

Having "The Talk" About Driving



Older adults can take steps to stay safer on the roads. Talking with an older person about his or her driving is often difficult. *Here are some things that might help when having the talk:*

- ✓ **Be Prepared:** Learn about local services to help someone who can no longer drive. Identify the person's transportation needs.
- ✓ **Avoid Confrontation:** Use "I" messages rather than "You" messages. For example, say, "I am concerned about your safety when you are driving," rather than, "You're no longer a safe driver."
- ✓ **Stick to the Issue:** Discuss the driver's skills, not age.
- ✓ **Focus on Safety and Maintaining Independence:** Be clear that the goal is for the older driver to continue the activities he or she currently enjoys while staying safe. Offer to help the person stay independent. For example, you might say, "I'll help you figure out how to get where you want to go if driving isn't possible."
- ✓ **Be Positive and Supportive:** Recognize the importance of a driver's license to the older person. Understand that he or she may become defensive, angry, hurt, or withdrawn. You might say, "I understand that this may be upsetting" or "We'll work together to find a solution."

SOURCE: NIA.NIH.GOV (National Institutes on Aging | National Institute of Health)



World AIDS Day

Observed each year on **December 1st**, is an **opportunity for people worldwide to unite in the fight against HIV**, show their support for people with HIV, and remember those who have died from an HIV-related illness.



Your Brain Health: A Well-Aged Mind

Good overall health can help you maintain your brain health. These tips can help you stay active and healthier physically and mentally:

- ☐ Choose healthy foods whenever possible
- ☐ Drink enough fluid
- ☐ Limit your use of alcohol
- ☐ Don't smoke or use tobacco products
- ☐ Get enough sleep
- ☐ Make physical activity part of your routine
- ☐ Keep your mind active with learning, teaching, and volunteering
- ☐ Stay connected with loved ones, friends, and your community
- ☐ Manage chronic health problems like diabetes, high blood pressure, and high cholesterol

SOURCE: Newsinhealth | NIH.GOV (National Institute of Health)



Key Things to Know About COVID-19 Vaccines

- ✓ COVID-19 vaccines are effective at helping protect against severe disease and death from variants of the virus that causes COVID-19 currently circulating, including the Delta variant.
- ✓ If you are fully vaccinated you can resume many activities that you did before the pandemic, but you should wear a mask indoors in public if you are in an area of substantial or high transmission to maximize protection from the Delta variant and possibly spreading it to others.
- ✓ You may have side effects after vaccination. These are normal and should go away in a few days.

Alcohol's Effects on the Health of Older Adults



Older adults can experience a variety of problems from drinking alcohol, especially those who:

- Take certain medications
- Have health problems
- Drink heavily

There are special considerations facing older adults who drink, including:

- **Increased Sensitivity to Alcohol:** Aging can lower the body's tolerance for alcohol. This puts older adults at higher risks for falls, car crashes, and other unintentional injuries that may result from drinking.
- **Increased Health Problems:** Certain health problems are common in older adults. Heavy drinking can make these problems worse, including: Diabetes, High blood pressure, Congestive heart failure, Liver problems, Osteoporosis, Memory problems, Mood disorders.
- **Bad Interactions with Medications:** Many prescription and over-the-counter medications, as well as herbal remedies can be dangerous or even deadly when mixed with alcohol.
- ✓ If you have a health problem or take certain medications, you may need to drink less or not at all because of the reasons described above. SOURCE: NIAAA.NIH.GOV | National Institute on Alcohol Abuse and Alcoholism



GIFTS ARE NOT A SUBSTITUTE FOR CARING.

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.**

ENJOY HOLIDAY TRADITIONS AND PROTECT YOUR LOVED ONES | COVID-19 |

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/this-holiday-season.pdf>

The best way to keep your family and friends safe is to get vaccinated.



Avoid crowded, poorly ventilated spaces.



Delay travel until you are fully vaccinated.



Wear a mask in public indoor settings if you are not fully vaccinated, have a weakened immune system, are in an area of high transmission.



If you are sick or have symptoms, don't host or attend gatherings.



www.cdc.gov/coronavirus

CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS

Buffet Table Tips for People with Diabetes



Barbecues, picnics, potlucks, and family reunions are gatherings to enjoy and treasure. But if you have diabetes, these events can pose special challenges. How can you stick with your meal plan, yet join in the celebration and have some fun? You can do it! If you choose wisely and watch how much you eat, you can have a delicious meal and feel good, too. So, grab your plate and head for the buffet table.

WHEN YOU GO



menu

- **Plan ahead.** Before you go, think about the foods that might be served. Decide which foods will help keep your blood sugar under control and which foods you want to avoid.
- **Check out all that's offered on the buffet.** Before you serve yourself, look at all the options first, then choose one or two favorite treats along with healthier items to round out your meal.
- **Watch your portions.** Many of your favorite foods may have a lot of fat, sugar, or salt. Take very small portions of deep-fried foods, fatty foods like bacon or pork, cheesy foods, and desserts.
- **Come prepared.** If possible, bring a low-fat main dish so you'll have something healthy to eat. Let people know what ingredients you used. This will be helpful for your friends and family members who are also trying to watch what they eat.
- **Focus on family and friends, instead of the food.** One trip to the buffet table may be enough if you make enjoying the company of your loved ones the focus of the day.



VEGETABLE TIPS

- **Fill half of a 10-inch plate** (the size of a regular dinner or paper plate) **with colorful, non-starchy vegetables**, such as broccoli, bell peppers, green beans, carrots, cabbage, eggplant, and spinach.
- **Choose fresh or steamed vegetables that are light on salad dressing, cheese, or cream.** If you can, make your own dressing for salads with a little olive oil and vinegar.
- **Watch out for vegetable dishes loaded with butter and cheese**, like casseroles and vegetables with sauce.
- **Take just a taste of vegetable dishes cooked with fats** like lard or high-fat meats such as ham hocks or pork belly.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

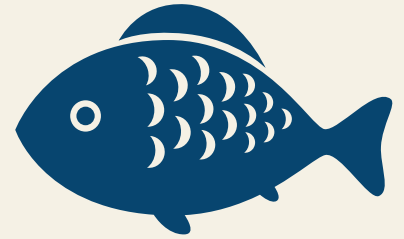
GRAINS AND STARCHES

- Take only as much grain or starchy vegetables, such as rice, bread, potatoes, or green peas, to **fill ¼ of your plate**.
- **Choose high-fiber grains** like steamed rice (brown rice is better) and whole-grain breads like whole wheat and cornbread.
- **Avoid using butter or margarine** on bread, rice, and other grains and starches.
- **Take small portions or avoid starches with heavy sauces** like macaroni and cheese and potato salad.



PROTEIN TIPS

- **Take 2-3 ounces of protein**, such as chicken or other lean meat, fish, or bean dishes (like three bean salad), to fill ¼ of your plate.
- **Pick dishes with baked or grilled lean meat** (like chicken without the skin or beef with the fat cut off), **fish, game, or shrimp**.
- **Try turkey burgers**. Top off your burgers and sandwiches with fresh veggies and mustard rather than mayonnaise and cheese.
- **Take just a taste of meats that are breaded**, fried, or cooked with a lot of fat or heavy sauces, like fried chicken or chicken fried steak.
- **Choose protein-rich bean dishes**. Baked beans and black-eyed peas are good choices. But take only small amounts of bean dishes cooked with added sugar and fat.



SWEET TIPS

- **Choose fresh fruits**, such as pears, apples, strawberries, or melons, or a fruit salad without sugar or whipped cream added. Fruit is an excellent source of fiber, vitamins, and minerals.
- **Have small servings of foods that are high in sugar and fat**, like cookies, cake, cobblers, or pies. Or skip the sweets altogether.



DRINK TIPS

- **Drink water, unsweetened coffee or tea, or other sugar-free beverages**.
- **If you drink alcoholic beverages**, have no more than one drink a day if you're a woman and no more than two drinks a day if you're a man.
- **Always eat food when drinking alcohol**, and never drink on an empty stomach.



National Diabetes Education Program
For more information call 1-800 CDC-INFO (800-232-4636).
TTY 1-(888) 232-6348 or visit www.cdc.gov/info.
To order resources, visit www.cdc.gov/diabetes/ndep.



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 help 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 older people, young children, people with certain chronic health conditions, and pregnant people.

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 their own mouth, nose, or possibly eyes. Many other viruses spread the same way. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5 to 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 to 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 fever is gone except to get medical care or for other necessities. 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 and whether flu vaccinations are offered on site.
- Routinely clean and disinfect 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 if your child's school, child childcare program, or college has an outbreak of flu or another illness and whether flu vaccinations are offered on-site.
- Make sure your child's school, childcare program, or college routinely cleans and disinfects 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.
- 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.

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

HIV 101

Without treatment, HIV (human immunodeficiency virus) can make a person very sick and even cause death. Learning the basics about HIV can keep you healthy and prevent transmission.

HIV CAN BE TRANSMITTED BY



Sexual Contact



Sharing Needles
to Inject Drugs



Mother to Baby During
Pregnancy, Birth, or Breastfeeding

HIV IS NOT TRANSMITTED BY



Air or Water



Saliva, Sweat, Tears, or
Closed-Mouth Kissing



Insects or Pets



Sharing Toilets,
Food, or Drinks

Protect Yourself From HIV

- Get tested at least once or more often if you are at risk.
- Use condoms the right way every time you have anal or vaginal sex.
- Choose activities with little to no risk like oral sex.
- Limit your number of sex partners.
- Don't inject drugs, or if you do, don't share needles or works.



- If you are at very high risk for HIV, ask your health care provider if pre-exposure prophylaxis (PrEP) is right for you.
- If you think you've been exposed to HIV within the last 3 days, ask a health care provider about post-exposure prophylaxis (PEP) right away. PEP can prevent HIV, but it must be started within 72 hours.
- Get tested and treated for other STDs.



– Keep Yourself Healthy And Protect Others If You Are Living With HIV –

- Find HIV care. It can keep you healthy and help reduce the risk of transmitting HIV to others.
- Take your HIV medicine as prescribed.
- Stay in HIV care.



- Tell your sex or drug-using partners that you are living with HIV. Use condoms the right way every time you have sex, and talk to your partners about PrEP.
- Get tested and treated for other STDs.



For more information please visit www.cdc.gov/hiv

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of HIV/AIDS Prevention



Support Groups @ Englewood Hospital

Englewood Hospital Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at

<https://www.inglewoodhealth.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