

## UV Safety

The sun emits *two types of Ultra-violet (UV) radiation* and both types can damage your eyes and skin.

☀ **UV-B rays** have short wavelengths that reach the outer layer of your skin.

☀ **UV-A rays** have longer wavelengths that can penetrate the middle layer of your skin.

**How to Choose and Use a Sunscreen: Choose a Sunscreen that is—**

- ✓ Broad Spectrum - protects against both UV-A and UV-B rays
- ✓ SPF (sun protection factor) of 15 or higher
  - SPF 15 filters out over 90% of the sun's harmful UV-B rays
  - SPF 30 filters out over 96% of the sun's harmful UV-B rays
  - SPF 45 filters out over 98% of the sun's harmful UV-B rays
- ✓ Waterproof if you will be sweating or swimming
- ✓ Made specifically for use on your face to avoid the sunscreen 'running' into your eyes and burning
- ✓ PABA (para-aminobenzoic acid) free if you are sensitive to that chemical
- ✓ Water-based if you have acne or oily skin

### Other Tips—

- ✓ **Not all sunscreens have the same ingredients** – If your skin reacts badly to the one you are using, try one with different chemicals.
- ✓ **Be aware of the expiration date.** Over time sunscreen may lose its effectiveness.
- ✓ **A more expensive brand is not necessarily more effective** than a less expensive brand.
- ✓ **Shake well before use.** This will help to mix sunscreen that may have clumped up in the container.
- ✓ **Use enough.** Apply thickly and evenly. Use about 1 oz. or a handful to cover your entire body
- ✓ **Apply to all parts of your skin** that will be exposed to the sun.

**Remember: No sunscreen offers 100% protection.**

Use sunscreen and practice sun safety for the best protection.

SOURCE: U.S. Department of Veterans Affairs



## Hepatitis C

**Hepatitis C** is a liver infection caused by the hepatitis C virus (HCV). It is spread through contact with blood from an infected person.

Today, most people become infected with the hepatitis C virus by sharing needles or other equipment used to prepare and inject drugs. For some people, hepatitis C is a short-term illness, but for more than half of people who become infected with the hepatitis C virus, it becomes a long-term, chronic infection. Chronic hepatitis C can result in serious, even life-threatening health problems like cirrhosis and liver cancer.

**CDC recommends all adults get tested for hepatitis C.**

- ✓ *Getting tested for hepatitis C is important, because treatments can cure most people with hepatitis C in 8 to 12 weeks.*
- ✓ *Treatments are available that can cure hepatitis C.*

SOURCE: CDC.GOV/HEPATITIS



## It starts with YOU. Get Vaccinated.

People who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.



## COVID-19 Vaccines Work What You Need to Know

- Vaccines currently approved for use in the United States are effective at preventing COVID-19.
- COVID-19 vaccination is an important tool to help stop the pandemic.
- COVID-19 vaccines help protect people

who are vaccinated from getting sick or severely ill with COVID-19 and may also help protect people around them.

- CDC recommends you get a COVID-19 vaccine as soon as one is available to you.

SOURCE: CDC.GOV/CORONAVIRUS

## Mental Health & Crisis: Social Support Services

**If you are in crisis, get immediate help.**

■ Call 911	
■ National Suicide Prevention Lifeline	1-800-273-TALK (8255)
■ National Domestic Violence Hotline	1-800-799-7233
■ National Child Abuse Hotline	1-800-422-4453
■ National Sexual Assault Hotline	1-800-656-HOPE (4673)
■ Veteran's Crisis Line	1-800-273-TALK (8255)
■ Disaster Distress Helpline	1-800-985-5990
■ The Eldercare Locator	1-800-677-1116

SOURCE: CDC.GOV/CORONAVIRUS



## 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.**

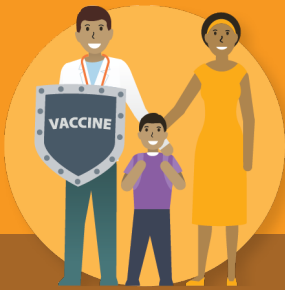
# Get a COVID-19 vaccine



**It's SAFE!**

**\$0.00**

**It's FREE!**



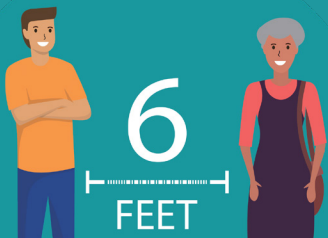
**It will help PROTECT  
you and your family!**



**You might get side effects.  
But you should FEEL BETTER  
in a few days.**



**Get the FIRST  
vaccine you can!**



**Keep taking basic prevention steps  
when recommended.**



# RULES of the GAME

## for Food Safety



### Keep it clean

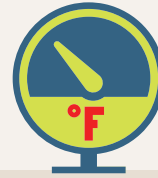
Before you eat or handle food, wash your hands, food prep tools and surfaces.



### Cook to the right temperature

Use a food thermometer to check that foods are cooked to the right temperature:

**165°F** for chicken and  
**160°F** for ground beef.

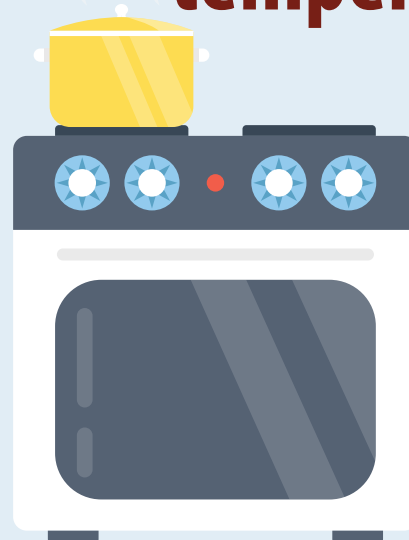


### Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.



### Serve at the right temperature



Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

# FAMILY

Nearly 5 million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.



## PROTECT YOUR FAMILY FROM SKIN CANCER



Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer.



Damage from exposure to UV rays builds up over time, so sun protection should start at an early age.

## PROTECT YOUR FAMILY AND YOURSELF FROM SKIN CANCER

### STAY SUN SAFE OUTDOORS



Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.



Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.



Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.



Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.



Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.



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

## LIMIT UV EXPOSURE

### Discourage Indoor Tanning and Sunbathing

Indoor tanning and sunbathing often begin in the teen years and continue into adulthood. Don't wait to teach your children about the dangers of tanning. Children may be more receptive than teens, so start the conversation early, before they start sunbathing or indoor tanning.

For example, you can

- Help preteens and teens understand the dangers of tanning so they can make healthy choices.
- Talk about avoiding tanning, especially before special events like homecoming, prom, or spring break.
- Discourage tanning, even if it's just before one event like prom. UV exposure adds up over time. Every time you tan, you increase your risk of getting skin cancer.



### UV rays are strongest

- During midday.
- Near the equator.
- During summer months.
- At high altitudes.



Remember that sunburns and skin damage can occur even on cloudy or overcast days. If you're unsure about the sun's intensity in your area, check the daily [UV Index](#) for your zip code on the US Environmental Protection Agency's website.

## INDOOR TANNING

- Exposes users to intense levels of UV rays, a known cause of cancer.
- Does not offer protection against future sunburns. A "base tan" is actually a sign of skin damage.
- Can spread germs that can cause serious skin infections.
- Can lead to serious injury. Indoor tanning accidents and burns send more than 3,000 people to the emergency room each year.

The US Food and Drug Administration states that indoor tanning should not be used by anyone younger than age 18. Many states [restrict the use of indoor tanning by minors](#).

*There's no such thing as a safe tan.*

### Choose Sun-Safety Strategies that Work

Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn't be your only defense against the sun. For the **best protection**, use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.



FOR MORE INFORMATION, VISIT CDC'S [SUN SAFETY WEBSITE](#).

# **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](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.

## **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](http://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](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515