

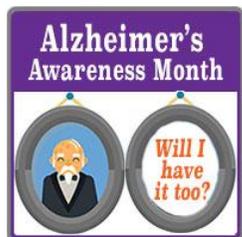


Health Tips for Older Men

- ✓ **See your healthcare provider regularly:** Even if you feel perfectly healthy, you should see your provider at least once a year for a checkup.
- ✓ **Call or see your healthcare provider when you're feeling sick.** Prompt

medical care can make a big difference.

- ✓ **Take medications, vitamins & supplements only as directed.**
- ✓ **When you visit your provider, bring either all of the medications you take, or a complete list** of these that notes the doses you take and how often you take them.
- ✓ **Get your shots!** Check with your healthcare provider to make sure you're getting:
 - ✳ **A flu shot:** every year in September or October before the flu season start
 - ✳ **Shingles (herpes zoster) vaccine:** once when 60 or older
 - ✳ **Combination tetanus/diphtheria booster shot:** every 10 yrs
 - ✳ **Pneumonia vaccination:** once after age 65 (your healthcare provider may suggest that you also get "booster" shots every 6 or 7 years).
- ✓ **Use sunscreen:** Aging skin is more susceptible to sun damage, which increases risks of skin cancer.
- ✓ **Lower your risk of falls and fractures:** Talk to your healthcare provider about how much Vitamin D you need.
- ✓ **Don't smoke; quit if you do:** Tell your healthcare provider if you smoke; he or she can help you stop.
- ✓ **Eat right:** In later life, you still need to eat healthy foods, though you need fewer calories.
- ✓ **Exercise your brain:** Regular exercise is important for good health, no matter how old you are.
- ✓ **Drink only in moderation:** Check with your healthcare provider to make sure that drinking alcohol is alright for you.
- ✓ **Spend time with others:** Spending time and doing things with other people, of all ages, can help you mentally, physically, and emotionally fit. SOURCE: HEALTH IN AGING FOUNDATION



Alzheimer's Awareness

If a family member has Alzheimer's Disease will I have it, too?

A family history of Alzheimer's does not mean for sure that you'll have it. But, it may mean you are more likely to develop it.

- **Genes are passed down** from a person's birth parents.
- Your chance of developing the disease **may be higher if you have certain genes.**
- Early-Onset: **30-60 years** | Late-Onset: **Mid-60s and older**
- **Know your risk.** Learn about your family health history to discover patterns of disease and risk factors in your family. This information can help you know if you should see a doctor or join a clinical trial or study. SOURCE: NIH | National Institute on Aging

♥ HAPPY FATHER'S DAY ♥
Remembering and honoring all fathers and father figures.

COVID-19 Vaccination: Vaccines are Safe and Effective



- ✓ Everyone 16 years of age and older is now eligible to get a COVID-19 vaccination.
- ✓ People who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.



Don't Lose Sight of Cataract

What is Cataract? When the lens of your eye gets cloudy, it is called a cataract. It can cause vision loss in one or both eyes.

What Can You Do to Protect Your Vision and Delay Cataract?

- Wear sunglasses and a hat with a brim to block ultraviolet rays from the sun.
- Stop smoking and eat more leafy green vegetables, fruits, and foods with a lot of antioxidants.
- If you are age 60 or older, you should have a comprehensive dilated eye exam at least once a year.

In addition to **cataract**, your eye care professional can **check for signs of other age-related eye problems** such as **glaucoma** and **age-related macular degeneration**. **Early treatment for these other eye diseases may save your vision.** SOURCE: NATIONAL EYE INSTITUTE



What is Aphasia?

Aphasia is a language disorder that affects the ability to communicate. It's most often caused by injury to parts of the brain that control speech and language resulting from a stroke. SOURCE: APHASIA.ORG

“WE NEED TO TRY TO DO THE RIGHT THING EVERYTIME, TO PERFORM AT OUR BEST, BECAUSE WE NEVER KNOW WHAT MOMENT IN OUR LIVES WE'LL BE JUDGED ON.”

-Chesley "Sully" Sullenberger, Pilot

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

Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

| | Unvaccinated People | Examples of Activities | Fully Vaccinated People |
|------------|---|---|---|
| | | Outdoor | |
| Safest |  | Walk, run, wheelchair roll, or bike outdoors with members of your household |  |
| |  | Attend a small, outdoor gathering with fully vaccinated family and friends |  |
| |  | Attend a small, outdoor gathering with fully vaccinated and unvaccinated people |  |
| Less Safe |  | Dine at an outdoor restaurant with friends from multiple households |  |
| Least Safe |  | Attend a crowded, outdoor event, like a live performance, parade, or sports event |  |
| | | Indoor | |
| Less Safe |  | Visit a barber or hair salon |  |
| |  | Go to an uncrowded, indoor shopping center or museum |  |
| |  | Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households |  |
| Least Safe |  | Go to an indoor movie theater |  |
| |  | Attend a full-capacity worship service |  |
| |  | Sing in an indoor chorus |  |
| |  | Eat at an indoor restaurant or bar |  |
| |  | Participate in an indoor, high intensity exercise class |  |

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cheat Sheet for Men's Cancer Screenings and Good Health

CDC supports screening for colorectal (colon) and lung cancers as recommended by the U.S. Preventive Services Task Force. This "cheat sheet" lists the different types of cancer screenings that are available to men. But remember, there's more to your health than just cancer screenings.

Yearly exams give you the opportunity to talk to your doctor about your family health history, and ask about tests you may need for other diseases or conditions such as diabetes, high blood pressure, or cholesterol.



Colorectal (colon) cancer

Screening Method

Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT)

When to Get Screened*

If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.

Prostate cancer

Screening Method

Digital rectal exam (DRE) and prostate specific antigen (PSA) test

When to Get Screened*

Talk to your doctor. The USPSTF recommends against PSA screening for men who do not have symptoms.



Lung cancer

Screening Method

Low-dose CT scan

When to Get Screened*

If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan every year.

Skin cancer

Screening Method

Periodic total-body examinations by a clinician

When to Get Screened*

Talk to your doctor. The USPSTF has concluded that there is not enough evidence to recommend for or against routine skin cancer screening.

*Talk with your doctor about when and how often you should be screened. Depending on your personal health history, family health history, or screening results, your doctor may recommend a different screening schedule.

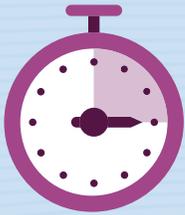
More Information

- Cancer Screening Tests www.cdc.gov/cancer/dcpc/prevention/screening.htm
- Blog post: Overwhelmed by Too Many Health Tips? <http://blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet/>



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

Health Benefits of Physical Activity for Adults



IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep

Improves sleep quality



Less Anxiety

Reduces feelings of anxiety



Blood Pressure

Reduces blood pressure



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.



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