

## What Should You Do with Your Unused Meds?

Keeping track of the medicine you have, rethinking where and how you keep your medications in your home, and by safely disposing of any unused medications makes a difference.

**Don't Share.** Keep track of your legally prescribed controlled substances – count your pills so you always know how much you should have and so you know when to take action if any go missing. *With controlled substances, sharing is NOT caring.*

**Limit Access.** Put your medicine somewhere that only you can easily find and access. Lock it up if you can. This will keep your medicine from unintentionally ending up in the wrong hands and just may save someone's life!

**Safely Dispose of Unused or Expired Meds.** Participate in



**National Take Back Day**– The DEA hosts a national Take Back Day twice a year. The next one is **Saturday, April 27, 2019.**

### Safe Disposal at Home.

- Remove the medicine from its original container and mix it with an undesirable substance, such as used coffee grounds or kitty litter.
- Place the mixture in a sealable bag, empty bag, or other container to prevent medicine from leaking or breaking out of a garbage bag.

**Year-Round Drop Boxes Near You.** The New Jersey Division of Consumer Affairs has developed **Project Medicine Drop** that allows consumers to dispose of unused and expired medications anonymously, seven days a week, 365 days a year, at "prescription drug drop boxes" located within the headquarters of participating police departments.

SOURCE: Get Smart About Drugs – [getsmartaboutdrugs.gov](http://getsmartaboutdrugs.gov)

## Have Unused Prescription Medicines?



Dispose of your unused and/or expired medications anonymously in secured drug drop boxes 7 days/week, 365 days/year via **Project Medicine Drop** program.

To learn more, call **800-242-5846** or visit

<https://www.NJConsumerAffairs.gov/meddrop>

### B.Y.O.B.

## Bring Your Own Medicine Bottles

each and every time you come to our office. This is **IMPORTANT** so that we can update your chart.



### Shared Decision Making

#### HIGH BLOOD PRESSURE - "Should I Take Meds?"

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

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



*Always stand up for what is right even if it means standing alone.*

## April is Sexual Assault Awareness Month



This year's Sexual Assault Awareness Month campaign takes a look at when and how to ask for consent — and all the other ways consent shows up in our lives. **Asking for consent is a healthy, normal, and necessary part of everyday interactions.**

**Consent** is about always choosing to respect the personal and emotional boundaries of others. It's important for individuals to think about how their actions might make others feel and ask questions if they don't know. When an individual wants to get close to someone — whether it's someone they're hooking up with for the first time or a partner in a committed relationship — it's important to know how to ask for consent.

**All of us can practice consent in our lives by asking permission before assuming and showing respect for others' choices.**

SOURCE: National Sexual Violence Resource Center – [nsvrc.org/saam](http://nsvrc.org/saam)

## As You Age: A Guide to Aging, Medicines & Alcohol



As we age, the need to take more and different kinds of medications tends to increase. Also, growing older means that our bodies respond differently to alcohol than when we're younger.

### You should be aware that:

- ✓ Some of your medicines won't mix well with other medications, including over-the-counter medications and herbal remedies.
- ✓ Many medications do not mix well with alcohol.
- ✓ Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body.
- ✓ Body circulation may slow down, which can affect how quickly drugs get to the liver and kidneys. In addition, the liver and kidneys may work slower, which can affect how a drug breaks down and is eliminated from the body. Due to these changes, medicine may remain in your body longer and create a greater chance of interaction.

SOURCE: US Food & Drug Administration – [fda.gov](http://fda.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.**

The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice.

**Newsletter Comments and Contributions: Please contact [harveygrossmd@ehmhealth.org](mailto:harveygrossmd@ehmhealth.org)**

# **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

## Salmon or Chicken Kebabs with Creamy Tzatziki Sauce

### Ingredients:

#### Creamy Tzatziki Sauce:

- 1 cup fat-free, plain Greek yogurt
- 3/4 tsp. fresh, or, jarred lemon juice
- 1 tsp. fresh, coarsely chopped dill (or ¼ teaspoon dried )
- 1 tsp. fresh oregano (finely chopped) OR 1/2 tsp. dried oregano
- 1/3 cup cucumber (1/2 cucumber), diced
- 1/4 tsp. honey
- 1/4 tsp. black pepper

#### Salmon or Chicken Kebabs:

- 1 lb. salmon (skinless, cut into 1-inch cubes, all visible fat discarded) OR
- 1 lb. boneless, skinless chicken breast (all visible fat discarded, cut into 1-inch cubes)
- 4 tsp. extra virgin olive oil
- 1/2 tsp. fresh oregano OR 1/4 tsp. dried oregano
- 1 clove fresh garlic (minced) OR 1/2 tsp. jarred, minced garlic
- 1 tsp. fresh or jarred lemon juice (half of a lemon)
- 1/4 tsp. lemon zest
- 1 small bell pepper (any color), cut into 1-inch pieces
- 1 small red onion (cut into 1-inch pieces)
- 2 cup mushrooms (halved)
- 8 wooden skewers
- aluminum foil



### Directions

1. Whisk together 2 teaspoons olive oil, oregano, garlic, lemon juice and zest. Add salmon or chicken and let marinate for about 10 minutes.
2. To make tzatziki sauce, stir together yogurt, lemon juice and zest, dill, oregano, cucumber, honey and pepper.
3. Toss vegetables in remaining olive oil and assemble each skewer with 3 pieces of salmon, alternating between vegetables.
4. Heat grill-pan or sauté pan. Over medium heat, add skewers to pan, cover loosely with foil. You may have to cook in two batches of 4 skewers. Cook 2-3 minutes on each side.
5. Serve immediately with a dollop of tzatziki sauce.

### Quick Tips

**Cooking Tip:** If using wooden skewers be sure to soak the skewers in cold water for about 30 minutes prior to grilling to make sure they don't burn.

**Tip:** Double the chicken and use the left-overs to make Zippy Southwest Chicken Fajita Salad.

**Tip:** Assembling skewers and making tzatziki sauce are safe and fun steps to involve kids in the cooking process.

### Nutrition Facts

<b>Calories</b>	240
<b>Total Fat</b>	10.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	5.0 g
<b>Cholesterol</b>	53 mg
<b>Sodium</b>	112 mg
<b>Total Carbohydrate</b>	7 g
Dietary Fiber	1 g
Sugars	5 g
<b>Protein</b>	30 g

Dietary Exchanges  
3 lean meat, 1 starch