

# FEBRUARY 2020

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## Healthy Blood Pressure for Healthy Hearts

Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. **Your blood pressure** is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have **high blood pressure**, also known as **hypertension**. High blood pressure doesn't usually cause symptoms, but it can damage your body over time.

♥ If your blood pressure stays higher than 130/80 mmHg for a period of time, it can cause serious health problems such as:

- ♥ Heart disease
- ♥ Kidney disease
- ♥ Stroke
- ♥ Dementia

♥ The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.

♥ If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, disability and premature death.

SOURCE: NHLBI.NIH.GOV

☐ **Talk to your MD about your Blood Pressure reading.**



**World Cancer Day | Feb 4** may remind you of people you know who have been diagnosed with cancer. But **remember, you can do simple things to lower your risk, even if cancer runs**

**in your family or you have had cancer yourself.**

- Protecting your skin from the sun lowers your risk of getting skin cancer, the most common cancer.
- Drinking less alcohol can lower your risk for liver, breast, colon, mouth, and throat cancers.
- Keeping a healthy weight can make you less likely to get breast, colon, and other kinds of cancer.
- Quitting smoking and staying away from tobacco smoke reduce your chance of getting cancer in many places throughout your body—not just your lungs.

**Catching Cancer Early.** Screening tests can find cancer early, when it's easiest to treat. SOURCE: CDC.GOV

### DID YOU KNOW?



**FEB. 4 | Thank A Mail Carrier Day** is a reminder of just how important mail carriers are to our everyday lives.



**FEB. 17 | National Random Acts of Kindness Day** is celebrated by individuals, groups and organizations to encourage acts of kindness.

Q·U·O·T·E·S ··t·o·L·I·V·E·b·y······

“**Kindness** is having the **ability to speak with love, listen with patience & act with compassion.** ♥ RAKtivist

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## Make this Your Healthiest Year Yet

- ☐ **Regular Check-ups:** Schedule an appointment with your health care provider to discuss what screenings and exams you need and when you need them.
- ☐ **B.Y.O.B. [Bring Your Own medicine Bottle]:** It is important that you bring your medicine bottles every time you come in for a visit so that we can update your chart.
- ☐ **Shared Decision Making:** Have High Blood Pressure? Discuss your options with your MD during your visit.
- ☐ **Unused Prescription Medications:** Dispose of your unused or expired medications anonymously in secured drop boxes 7 days/week, 365 days/year via **Project Medicine Drop program 800-242.5846 | <https://www.njconsumeraffairs.gov/meddrop>**

AGE-RELATED  
MACULAR  
DEGENERATION



AWARENESS MONTH

## Age-Related Macular Degeneration (AMD)

is an eye disease that can blur the sharp, central vision you need for activities like reading and driving. “**Age-related**” means that it often happens in older people. “**Macular**” means it affects a part of your eye called the macula.

**AMD is a common condition** — it's a leading cause of vision loss for people age 50 and older. AMD doesn't cause complete blindness, but losing your central vision can make it harder to see faces, drive, or do close-up work like cooking or fixing things around the house. AMD happens very slowly in some people. Even if you have early AMD, you may not experience vision loss for a long time. For other people, AMD progresses faster and can lead to central vision loss in one eye or both eyes.

**Eye doctors can check for AMD as part of a comprehensive dilated eye exam.** The exam is simple and painless — your doctor will give you some eye drops to dilate (widen) your pupil and then check your eyes for AMD and other eye problems. SOURCE: NEI.NIH.GOV

☐ **Ask your MD if you are due for a Comprehensive Dilated Eye Exam.**

## ♥ 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



# 50+ ways to be kind



**BE CONFIDENT** use a reusable grocery bag **HANG CLOTHES TO DRY**  
 read a **BOOK**  **LAUGH OFTEN** bake cookies for a friend  
*bike instead of drive* *plant a tree* send a nice text to an unknown number  
**STAND UP FOR A FRIEND** take some time for yourself **CLEAN YOUR ROOM**  
 switch to paperless mail **SEND A POSTCARD**  **SMILE**  
*carpool to work* **exercise** donate your old clothes to charity  
 bring toys to a children's hospital call your grandparents **SHARE A RECIPE**  
 text an old friend  **high five a stranger** *babysit for free*  
*tell someone you love them* use a travel mug  **ADOPT A SHELTER PET**  
 make a bucket list (~~is~~ start it!) **LOVE YOURSELF** *thank a teacher*   
 put a bird feeder in your yard  write a review for a local business  
 tie scarves around trees **Volunteer**  hug a loved one  
**HIDE A SURPRISE IN YOUR FAVORITE LIBRARY BOOK** congratulate a friend  
**PRACTICE PATIENCE** give socks to a homeless person **DO THE DISHES**  
 start a community garden walk a dog  bring soup to a sick friend  
 compliment someone **OFFER TO HELP WITH YARD WORK** **THANK YOUR BUS DRIVER**  
 deliver flowers to a well-deserving mother **WRITE TO A PENPAL** **BELIEVE IN YOURSELF**  
**PICK UP GARBAGE ON THE STREET** visit a **NURSING HOME** fund an online campaign  
 give a stranger a lottery ticket **DON'T EAT MEAT FOR A DAY**  *be kind to every kind*



**RANDOM ACTS OF KINDNESS**  
FOUNDATION

[randomactsofkindness.org](http://randomactsofkindness.org)

