



If you're an adult, you may be thinking that vaccines are for kids. **Adults need vaccines too.** Take this checklist with you to your next doctor's visit. Ask which vaccines may be right for you.

- Influenza vaccine.** The flu virus can cause serious — even deadly — complications. Annual shots are recommended for everyone 6 months and older. They're especially important for people at high risk of severe illness, such as: anyone younger than 5, anyone 65 or older, pregnant women, and people with chronic health conditions, such as diabetes or asthma.
- Tdap or Td vaccine.** Tdap helps protect against tetanus (lockjaw), diphtheria and pertussis (whooping cough). Td helps protect against tetanus and diphtheria.
- MMR vaccine.** This helps protect against measles, mumps and rubella (German measles).
- Pneumococcal vaccine.** These help protect against illnesses such as pneumonia.
- Hepatitis A and B vaccines.** These help protect against serious liver diseases.
- Hib vaccine.** Helps protect against dangerous bacterial disease called Haemophilus influenzae type b (Hib).
- HPV vaccines.** Helps protect against human papillomavirus. Certain types of this virus may cause cervical and other cancers. The vaccines are recommended for preteen girls and boys. But young women and men (up to age 26) may still need them if they didn't get vaccinated as kids.
- Meningococcal vaccine.** This helps protect against meningitis and blood infections. It's particularly important for college students who will be living in residence halls and people with certain health conditions.
- Varicella vaccine.** This helps protect against chickenpox. You may need it if you haven't had chickenpox before or weren't vaccinated as a child.
- Shingles (zoster) vaccine.** This helps protect against a painful skin rash. It's generally for adults 60 and older.

SOURCE: cdc.gov



## Shared Decision Making

### High Blood Pressure - "Should I Take Medicine?"

Discuss this important shared decision making option with your doctor during your visit.

B · Y · O · B

**Bring Your Own Medicine Bottles** each and every time you come to our office. This is **IMPORTANT** so we can update your chart.



Q · U · O · T · E · S · t · o · L · I · V · E · b · y

“ Make your **choices** reflect your *hopes* not your **fears**.

—Nelson Mandela



**Getting vaccinated is just as important for adults as it is for children.** Being prepared can help you get the information you need at your vaccination appointment — and help the process go smoothly.

**Find Your Vaccination Records** - It can be helpful to bring your personal vaccination records to your appointment so that your doctor knows which vaccines you've already had. If you can't find a copy of your vaccination records, you can:

- Ask your parents if they saved your vaccination records.
- Ask your doctor — or doctors you've seen in the past.
- Check with former employers that may have required vaccines.
- Check to see if your high school or college still has your records.

**Talk to Your Doctor Before You Get Vaccinated:** Some people may not be able to get vaccinated — or may need to wait. The day of your appointment, tell your doctor if you:

- Are sick
- Have any allergies
- Have had serious side effects from a vaccine in the past
- Are pregnant or planning to get pregnant

**Stay Calm While You Get Vaccinated:** If you're feeling nervous about getting a shot, try these tips to help you stay relaxed:

- ✓ Take deep breaths.
- ✓ Avoid looking at the syringe.
- ✓ Relax your muscles — this can make the shot less painful.

**Most people don't have any serious side effects from vaccines.**

**The most common side effects are usually mild. They include:**

- Pain, swelling, or redness where the shot was given
- Mild fever
- Feeling tired
- Muscle and joint aches
- Chills
- Headache

If you have any symptoms that concern you after you get vaccinated, call your doctor.

SOURCE: cdc.gov

## Reminders for Your Office Visit

- Bring your **prescription bottles** or **list of medication** to your visit.
- Do you need **medication refills**? Tell us at your office visit.
- Did you let us know if you have **any change(s) in your personal information** such as address, phone number and insurance?
- Do you need a **Referral for a Specialist** or do you need **further testing outside of our office**? You may need to call your insurance plan to verify your coverage.
- Did you check if your plan **covers Well care or a Physical**?
- Are you up-to-date on your screenings for **Mammogram and Colonoscopy**? **Are you due for one?** Ask your MD.
- Are you being referred by your PCP to get any **radiology test(s)**? If so, please let us know in case you need a **Pre-certification**.
- Is your **Immunization record** up to date? Please update us.
- Are you **Pre-Diabetic**? Have you discussed this with your MD?
- Did you get a **Summary of your Visit** today? If not, please ask for it before leaving.
- Do you need to make a **Follow-up appointment**? **Please stop at Check-out and make an appointment before you leave.**

# Support Groups @ Englewood Hospital

## Englewood Hospital Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at <https://www.engagewoodhealth.org/calendar-events-classes>

## Bariatric/Weight Loss Surgery Support Group

A free program for patients who have experienced the surgical solution to weight loss. If you are considering surgery, you are also welcome to join the group. The support group meets on the first Tuesday of each month at 6pm.

## Bereavement Support Group

VNA of Englewood: Bereavement Support Group runs on Thursdays from 12pm – 1:30 pm at Englewood Hospital. Please check with the hospital main desk for the location on each Thursday. For additional information, please call Erica DiFrancisco at 201-894-333, group facilitator.

## Cancer Support:

### Breast Cancer Support Group

Relax your mind as you connect with other women living with breast cancer. Open to all women experiencing any stage of breast cancer. First timers should call Cathy Verhulst at 201-608-2162 prior to attending. The support group meets the first and third Friday of every month at 10:30 am.

### Oral, Head and Neck Cancer Support Group

SPOHNC (Support for People with Oral, Head and Neck Cancer), a patient directed, self-help organization founded in 1991 by an oral cancer survivor. It is non-profit organization dedicated to meeting the emotional, physical and humanistic needs of oral head and neck cancer patients and their care givers. Bergen County Chapter meets from 7pm – 8:30pm at Englewood Hospital on the fourth Wednesday of the month in conference room "A". For inquiries, please contact Patrick Taaffee at 201-931-6394.

### Cardiac – Visiting Hearts: A Support Program for Cardiac Patients

New patients are informed of the "Visiting Hearts" program prior to their day of Pre-Admission Testing. For more information, please call Robyn Giaccone at 201-894-3950.

### Diabetes Education

A free program is open to individuals and their families. This group allows participants to share their experiences, learn from others and discuss how they live with diabetes. Guest speakers are often featured. This group meets on the fourth Tuesday of every month from 7pm – 8:30pm. (No meetings in July and August). An Insulin Pump Support Group is held quarterly for those using an insulin pump, those interested in pump therapy, and those using multiple daily injections. To schedule an appointment or for additional information, please call 201-894-3335.

# **Support Groups @ Englewood Hospital**

## **Families Anonymous**

Families Anonymous is a group of concerned relatives and friends whose lives have been adversely affected by a loved one's addiction to alcohol, drugs or related behavioral problems. All who have experienced the effects of a loved one's addiction are welcome.

The group meets at Englewood Hospital every Friday at 7:30pm. Call 917-836-3672 or email [gerilam@msn.com](mailto:gerilam@msn.com) for more information.

## **Neuropathy Support Group**

This group meets on the third Thursday of March, April, May September, October and November at 7pm. Call Rich Booz at 201-587-1250, Mary Robertson at 973-226-1535, Tom McCullum at 201-692-9313 or Dean Lewis at 631-223-8416 for additional information.

## **Post Partum Services / Wellness Wednesdays**

You and your newborn child are invited to attend our group, focused on adjustment to motherhood, coping with stress, and adapting to new family dynamics. A licensed clinical social worker facilitates the sessions, which provide comfort, emotional support, information, and referrals to resources for new moms who are adjusting to parenthood. The group meets every Wednesday at 1pm. Registration is required. Call 201-894-3092.

# **Support Groups @ Holy Name Medical Center**

Free Support Groups meet monthly. To register call 1-877-465-9626, unless otherwise noted.

## **Bariatric Support Group**

Support Group for Lap-band or Gastric Bypass patients

Location: Conference Room "1", Marian Hall Holy Name Medical Center. For additional information, please call 201-833-3336

## **Bereavement Support**

Call 201-833-3000 ext 7580 for more information.

## **Breast Cancer Support and Discussion Group**

The Breast Cancer Support and Discussion Group is a vehicle for information, encouragement and support that is facilitated by two clinical psychologists. The support group meets on the first and third Wednesday of every month at 5:30pm – 6:30pm.

Call 201-227-6008 for additional information. Registration is encouraged, but not required. Walk-ins are welcome.

# **Support Groups @ Holy Name Medical Center**

## **Cancer Support Group**

The Cancer Support Group provides an opportunity to meet with people who understand how you feel and what you are going through in a way that others cannot. The support group meets on the second and fourth Tuesday at 4:00pm – 5:00pm. The meetings take place in the Marian Hall Conference Center, Holy Name Medical Center. For additional information, please call 201-227-6008.

## **Men Living with Cancer Support Group**

The Men Living with Cancer Support Group is open to men with the diagnosis of cancer at any time during treatment or post-therapy. For additional information, please call 201-833-3392.

## **Support for Korean Cancer Patients**

The Support group meets at Medical Affairs Conference Room, Holy Name Medical Center on the first Friday of every month at 10am – 12pm. For additional information, please call Hei Young Yoon at 201-833-3332.

## **Pregnancy and Newborn Loss Support Group**

The support group meets on the first Tuesday of each month at 8:00pm. For additional information, please call 201-724-4093.

## **Blood Drive at Holy Name Medical Center**

You can sign up for the blood drives online: <http://holyname.org/BloodDrive/>

## **Local Support Group - Miscellaneous**

### **Dental Care at Southeast for Independent Living (SESCIL)**

The Southeast Senior Center for Independent Living has fully equipped dental facility with a certified licensed dentist, a dental coordinator, and two dental hygienists, excellent equipment and a clean environment. Call the Center for an appointment. There is an annual membership fee which entitles the member not only to receive dental care at cost but includes participation in all other class offerings. The Center, 228 Grand Avenue, Englewood, is handicapped accessible with ample parking. For more information, call 201-569-4080 or [visit www.SESCIL.org](http://www.SESCIL.org)

## **Local Support Group - Miscellaneous**

### **Library Offers Continuing Education Courses Online**

Teaneck Public Library is offering Universal Class, an online resource of more than 500 continuing education courses, to all Teaneck Public card holders. A wide range of subjects are offered including art, photography, office skills, test preparation, career training, as well as home schooling, self-help and science. Courses are accessible online 24/7 with real instructors, assignments and grades.

Up to five courses may be taken at a time. Participants who successfully complete a course will be issued a “Certified of Course” Completion.

To access the program, go to the library’s website at [www.teaneck.org](http://www.teaneck.org) and click on “universal class” button on the right side.

For more information, call the Reference Department 201-837-4171.

### **The Township of Teaneck Provides Free Transportation for Residents who are 65 or older and/or Disabled**

This service is for medical appointments, food shopping and small errands (with Teaneck, Hackensack, Englewood, and fringes of Bogota, Bergenfield and River Edge). Call 201-837-7130 ext 7040 for more information.

Jewish Family Services at 201-837-9090 provides the following services:

- Kosher Meals on Wheels (at home delivery of meals)
- Care Management, support and advocacy
- Friendly Visitor, Adopt a Bubbe and Telephone Reassurance – Volunteer programs
- Joy Lunch Club
- Elder Care Workshop Series

### **The Teaneck Fire Department offers all Teaneck Residents the Free Service of a “Good Morning” Wake-up Call**

This service is particularly appropriate for those facing significant illness, frailty/balance issues, and/or are shut-ins.

Call Lt. David Barrett or Lt. Richard Burchell at 201-837-2085 to activate this service. Calls can be pre-empted by the recipient at any time for convenience.

### **The Gallen Adult Day Care Center at the Jewish Home at Rockleigh** will hold a

Caregiver support group every first Wednesday of the month, 10am – 11:30 am at 10 Link Drive, Rockleigh, NJ – Social Hall 1. FREE.

For additional information, please call Social Worker Shelley at 201-784-1414 ext. 5340. Share concerns in an informative group discussion and learn about available resources for you and your loved one.

## **Local Support Group - Miscellaneous**

### **Treatment Services**

#### **Seabrook House – Helping Families Find the Courage to Recover**

Seabrook House is multi-level premier inpatient and outpatient facility, internationally recognized, and accredited by CARF (Commission on Accreditation of Rehabilitation Services), alcohol and drug rehabilitation center. Each facility offers every level of inpatient and outpatient care from partial through one-on-one counseling.

They offer the following services: Withdrawal Management (Detoxification), Residential Treatment, Partial Hospitalization, and Intensive Outpatient. They also offer Extended Care Programs: Seabrook House West, Changes for Women/Young Adult Program, Recovery Enhancement Program. They offer “The Family Matrix Program”, a three-day, structured experience designed to help families begin to heal and strengthen the bonds strained by addiction. They provide Holistic Approaches to Treatment such as Equin Therapy, Music Therapy, Yoga, Acupuncture, and many more. Please call for details. Seabrook House accepts many health insurance programs. Treatment is covered by most insurances. For more information, visit [www.Seabrookhouse.org](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515

# Healthy Recipe

## Eggplant Parmesan Sandwiches

### Ingredients

- 4 eggplant slices, each 3/4-inch thick
- 1/4 cup no-cholesterol egg substitute
- 1/3 cup dry bread crumbs
- 2 tablespoons grated fat-free Parmesan cheese
- Vegetable cooking spray
- 4 ounces fat-free mozzarella cheese, sliced
- 2 roasted red peppers, cut into halves
- 4 Italian rolls or hoagie buns, toasted
- 2 cups tomato pasta sauce



### Directions

Combine bread crumbs and Parmesan cheese in bowl.

Dip eggplant slices in egg substitute, then coat generously with the breadcrumbs and Parmesan cheese.

Spray a large skillet with cooking spray; heat over medium heat until hot.

Saute eggplant slices over a medium-high heat until browned, about 5 minutes.

Spray eggplant with cooking spray and turn over; cook until tender, about 5 more minutes.

Top each eggplant slice with 1 ounce cheese; cook, covered, until cheese is melted, about 3 to 4 minutes.

Place red peppers on bottoms of rolls; top with eggplant, pasta sauce, and roll tops.

### Serves 4

Each serving contains approximately 262 calories, 2.2 g fat, 0 mg cholesterol, and 765 mg sodium.