement program:

- Thompson Ave. Side Streets, North Middletown
- Longwood Ave. & Associated Streets, Middletown
- Collins Ave. & Creek Rd., Port Monmouth
- Reilly St. & Kelly St., North Middletown
- Chapel Hill Rd., Middletown
- Chamone Ave. & Tiensch Ave., Leonardo
- Oakwood Way, Middletown
- Southside Ave. & Portland Rd., Middletown



## MTPL Launches Summer Reading Program!



The MTPL is offering summer reading fun at the Middletown Township Public Library (55 New Monmouth Road)! Kids earn incentives and prizes for completing their summer reading assignments. This year's theme is A Universe of Stories, tying in with the 50th anniversary of the Apollo 11 moon landing.



A display on the wall in the Children's Room is dedicated to the program where participating children can leave their name among the stars. Stop by and check it out!

## Upcoming Events

**The MAC Invites Residents to DJ Jay Dance Man  
Summer Fun:  
Thursday, July 18th from 6:30-9:00 PM**

### Jay Dance Man Summer Fun!

**CATEGORY:** COMMUNITY EVENTS

**PRESENTER:** MIDDLETOWN ARTS CENTER MAC PACK

Don't miss this fun summer evening for our special friends featuring the amazing DJ JAY DANCE MAN! Concert will be outdoors, weather permitting. Bring lawn chairs or picnic blankets. This is a free event and all are welcome. Refreshments will be available for purchase. In the event of inclement or threatening weather, the event will be brought indoors to our theater.



[Click on the picture to learn more!](#)

**MTPD HOSTS COMMUNITY BLOOD DRIVE ON 7/10**

**SAVE LIVES..DONATE BLOOD**

**LINCROFT  
COMMUNITY  
BLOOD DRIVE**

**DONORS WILL RECEIVE A \$5 DUNKIN'  
GIFT CARD AS A THANK YOU!**



**WEDNESDAY,  
JULY 10  
2:30PM - 8:30PM**

Lincroft Fire Company  
601 Newman Springs Rd., Lincroft

To make an appointment,  
visit [tinyurl.com/GiveBloodNJBS](http://tinyurl.com/GiveBloodNJBS)  
Sponsor Code: 70286

**WALK INS WELCOME!**

All 16 year olds must have signed NJBS Parental Consent Form  
Remember to eat, drink, & bring your ID

800.933.2566 | nybc.org  
**New Jersey Blood Services**  
A Division of New York Blood Center

[CLICK THE PICTURE TO MAKE AN APPOINTMENT!](#)

**Memorial Sloan Kettering Cancer Center to Hold FREE  
Head and Neck Cancer Screenings in  
Middletown on Thursday, 7/25**

Memorial Sloan Kettering Cancer Center Honors  
World Head and Neck Cancer Day

# Free Head and Neck Cancer Screenings

**Wednesday, July 24, 2019**  
8:00 AM to 3:00 PM

**MSK Bergen**  
225 Summit Avenue  
Montvale, NJ

Please call **201-775-7219**  
to schedule an appointment.  
Walk-ins are also welcome.

**Thursday, July 25, 2019**  
8:00 AM to 3:00 PM

**MSK Monmouth**  
480 Red Hill Road (Lower Concourse)  
Middletown, NJ

Please call **848-225-6535**  
to schedule an appointment.  
Walk-ins are also welcome.

**Friday, July 26, 2019**  
8:00 AM to 3:00 PM

**MSK Basking Ridge**  
136 Mountain View Boulevard  
Basking Ridge, NJ

Please call **908-542-3331**  
to schedule an appointment.  
Walk-ins are also welcome.

### What is head and neck cancer?

This type of cancer can occur in the nasal passages, mouth, throat, or voice box. Thousands of people are newly diagnosed with head and neck cancer each year. Many of them can be cured. The best chance for a cure is when the cancer is found early.

### What are the warning signs?

- frequent nose bleeds
- ongoing nasal congestion
- a persistent sore or growth in the mouth or throat
- constant earaches
- a lasting change in the voice
- bloody phlegm lasting several days
- a lump in the neck lasting more than two weeks
- problems swallowing

### What does a screening involve?

- In the ten-minute exam, a nurse practitioner will look for signs of head and neck cancer.
- Resources will be provided on quitting tobacco and nutrition.

### Who should be screened?

- Adults who have a history of smoking, drinking alcohol, chewing tobacco, human papillomavirus, excessive exposure to the sun (sunburns), or radiation to the head and neck area
- Adults who have noticed any of the warning signs of head and neck cancer

SPONSORED BY  
Memorial Sloan Kettering Cancer Center Head and Neck  
Service and Department of Surgery



**Memorial Sloan Kettering  
Cancer Center**

A member of the Memorial Sloan Kettering-  
Hackensack Meridian Health Partnership

Sign up to receive additional MSK news for the community  
at [mskcc.org/CommunityNews](http://mskcc.org/CommunityNews)

[Click HERE to learn more!](#)

# Got Bags?

Help Middletown's recycling efforts  
by dropping off your clean plastic  
bags at the Plastic Bag Collection Bin  
at the Middletown Recycling Center  
(52 Kanes Lane).



Visit [www.middletownnj.org/PlasticBags](http://www.middletownnj.org/PlasticBags) for more information.

**Stay on Top of Summer Events with Burbio.com!**





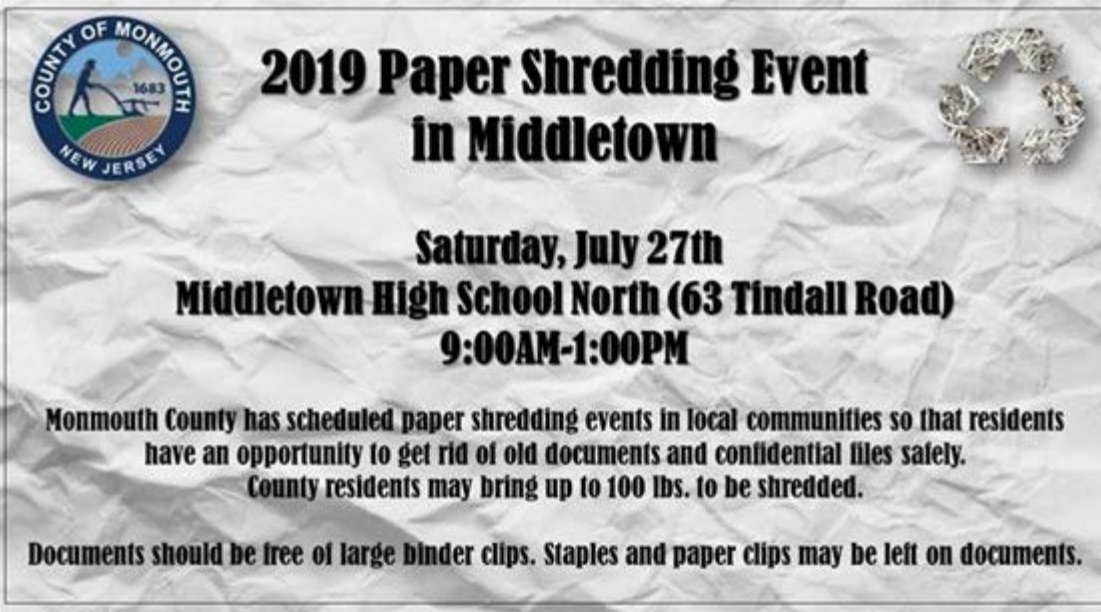
**FOLLOW CALENDARS ON**  
**burbio<sup>®</sup>.com**

Don't Miss Any of the Fun This Summer

Free to Sign Up and Download

Download on the App Store | GET IT ON Google Play | amazon alexa

Find out about all of the great events going on in Middletown with [Burbio.com](http://Burbio.com) - your free ultimate calendar guide to summertime fun!



**2019 Paper Shredding Event  
in Middletown**

**Saturday, July 27th**  
**Middletown High School North (63 Tindall Road)**  
**9:00AM-1:00PM**

Monmouth County has scheduled paper shredding events in local communities so that residents have an opportunity to get rid of old documents and confidential files safely. County residents may bring up to 100 lbs. to be shredded.

Documents should be free of large binder clips. Staples and paper clips may be left on documents.

**MTPD Will Help Keep Your House Safe While You're Away**



# Going away?

The Middletown Township Police Department has your back!

Officers will periodically check on your house while you are away for extended periods through the MTPD's House Check Program. Call 732-615-2075 or visit [www.middletown.org/police](http://www.middletown.org/police) for details.



[Click on the picture to learn more.](#)

THE MIDDLETOWN TOWNSHIP FIRE DEPARTMENT IS SEEKING VOLUNTEERS!



**WE NEED VOLUNTEERS.**



**JOIN TODAY**

**D. DOHERTY**

[www.MTFDNJ.org](http://www.MTFDNJ.org) **#MTFDpride**

[CLICK HERE TO LEARN MORE!](#)

MIDDLETOWN EMERGENCY MEDICAL SERVICES SEEKS VOLUNTEERS!



**MIDDLETOWN EMERGENCY MEDICAL SERVICES DEPARTMENT SEEKS RESIDENTS TO VOLUNTEER FOR FIRST AID SQUADS**

**ARE YOU INTERESTED IN KEEPING OUR COMMUNITY SAFE AND HELPING YOUR NEIGHBORS IN A TIME OF NEED?**

**JOIN ONE OF THE 5 VOLUNTEER FIRST AID SQUADS.**

CALL 732-615-2252 OR EMAIL [PUBLICINFO@MIDDLETOWNEMS.ORG](mailto:PUBLICINFO@MIDDLETOWNEMS.ORG) TO LEARN MORE ABOUT THE SQUAD THAT SERVES YOUR NEIGHBORHOOD AND HOW TO VOLUNTEER. **NO EXPERIENCE NECESSARY.**



[FACEBOOK.COM/MIDDLETOWNNJEMS](https://facebook.com/middletownnjems)



## Monmouth & Navesink Avenue Road Closure Through End of July



Gray Supply will be working in the area of Monmouth Avenue and Navesink Avenue replacing gas lines for the next several weeks. They are anticipating the work will be complete near the end of July. While they are working roads will be intermittently closed in the area and detours will be in place.

## Route 35 Construction Project

Construction work on Route 35 began Monday, May 6th northbound from Cooper's Bridge (Red Bank) to Cherry Tree Farm Road and southbound from Cherry Tree Farm Road to New Monmouth Road.

Road work will be done with temporary lane closures from 9:00 AM to 2:00 PM and from 8:00 PM to 6:00 AM. All work is weather-dependent.

The project, which consists of repairs and replacement of concrete vertical curb, installation of public curb ramps, repairs to drainage structures and resurfacing of the roadway, is estimated to be completed by December 2019.

Please keep an eye out for possible changes to the schedule.

Click [HERE](#) to access hi-res photos from this e-newsletter.





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