

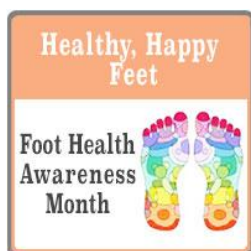


COVID-19 Vaccination

Help stop the pandemic by getting vaccinated.

COVID-19 vaccination will be an important tool to help stop the pandemic. COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 just after vaccination. This is because the vaccine has not had enough time to provide protection.

- ✓ **Wearing masks, social distancing, avoiding crowds, avoiding poorly ventilated space, and washing hands often** help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. *Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.*
- ✓ **The combination of getting vaccinated and following CDC's recommendations** to protect yourself and others will offer the best protection from COVID-19.
- ✓ **Stopping a pandemic requires using all the tools we have available.** *Even after vaccination, take steps to protect yourself and others from COVID-19.* SOURCE/IMAGES: CDC.GOV



The Health of Your Feet

Your feet are pretty small, considering they have to support the entire height and weight of your body. But they can cause big problems. So pay some attention to your feet.

Foot Health Tips:

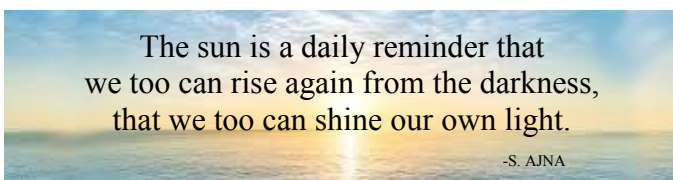
- Use appropriate, well-fitting footwear.
- Wear clean socks.
- Keep your feet clean.
- Exercise your feet.
- If you're overweight, try to lose weight.
- Avoid standing long hours.
- When exercising or playing in sports, build up gradually.
- If you have diabetes, examine your feet regularly for problems like cuts, bruises, blisters, sores or swelling.

SOURCE: National Institutes of Health (NIH) Newsletter: Sound Footing



Got Drugs? Dispose Unused Rx
April 27 • National Drug Take Back Day

KEEP THEM SAFE. CLEAN THEM OUT. TAKE THEM BACK.



The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our own light.

-S. AJNA



When we all wear masks, we protect each other.



Harmful Interactions: Alcohol and Medicines

Alcohol, like some medicines, can make you sleepy, drowsy, or lightheaded. Drinking alcohol while taking medicines can intensify these effects. Combining alcohol with some medicines can lead to falls and serious injuries, especially among older people.

- ✓ **Medicines May Have Many Ingredients:** Ask your pharmacist if you have any questions about how alcohol might interact with a drug you are taking.
- ✓ **Some Medicines Contain Alcohol:** Certain medicines contain up to 1 percent alcohol. Cough syrup and laxatives may have some of the highest alcohol concentrations.
- ✓ **Alcohol Affects Women Differently:** Because alcohol mixes with body water, a given amount of alcohol is more concentrated in a woman's body than in a man's. As a result, women are more susceptible to alcohol-related damage to organs such as the liver.
- ✓ **Older People Face Greater Risk:** Aging slows the body's ability to break-down alcohol, so alcohol remains in a person's system longer.
- ✓ **Timing is Important:** Alcohol and medicines can interact harmfully even if they are not taken at the same time.

Remember: Protect yourself by avoiding alcohol if you are taking a medication and don't know its effect. To learn more about a medicine and whether it will interact with alcohol, talk to your pharmacist or other health care provider. SOURCE: National Institute on Alcohol Abuse & Alcoholism



SUN ■ April 4
Easter



THURS ■ April 22
Earth Day

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.**



HOW TO PROPERLY DISPOSE OF YOUR UNUSED MEDICINES

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. Proper disposal of unused drugs saves lives and protects the environment.

Drug Disposal Guidelines

If no disposal instructions are given on the prescription drug labeling and no prescription drug take-back program is available in your area, then follow these simple steps to throw the drugs in the household trash:

1. Remove the medicine from its original container and mix it with an undesirable substance, such as used coffee grounds or kitty litter.
2. Place the mixture in a sealable bag, empty bag, or other container to prevent medicine from leaking or breaking out of a garbage bag.

Visit the Drug Enforcement Administration's (DEA) website (www.deatakeback.com) or call (800) 882-9539 for more information and to find an authorized collection in your community. The site also provides valuable information about DEA's National Take-Back Initiative.

Resources

For more information on preventing prescription drug misuse, go to the following websites:

- www.dea.gov
- www.getsmartaboutdrugs.com
- www.justthinktwice.com
- www.campusdrugprevention.gov

For more information on the safe disposal of pharmaceuticals, go to the following websites:

Environmental Protection Agency

- [How to Dispose of Medicines Properly](http://go.usa.gov/xNwXc)
go.usa.gov/xNwXc

Food and Drug Administration

- [Disposal of Unused Medicines: What You Should Know](http://go.usa.gov/xNw9z)
go.usa.gov/xNw9z
- [How to Dispose of Unused Medicines](http://go.usa.gov/xNw9S)
go.usa.gov/xNw9S



Additional Tips

- Scratch out all identifying information on the prescription drug to make it unreadable. This will help to protect your identity and the privacy of your personal health information.
- You must not share your prescription drugs – they were prescribed to you.

Can I Flush Medicine Down the Sink or Toilet?

If the abovementioned disposal options are not readily available, one option is to flush the medicines down the sink or toilet as soon as they are no longer needed. Some communities may prohibit this practice out of concern over the trace levels of drug residues found in rivers, lakes, and community drinking water supplies.

Do not flush medicines down the sink or toilet unless the prescription drug labeling or patient information that accompanied the medicine specifically instructs you to do so. Please also ensure you are compliant with your community's laws and regulations prior to taking such action.

Cyberbullying

A QUICK-GUIDE FOR PARENTS

ConnectSafely



➔ What is cyberbullying, anyway?

For the most part, cyberbullying is bullying, only it happens on phones and other connected devices. Most experts agree that it involves repeated harassment and some type of power imbalance – and, when young people are involved, it usually has something to do with what’s happening with peers at school. It’s important to remember that not every mean comment or unpleasant interaction rises to the level of bullying.

How likely is it? ⬅

Centers for Disease Control reports that 15% of high school students were electronically bullied in 2017. Cyberbullying Research Center estimates about 25% of all teens experience cyberbullying. Either way, it's too many, but it's important to note that most teens don't bully others. We point this out not to minimize a serious problem, but to emphasize that bullying is not a norm. Kindness, not cruelty, is the norm.



➔ What are the signs?

Often there are no signs, but you might notice that your child has difficulty sleeping, a change in online habits (such as checking social media constantly), declining grades, not wanting to go to school, feelings of helplessness or decreased self-esteem. In the case of physical bullying, there could be broken or missing items or injuries.

What do I do if my child is cyberbullied? ⬅

If your child does experience cyberbullying, as a target or a bystander, supportive parenting can go a long way toward minimizing the impact. It's usually best for your child to not react or retaliate, but to block the person who is bullying and save the evidence in case it's needed. But the most important thing to do is talk with your kids about what's going on, help them think through what happened, how they feel about it, and what they're going to do about it. It's important to involve your child in the process, not just take over yourself. (Continued on reverse.)



It's good if your child asks for help.

Children who are bullied don't always tell their parents so if your kids do, that's a good thing. Your first task is to listen – find out not only what happened but how your child feels about it and is dealing with it. Never panic or retaliate. Gather the facts and assure your child that you're there for support.

Work with your child.

There are two reasons why you'll want to keep your child involved. Bullying and cyberbullying usually involve a loss of dignity or control over a social situation – involving your child in finding solutions helps him or her regain that.

Respond thoughtfully, not fast.

What parents don't always know is that they can make things worse for their kids if they act rashly. A lot of cyberbullying involves somebody getting marginalized (put down and excluded), which people who bully may think increases their power or status. If you respond publicly or if your child's peers find out about even a discreet meeting with school authorities, the marginalization can get worse, which is why any response needs to be well thought out.

Remember the ultimate goal is restored self-respect.

What your child needs most is to regain a sense of dignity. Sometimes that means standing up to the bully, sometimes not. Together, you and your child can figure out how to get there. It's about healing your child more than punishing those who bully.

The power of resilience.

One positive outcome we don't think about (or hear in the news) enough is resilience. We know the human race will never completely eradicate meanness or cruelty, and we also know that bullying is not, as heard in past generations, "normal" or a rite of passage. We need to keep working to eradicate it. But when it does happen and we overcome it – our resilience grows. Resilience isn't something that can be "downloaded" or taught. We grow it through exposure to challenges and figuring out how to deal with them. So sometimes it's important to give our kids space to do that and let them know we have their back.

What if my child cyberbullies others?

Get them to stop the bullying but try not to overreact. Talk with your child, get all the facts and consider probing further in their devices and accounts. Look for underlying issues and problems that might be affecting your child. Even though your child may be engaged in bullying, she is not "a bully."

Education, communication and caring – not labels – are the best ways to help her improve.

95%

Of teens aged 13-17 have access to a smartphone.

*Pew Research Center

15%

Of high school students experience electronic bullying.

*Centers for Disease Control

45%

Of teens say they are online near-constantly.

*Pew Research Center

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