



This March and throughout the year, during **National Colorectal Cancer Month**, we all can do more to stop this disease.

3 Facts You Should Know:

Fact 1: It can affect anyone.

Colorectal cancer — cancer of the colon or rectum is one of the leading causes of cancer deaths in both men and women, according to the Centers for Disease Control and Prevention (CDC). It usually occurs after age 50. But it may develop earlier in life. Your risk of developing colorectal cancer may be higher than average if: You've had polyps or colorectal cancer before. A close relative has had polyps or colorectal cancer before. You have ulcerative colitis, Crohn's disease, or a genetic condition that predisposes you to polyps or colorectal cancer. Other factors such as weight, activity level, diet, and use of tobacco or alcohol — may increase your risk as well.

Fact 2: It can be stopped before it starts.

Most cancers in the colon and rectum begin as polyps. These are small growths that can turn into cancer. A colonoscopy is a screening test that allows doctors to see the entire colon. During the test, your doctor may be able to remove any polyps he or she finds before they become cancerous. So in this case, a medical test may actually help prevent cancer from developing.

Fact 3: Screening tests save lives.

Preventing colorectal cancer is best — but finding it early matters too. Symptoms may not appear until the disease is more advanced — and harder to treat. That's why screening is so important. When the condition is found in its earliest stages, the chance of being cured is good, according to CDC.

SOURCE: American Cancer Society, U.S. Preventive Services Task Force

REMINDER: Did you schedule your colonoscopy screening?



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.

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.

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>

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

“ A **mistake** that makes you **humble** is **better than** an **achievement** that makes you **arrogant**.

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



National Sleep Awareness Month,

the perfect time to implement healthy sleep habits and think about what you can do to get a good night's rest. Quality sleep is essential for health, but unfortunately for many seniors, it is difficult to attain. The myth that seniors need less sleep than younger adults is untrue;

they simply have more trouble getting the necessary 7 to 9 hours of rest nightly that all adults require to maintain good health.

Seniors tend to have more trouble achieving restful sleep, with less deep sleep, more nighttime trips to the bathroom, and a tendency to wake often during the night.

Seniors also tend to become drowsy earlier in the evening and wake earlier in the morning than younger adults, a change in sleep pattern that many find difficult to manage.

During National Sleep Awareness Month, **focus on not only getting enough sleep, but getting quality sleep.**

If you think lack of sleep is becoming a problem for you, **make sure to speak to your physician about what you can do to get the rest you need to stay healthy & active.**

SOURCE: seniorlifestyle.com



National Nutrition Month®2019 theme

is **"Bite Into a Healthy Lifestyle."**

✓ **Make Smart Choices.**

- Do you know what's really in your food?
- How many calories?
- How many nutrients?

The more you know, the wiser your decisions can be.

If you're shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart.

If you're dining out, look up the menu online.

✓ **Eat and Drink Fewer Calories.**

Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains.

SOURCE: foodandhealth.com

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

Healthy Recipe

Quinoa Chicken Salad with Toasted Walnuts, Grapes and Arugula

The combination of toasted walnuts, sweet grapes, and peppery arugula give this quinoa salad loads of flavor though it only takes minutes to pull together. It's the perfect recipe to turn to for easy entertaining or for a light lunch.

Ingredients

Chicken Ingredients:

- 12 ounces boneless, skinless chicken
- 1 teaspoon Kosher salt
- 1/4 teaspoon peppercorns

Salad Ingredients:

- 5 tablespoons extra virgin olive oil (divided)
- 1 yellow onion, medium, small dice, about 3/4 cup
- 1 1/2 cups uncooked quinoa
- 2 tablespoons fresh, minced thyme leaves
- 2 1/2 cups vegetable broth, low-sodium, chicken broth, or water
- 2 cups grapes (halved)
- 1 cup walnut halves (finely chopped, toasted)
- 4 stalks celery, small dice, about 1 1/2 cups
- 5 tablespoons white balsamic vinegar
- 3 oz. baby arugula, wild



Directions

Chicken Directions

- Fill a medium pot with water then add in the chicken, kosher salt, and peppercorns and bring to a boil over high heat. Reduce heat and simmer for 15 to 20 minutes, or until juices run clear and the chicken is fully cooked through.
- Remove from heat and set aside until the chicken is cool enough to handle. Meanwhile, cook the quinoa. (Chicken can be made up to 4 days ahead of time; store refrigerated in an airtight container until ready to use.)

Salad Directions

- Heat 3 tablespoons of the olive oil in a large frying pan over medium-high heat. Add onion, season with salt and pepper, stir to coat in the oil and cook until translucent, about 3 minutes. Add the quinoa and thyme and cook until the quinoa is toasted and makes a popping noise, about 2 minutes.
- Add the broth, reduce the heat to medium-low, and cook the quinoa (uncovered) until it is al dente (the little tails will come off the end of each grain), about 12 to 15 minutes. Remove quinoa from heat, spread in a thin layer on a rimmed baking sheet and set aside to cool briefly, at least 5 minutes. Meanwhile, shred the chicken. (Quinoa can be made up to 4 days ahead of time; store refrigerated in an airtight container until ready to use.)
- Shred the chicken into bite-sized pieces and toss with the remaining 2 tablespoons olive oil and season with a pinch of salt and some freshly ground black pepper. Once the quinoa is cool, combine quinoa, shredded chicken, grapes, walnuts, celery and vinegar and stir to combine and thoroughly coat. Just before serving, fold in the arugula, taste, adjust seasoning as desired, and serve.

Nutrition Facts	
Calories	360
Total Fat	20.7 g
Saturated Fat	2.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	9.0 g
Monounsaturated Fat	8.3 g
Cholesterol	24 mg
Sodium	340 mg
Total Carbohydrate	30 g
Dietary Fiber	4 g
Sugars	10 g
Protein	15 g

Dietary Exchanges
1 starch, 1/2 fruit, 1 vegetable, 1 1/2 lean meat, 3 fat

This Heart-Check Certified recipe is brought to you by California Walnuts.

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