



VOTERS: Stay Safe. Practice Healthy Behaviors to Protect Yourself and Slow the Spread of COVID-19 When Voting

- ☐ Wash your hands before entering and after leaving the polling location.
- ☐ While in the polling location, use alcohol-based hand sanitizer containing at least 60% alcohol frequently, especially after touching surfaces frequently touched by multiple people, such as door handles or voting machines.
- ☐ Cover coughs and sneezes with a tissue or the inside of your elbow. Throw used tissues in lined trash cans.
- ☐ Wear a mask.
- ☐ Maintain at least 6 feet (about 2 arms' length) of distance from others. It is important to continue social distancing even when you and others are wearing masks.
- ☐ Consider voting alternatives available in your jurisdiction that minimize contact. Check your local election office website for more information.
- ☐ Do not disinfect or wipe down the voting equipment yourself. Electronic voting equipment can be damaged by cleaners and disinfectants.
- ☐ Avoid crowds. Use early voting, if available in your jurisdiction.
- ☐ Vote at off-peak times, such as mid-morning.
- ☐ If driving to the polls and your schedule allows, monitor the voter line from your car and join it when it's shorter.
- ☐ Be prepared. Check your voting location and requirements in advance as they may have changed due to COVID-19.
- ☐ Verify your voter registration information is correct in advance of reporting to the polling location.
- ☐ Contact your local or state election office for additional information for voters with disabilities.
- ☐ Make sure you have all necessary documents to avoid delays at the polling location.
- ☐ If possible, complete any registration forms prior to arriving at the polling location.
- ☐ Where possible, review or complete a sample ballot at home to speed the process of casting your ballot at the polling location.
- ☐ Bring your own black ink pen.
- ☐ Bring a stylus (pen-like device for touchscreen devices) or similar object for use with touchscreen voting machines. Check with poll workers before using the device.

SOURCE: CDC (Centers for Disease Control & Prevention)

We should all do something to right the wrongs that we see and not just complain about them.

— Jacqueline Kennedy Onassis



Practice healthy habits to help slow the spread of COVID-19

- ★ Wear a mask.
- ★ Avoid touching your face.
- ★ Wash your hands for at least 20 seconds.
- ★ Stay at least 6 feet distance from other people.
- ★ Clean and then disinfect frequently used surfaces.
- ★ Stay home if you're sick.

FIGHT FLU



The FLU shot is more important than ever.

Getting a flu shot is a way to help protect you and your family. **Don't wait! Make an appointment to schedule your flu shot today.**

Antibiotics Awareness Week Nov. 18-24, 2020



Combating Antibiotic Resistance

Antibiotics are drugs used for treating infections caused by bacteria. Also known as **antimicrobial drugs**, antibiotics have saved countless lives.

Misuse and overuse of these drugs, however, have contributed to a phenomenon known as **antibiotic resistance**. This resistance develops when potentially harmful bacteria change in a way that reduces or eliminates the effectiveness of antibiotics. When antibiotics don't work, the result can be *longer illnesses, more complicated illnesses, more doctor visits, the use of stronger and more expensive drugs, or more deaths caused by bacterial infections*. **Patients and health care professionals alike can play an important role in combating antibiotic resistance.**

- ★ Patients should not demand antibiotics when a health care professional says the drugs are not needed.
- ★ Health care professionals should prescribe antibiotics only for infections they believe to be caused by bacteria.

Patients Must Follow Directions for Proper Use of Antibiotics:

- ✓ Take the antibiotics as prescribed. It's important to take the medication as prescribed by your doctor, even if you are feeling better.
- ✓ Do not skip doses. Antibiotics are most effective when they are taken as prescribed.
- ✓ Do not save antibiotics. You might think that you can save an antibiotic for the next time you get sick, but an antibiotic is meant for your particular infection at the time. Never take leftover medicine.
- ✓ Do not take antibiotics prescribed for someone else.
- ✓ Talk with your health care professional especially if you are uncertain about when an antibiotic is appropriate or how to take it.
- ✓ Let your health care professional know if you have new or unusual symptoms or side effects.

SOURCE: FDA (U.S. Food & Drug Administration)

★ ★ 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

Everyday Preventive Actions Can Help Fight Germs, Like Flu

FIGHT FLU



CDC Says “Take 3” Actions to Fight Flu.

1. Take time to get a flu vaccine.
2. Take everyday preventive actions that may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.
3. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.

How does flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans for outbreaks of flu or another illness occurs and whether flu vaccinations are offered on site.
- Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child-care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against flu.

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.

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.

Support Groups @ Holy Name Medical Center

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)

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.

Local Support Group - Miscellaneous

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.

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



DIABETES AND YOU: Healthy Eyes Matter!

It is important to take good care of your eyes when you have diabetes. Did you know that diabetes can harm your eyes? The good news is that you can take steps to help keep your eyes healthy. The tips below will get you started.

Tips to Keep Your Eyes Healthy

1. **Get a dilated eye exam at least once a year and share the results with your primary care doctor.**
 - In this exam, you will get eye drops to make your pupils larger. Pupils are the black circles in the middle of your eyes. The drops are painless and help your eye doctor see inside your eyes to look for signs of health problems.
 - A dilated eye exam can help your eye doctor find and treat problems to keep you from losing your vision from diabetes.
 - Your eye doctor may take pictures of your eyes with a tool called retinal photography. This helps to see the retina, which is at the back part of your eyes.
 - Be sure to keep your next eye doctor appointment!
2. **Visit your eye doctor right away if you:**
 - See little black lines or spots that don't go away.
 - See any red spots.
 - See red fog.
 - Have a sudden change in how clearly you see.
 - Take longer than usual to adjust to darkness.



How Can Diabetes Harm Your Eyes?

- Diabetes is the main cause of blindness among people younger than 74 years.
- Serious eye problems happen more often among people with diabetes.
- It is important to find and treat eye problems early to protect your vision.

Where Do I Get a Dilated Eye Exam?

- You should schedule an appointment with an ophthalmologist or an optometrist for your yearly dilated exam. Both of these eye doctors can give you a dilated eye exam and check your eyes.





What Kinds of Eye Diseases Are Common Among People With Diabetes?

- **Retinopathy** causes small blood vessels in the retina (at the back of the eye) to get weak and possibly leak blood. This disease can cause blindness if it is not treated. There are no symptoms when this disease starts, so it is important to get your eyes checked regularly.
- **Cataract** causes a “clouding” of the lens of the eye that makes vision blurry. People with diabetes are more likely to get cataracts.
- **Glaucoma** causes pressure in the eye. If it is not treated, glaucoma can cause vision loss or blindness.



To-do List for Healthy Eyes

- ☐ Get a dilated eye exam from your eye doctor at least once a year.
- ☐ Keep your next eye doctor appointment.
- ☐ Keep track of and tell your eye doctor about any changes in how you see.
- ☐ Talk with your eye doctor about the best ways to keep your eyes healthy.
- ☐ Ask your eye doctor to send your test results to your other doctors after every visit.
- ☐ Keep your blood sugar at a healthy level.

Manage Your ABCs!

Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol—also known as the **ABCs** of diabetes. Teach your family about your diabetes and the **ABCs** so they can help you, too.

- **A1c:** The goal set for many people is less than 7% for this blood test, but your doctor might set different goals for you.
- **Bloodpressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but your doctor might set different goals for you.
- **Cholesterol:** LDL or “bad” cholesterol builds up and clogs your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. Ask what your cholesterol numbers should be.
- **Don’t smoke:** Call 1-800-QUIT-NOW (1-800-784-8669) for support.

National Diabetes Education Program

For more information, call 1-800-CDC-INFO (800-232-4636)

or TTY 1-888-232-6348 or visit www.cdc.gov/info.

To order resources, visit www.cdc.gov/diabetes/ndep.

