



Managing Diabetes

Diabetes can affect almost every part of your body. Therefore, you will need to manage your blood glucose levels, also called blood sugar. *Managing your blood glucose, as well as your blood pressure and cholesterol, can help prevent the health problems that can occur when you have diabetes.*

Manage your Diabetes ABCs: **A** for **A1C test**, **B** for **Blood Pressure**, **C** for **Cholesterol**, **S** for **Stop Smoking**

- **Make a diabetes meal plan with help from your health care team.** Following a meal plan will help you manage your blood glucose, blood pressure, and cholesterol.
- **Set a goal to be more physically active.** Try to work up to 30 minutes or more of physical activity on most days of the week.
- **Take your medicines for diabetes and any other health problems,** even when you feel good or have reached your blood glucose, blood pressure, and cholesterol goals.
- **Ask your health care team how often you should check your blood glucose levels.** Make sure to keep a record of your blood glucose self-checks. Take these records with you when you visit your health care team.
- **Talk with your doctor about what vaccines you should get to keep from getting sick,** such as a flu shot and pneumonia shot. Preventing illness is an important part of taking care of your diabetes.

Remember, managing diabetes isn't easy, but it's worth it.

SOURCE: National Institute of Diabetes and Digestive and Kidney Diseases

National Family Caregivers Month

Time to recognize, thank and honor the caregivers in our life!



10 Tips for Family Caregivers:

- 1 Seek support from other caregivers.
- 2 Take care of your own health so that you can be strong enough to take care of your loved one.
- 3 Accept offers of help and suggest specific things people can do to help you.
- 4 Learn how to communicate effectively with doctors.
- 5 Caregiving is hard work so take respite breaks often.
- 6 Watch out for signs of depression and don't delay getting professional help when you need it.
- 7 Be open to new technologies that can help you care for your loved one.
- 8 Organize medical information so it's up to date and easy to find.
- 9 Make sure legal documents are in order.
- 10 Give yourself credit for doing the best you can in one of the toughest jobs there is!

SOURCE: CAREGIVERACTION.ORG

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“ **As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.**

— JOHN F. KENNEDY

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

Be Antibiotics Aware: Smart Use, Best Care



U.S. Antibiotic Awareness Week is an annual observance highlighting the importance of improving antibiotic prescribing and use, also known as antibiotic stewardship.

When antibiotics aren't needed, they won't help you, and the side effects could still cause harm.

Here are Seven Facts You Should Know to Be Antibiotics Aware:

- 1 Antibiotics saves lives. When a patient needs antibiotics, the benefits outweigh the risks of side effects or antibiotic resistance.
- 2 Antibiotics aren't always the answer. Everyone can help improve antibiotic prescribing and use.
- 3 Antibiotics do not work on viruses, such as those that cause colds, flu, bronchitis, or runny noses, even, if the mucus is thick, yellow, or green.
- 4 Antibiotics are only needed for treating infections caused by bacteria, but even some bacterial infections get better without antibiotics, including many sinus infections & some ear infections.
- 5 Antibiotics will not make you feel better if you have a virus. Respiratory viruses usually go away in a week or two without treatment. Ask your healthcare professional about the best way to feel better while your body fights off the virus.
- 6 If you need antibiotics, take them exactly as prescribed. Talk with your doctor if you have any questions about your antibiotics, or if you develop any side effects, especially diarrhea, since that could be a Clostridioides difficile infection (also called C. difficile or C. diff), which needs to be treated.
- 7 Antibiotics are critical tools for treating life-threatening conditions such as pneumonia and sepsis.

SOURCE: CDC.GOV



Shared Decision Making:

Low Back Pain - "Should I have MRI?"

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

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

Slow Cooker Turkey and Black Bean Chili or Vegetarian 3-Bean Chili

Trade in the usual ground beef chili for this ground turkey version. You can skip the turkey all together and go vegetarian—an excellent option for Meatless Mondays.

Servings: 6

Ingredients:

2 lb ground, skinless turkey breast OR
2, 15.5-oz cans no-salt-added red kidney beans AND
2 15.5-oz cans no-salt-added pinto beans, rinsed and drained
2 cans no-salt-added black beans (rinsed, drained)
1/2 tsp crushed red pepper flakes
1 can no-salt-added, diced tomato (undrained)
2 cans no-salt-added tomato sauce
1 cup frozen whole kernel corn
1 Tbsp cumin
1 Tbsp chili powder
2 tsp dried oregano (crumbled)
2 tsp ground coriander
4 medium garlic cloves (minced)



Directions:

- In a large bowl, stir together all the ingredients. Divide the chili between two 1-gallon resealable plastic freezer bags.
- Place the bags flat in the freezer and freeze.

Directions for Cooking

- Thaw the bags overnight in the refrigerator. Pour the contents of the bags into a slow cooker. Cook, covered, on low for 6 to 8 hours, or until the turkey is no longer pink and the beans are tender.

Nutrition Analysis for Vegetarian 3-Bean Chili (per serving)

Calories 483	Poly Fat 0.3 g	Carbohydrates 93 g
Fat 1.0 g	Mono Fat 0.2 g	Dietary Fiber 22 g
Saturated Fat 0.1 g	Cholesterol 0 mg	Total Sugars 23 g
Trans Fatty Acid 0.0 g	Sodium 62 mg	Protein 30 g

Dietary Exchanges: 5 starch, 3 vegetable, 2 lean meat

Nutrition Facts	
Calories	406
Total Fat	2.4 g
Saturated Fat	0.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	0.5 g
Cholesterol	103 mg
Sodium	123 mg
Total Carbohydrate	47 g
Dietary Fiber	11 g
Sugars	16 g
Protein	49 g

Dietary Exchanges

2 starch, 3 vegetable, 5 1/2 lean meat