

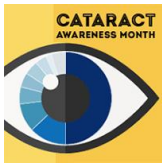


National Men's Health Week | June 10-16

This week is a reminder for men to take steps to be healthier, but they don't have to do it alone! *Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they become a problem.*

Check-Up Checklist: Things to Do Before Your Next Check-Up

- Review your family health history**
Talk with family members about health history, write this information down, and update it from time to time.
- Find out if you are due for any general screenings or vaccinations.** Check with your health care provider to see if it's time for any vaccinations, follow-up exams, or tests.
- Write down a list of issues and questions to take with you**
Review any existing health problems and note any changes - when the change began, how it's different from before, and other observation that might be helpful.
- Consider your future.** Discuss any issues with your provider so that you can make better decisions regarding your health and safety. SOURCE: Centers for Disease Control (CDC)



Cataract Awareness Month

A **cataract** is when the clear lens of your eye is cloudy. Clouded vision caused by cataracts can make it more difficult to read, drive a car — especially at night — or see

the expression on a friend's face. **Symptoms may include:**

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye

Treatment:

During the early stages, the effects of cataracts may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. If these measures do not help, surgery is the only effective treatment. This involves removing the cloudy lens and replacing it with an artificial lens. Many people who need cataract surgery also have other eye conditions, such as age-related macular degeneration or glaucoma. Be sure to talk to your health care provider about how these conditions may be related. SOURCE: Men's Health



Shared Decision Making

Prostate Specific Antigen (PSA)– "Should I Have a PSA Test?" 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 ·



**There's no shame in fear,
my father told me.**

What matters is how we face it.

—GEORGE R.R. MARTIN

Happy Father's Day ♥ Sunday, June 16

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



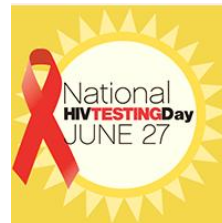
Safety Starts With You

Observed annually in June, **National Safety Month** focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. **One cause of injury is fatigue.**

Signs of fatigue are not always easy to identify. **To avoid fatigue:**

- ✓ Get enough sleep and provide for adequate rest between physically or cognitively demanding activities
- ✓ Talk to your doctor about getting screened for sleeping disorders
- ✓ Align your natural body clock with your work schedule
- ✓ If you work the night shift, try to maintain a consistent sleep schedule even on your days off; consider using blackout curtains
- ✓ Instead of tossing and turning, find out what's keeping you awake.

SOURCE: National Safety Council



National HIV Testing Day | June 27

Help encourage HIV testing on **National HIV Testing Day** and every day to ensure people get tested for HIV, know their status, and get linked to care and treatment services.

HIV stands for **human immunodeficiency virus.**

The only way to know for sure whether you

have HIV is to get tested. **CDC recommends:**

- Everyone ages 13 to 64 should get tested for HIV at least once
- If you're pregnant or planning to get pregnant
- *You should get tested at least once a year if:*
 - ✓ You're a sexually active gay or bisexual man. Some sexually active gay and bisexual men may benefit from more frequent testing
 - ✓ You've had sex with an HIV-positive partner
 - ✓ You've had more than one partner since your last HIV test
 - ✓ You've shared needles or works to inject drugs
 - ✓ You've exchanged sex for drugs or money
 - ✓ You've had sex with anyone who has done anything listed above or with someone whose sexual history you don't know
 - ✓ You have another sexually transmitted disease, hepatitis or tuberculosis

SOURCE: CDC

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 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 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.

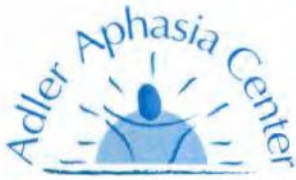
Local Support Group - Miscellaneous

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 or call 800-761-7575 ext. 1515



a•pha•sia (uh-fay'-zhuh) n. A language disorder that impairs the expression and understanding of spoken language, reading, and writing. It occurs most often from a stroke or brain injury. This frustrating condition affects a person's ability to communicate, but does not affect his or her intellect.

Contact: Elissa Goldstein

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FOR IMMEDIATE RELEASE

Maywood

Adler Aphasia Center, a non-profit organization with two full service facilities based in Maywood and West Orange, NJ and eleven Aphasia Communication Groups located throughout the state, is an innovative post-rehabilitative therapeutic program that addresses the long-term needs of people with aphasia and their families. *Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not his or her intellect.* This communication disorder affects 40% of all stroke/brain trauma survivors. The Center is considered the world leader in long-term, post-rehab community-based care for people with aphasia. With 2.5 million people diagnosed with aphasia in the U.S., the Center is the only one of its kind in NJ, an area with an estimated 70,000 people living with aphasia. For more information about the Center's programs and services in Maywood or West Orange, NJ, or for information about the Center's Aphasia Communication Groups in Belvidere, Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Morristown, North Bergen, Scotch Plains and two groups in Toms River, NJ, visit their website at www.adleraphasiacenter.org or call 201.368.8585.

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About Adler Aphasia Center

Adler Aphasia Center, a non-profit organization with two full service facilities based in Maywood and West Orange, NJ, is an innovative post-rehabilitative therapeutic program that addresses the long-term needs of people with aphasia and their families. *Aphasia is a communication disorder caused by a stroke or traumatic brain injury and affects 40% of these survivors.* Adler Aphasia Center is the only center of its kind in NJ, an area with an estimated 70,000 people living with aphasia. It is estimated that 2.4 million people live with aphasia in the US. The Center is considered the world leader in long-term, post-rehab community-based care for people with aphasia. The Center also offers bi-monthly Aphasia Communication Groups in Belvidere, Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Morristown, North Bergen, Scotch Plains and two groups in Toms River, NJ. The Center's programs and activities are facilitated by speech-language pathologists and healthcare professionals who share the primary goals of enhancing the communication skills of its members and providing opportunities for social and peer support, while building members' self-esteem and confidence. Caregiver needs are addressed through weekly caregiver support groups. Training and educational programs are offered to healthcare professionals, consumers, educators, students, speech-language pathologists and others interested in improving the quality of life for those affected by aphasia. The Center is also actively engaged in research efforts that examine the impact of its programs. Founded in 2003 by Elaine and Mike Adler, its mission is simple: to provide help for those living with aphasia and their caregivers and to expand awareness and knowledge of aphasia.

Healthy Recipe

Tuscan-Style Grilled Chicken Kebab

It's the simplest gestures that often mean the most – like preparing this healthy, grilled chicken and vegetable kebabs on **Father's Day – Sunday, June 16**. It features the flavors of sunny Tuscany—lemon, rosemary, garlic, and oregano. Serve them with brown rice studded with sun-dried tomatoes for a rustic and satisfying lunch or dinner.

Servings: 4

Ingredients:

- 1 tsp. grated **lemon zest**
- 2 Tbsp. fresh **lime juice**
- 1 Tbsp. fresh, chopped **rosemary**
- OR 1 tsp. dried **rosemary** (crushed)
- 2 tsp. **olive oil**
- 2 clove fresh **garlic** (minced)
- 1 tsp. dried **oregano** (crumbled)
- 1/4 tsp. crushed **red pepper flakes**
- 1 lb. boneless, skinless, all visible fat discarded **chicken breasts**, cut into 16 cubes
- 16 whole **button or cremini mushrooms** (about 1/2 ounce each), ends trimmed
- 1 medium **green bell pepper**, cut into 16 pieces
- 16 **cherry tomatoes**
- non-stick **Cooking spray**
- 1/2 cup uncooked, instant **brown rice**
- 1 cup fat-free, low-sodium **chicken broth**
- 1/4 cup dry-packed **sun-dried tomatoes**, cut into 1/4-inch cubes



Directions:

1. In a medium nonmetallic bowl, stir together the lemon zest, lemon juice, rosemary, oil, garlic, oregano, and red pepper flakes. Add the chicken, stirring to coat. Cover and refrigerate for at least 15 minutes. The chicken can marinate for up to 8 hours for even more flavor. Turn several times if marinating for more than 30 minutes.
2. Soak eight 8-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Preheat the grill on medium high
3. Drain the chicken and discard the marinade. Alternately thread the chicken, mushrooms, bell pepper, and tomatoes on the skewers. Lightly spray all sides with cooking spray.
4. In a medium saucepan, bring the broth and tomatoes to a boil over high heat. Stir in the rice. Reduce the heat and simmer, covered, for about 10 minutes. Remove from the heat and let stand for about 5 minutes. Fluff with a fork.
5. Meanwhile, grill the kebabs for 2 to 3 minutes on each side (8 to 12 minutes total), or until the chicken is no longer pink in the center and the vegetables are tender. Serve with the rice on the side.

Quick Tips: 2 kebabs (3 ounces chicken and 1/2 cup vegetables) and 1/2 cup brown rice per serving

Nutrition Facts	
Calories	213
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	66 mg
Sodium	16 mg
Total Carbohydrate	16 g
Dietary Fiber	3 g
Sugars	4 g
Protein	31 g

Dietary Exchanges
1/2 starch, 3 very lean meat, 1 vegetable