



What are "Routine Vaccines"?

Routine vaccines are those recommended for everyone in the United States, depending on age and vaccine history. Most people think of these as childhood vaccines that you get before starting school, but there are also routine vaccines for adolescents and adults.

Why are routine vaccines important for travelers?

Because most U.S. children get routine vaccines, many vaccine-preventable diseases, such as measles, mumps, or chickenpox, are not common in the United States. If you are not vaccinated, international travel increases your chances of getting and spreading diseases that are not common in the United States. Popular destinations, including Europe, still have outbreaks of measles and other vaccine-preventable diseases.

✓ Make sure you are up to date on all of your routine vaccines.

Routine vaccinations protect you from infectious diseases such as measles that can spread quickly in groups of unvaccinated people. Many diseases prevented by routine vaccination are not common in the United States but are still common in other countries.

✓ Check CDC's destination pages for travel health information to see what vaccines or medicines you may need and what diseases or health risks are a concern at your destination.

✓ Make an appointment with your healthcare provider or a travel health specialist that takes place at least one month before you leave. They can help you get destination-specific vaccines, medicines, and information. Discussing your health concerns, itinerary, and planned activities with your provider allows them to give more specific advice and recommendations.

What routine vaccines do I need? *The routine vaccines you need before travel may depend on your age, health, and vaccine history.* You may need to get an accelerated dose of a vaccine or a booster dose before traveling.

Routine vaccinations related to travel may include the following:

- | | |
|---|--|
| <input type="checkbox"/> COVID-19 | <input type="checkbox"/> Influenza |
| <input type="checkbox"/> Chickenpox (Varicella) | <input type="checkbox"/> Meningococcal |
| <input type="checkbox"/> Hepatitis A and B | <input type="checkbox"/> Pneumococcal |
| <input type="checkbox"/> Human Papilloma Virus (HPV) | <input type="checkbox"/> Polio |
| <input type="checkbox"/> Tetanus, diphtheria, pertussis | <input type="checkbox"/> Rotavirus |
| <input type="checkbox"/> Measles, mumps, Rubella | <input type="checkbox"/> Shingles (Zoster) |

SOURCE: CDC (Centers for Disease Control and Prevention) | Travelers Health



A Well-Aged Mind

Getting older can bring many changes, both physically and mentally. *Maintaining your cognitive health—the ability to clearly think, learn, and remember—is important for your overall well-being.* 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: National Institutes of Health (NIH)

Finding the Right Fitness Shoes and Clothes



Choosing the right clothing and shoes for the exercise and physical activity you plan to do is important.

Keep these things in mind as you shop:

- ✓ Make sure your clothes and footwear are both comfortable and safe for you to be active.
- ✓ Try items on to make sure you have the proper fit.

Finding the Right Fitness Shoes:

- Choose shoes that are made for the type of physical activity you want to do.
- Look for shoes with flat, non-skid soles, good heel support, enough room for your toes, and a cushioned arch that's not too high or too thick.
- Make sure the shoes fit well and provide proper support for your feet.
- Check your shoes regularly and replace them when they're worn out. You need new shoes when the tread is worn out; your feet feel tired after activity; or your shins, knees, or hips hurt after activity.

★ Quick Tip:

The right clothes and shoes can fit your individual style. *Wearing workout clothes you like can be a great motivator!*

Choosing the Right Activewear:

- Choose clothes that work with your activity. Loose shorts are perfect for basketball, but maybe not for yoga.
- Make sure your exercise clothes are comfortable and let you move easily.
- In cold weather, wear layers, such as a jacket or top over a t-shirt, so you can take off layers as you warm up.
- Wear clothes that let air circulate and moisture evaporate.

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

LIFE IS IRONIC.

IT TAKES **SADNESS TO KNOW HAPPINESS,**
NOISE TO APPRECIATE SILENCE, AND
ABSENCE TO VALUE PRESENCE.

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

3 Important Reasons For Adults to Get Vaccinated

You may not realize you need vaccines throughout your adult life. Vaccines are important to your health and here are three reasons why.



1. You may be at risk for serious diseases that are still common in the U.S.

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other responsibilities.

3. You can protect your health and the health of those around you by getting the recommended vaccines.

Vaccines lower your chance of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.

Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a vaccine preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine preventable diseases.

Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What vaccines do you need?

All adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles

Getting Vaccinated

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a vaccine provider near you, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover the cost of recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers. If you do not have health insurance, visit www.healthcare.gov to learn more about health coverage options.

**DON'T WAIT.
VACCINATE!**



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

3 Important Reasons For Adults to Get Vaccinated



Diseases and the vaccines that help prevent them	How the disease can affect you
Influenza “Flu” Seasonal flu vaccine	Fever or feeling feverish/chills, cough, headache, runny or stuffy nose, sore throat, muscle or body aches, and fatigue (very tired), and some people may have vomiting and diarrhea, though this is more common in children than adults. Disease Complications: Pneumonia (infection in the lungs), worsening of chronic health conditions, hospitalization, possibly resulting in disability, or even death
Hepatitis A Hep A vaccine	Fever, tiredness, stomach pain, loss of appetite, vomiting, jaundice (yellowing of skin and eyes), and dark urine; however, there may be no symptoms. Disease Complications: Liver failure; arthralgia (joint pain); and kidney, pancreatic, and blood disorders
Hepatitis B Hep B vaccine	Flu-like illness with loss of appetite, fever, tiredness, weakness, nausea, vomiting, jaundice, and joint pain; however, there may be no symptoms. Disease Complications: Chronic liver infection, liver failure, and liver cancer
Human Papillomavirus (HPV) HPV vaccine	Frequently, there are no symptoms for years until cancer appears. Disease Complications: Cervical, vaginal, and vulvar cancers in women; penile cancer in men; and genital warts and anal and oropharyngeal cancers in both women and men.
Measles MMR vaccine	Fever, runny nose, cough and a rash all over the body. Disease Complications: Ear infection, pneumonia, swelling in the brain due to infection, or even death
Meningococcal Disease Meningococcal vaccines	Nausea, vomiting, stiff neck, fever, headache, increased sensitivity to light, confusion, tiredness, and rash. Disease Complications: Brain damage, loss of arms or legs, loss of hearing, seizures, strokes, or even death
Pneumococcal Disease Pneumococcal vaccines	Fever, chills, difficulty breathing, chest pain, stiff neck, earache, increased sensitivity to light, and cough. Disease Complications: Infections of the lung, middle ear, or sinuses, heart problems, brain damage, loss of hearing, loss of arms or legs, or even death
Shingles Zoster vaccine	Painful rash on one side of the face or body, which blisters and then typically scabs, headache, fever, chills, and upset stomach. Disease Complications: Severe pain that can last for months or years after the rash goes away, pneumonia, loss of eyesight and hearing, or even death
Tetanus Td/Tdap vaccines	Serious, painful spasms and stiffness of all muscles, lockjaw (difficulty opening mouth), difficulty swallowing or breathing, muscle spasms, and fever. Disease Complications: Broken bones, breathing difficulty, or even death
Whooping Cough (Pertussis) Tdap vaccines	Prolonged cold symptoms (cough and runny nose) leading to violent coughing or choking making it hard to breathe, drink, or eat. Disease Complications: Rib fractures, pneumonia, or even death

For a full list of all diseases that can be prevented by vaccines, visit: www.cdc.gov/vaccines/vpd-vac

Traveling overseas? There may be additional vaccines you need.
Find out at: www.cdc.gov/travel

Talk with your healthcare professional to make sure you are up to date with the vaccines recommended for you.

For more information on vaccines, visit www.cdc.gov/vaccines/adults or use the Adult-Vaccine Assessment Tool at www2.cdc.gov/nip/adultimmsched/ to find out which vaccines you may need.

**DON'T WAIT.
VACCINATE!**



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



How can I stay active as I get older?

These 3 types of physical activity can help you **stay healthy and independent**:



Aerobic activity



Muscle-strengthening activity



Balance activity



Get your heart beating faster.

Aerobic activity can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather's bad
- Play a sport with friends — consider pickleball or tennis



Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



Build your muscle strength.

Muscle-strengthening activity can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead



Aim for at least **2 days a week** of muscle-strengthening activity.

Does pain make it hard to be active?

Physical activity can **ease pain** and help you feel better. If you're recovering from an injury, listen to your body and do what feels right for you. Walking is a good way to start.

Work on your balance.

Balance activity can lower your risk of falls — and your risk of an injury if you do fall.

Try these balance activities at home:

- Stand on 1 leg
- Walk backwards or sideways
- Do an online yoga or tai chi video



Feeling unsteady? Try holding onto a chair or wall for support!

What about stretching?

Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

Get a mix of activity types at the same time.

For even more health benefits, try something that counts as more than 1 activity type:



Try ballroom or salsa dancing



Rake leaves in the yard



Take a water aerobics class

Remember, it's never too late to start being active. So take the first step. Get a little more active each day. **Move your way.**

Find tips and videos to help you get moving at health.gov/MoveYourWay
Build your weekly activity plan at health.gov/MoveYourWay/Activity-Planner



DASH EATING PLAN

Stir-Fried Orange Beef

HEALTHY EATING, PROVEN RESULTS

Delicious over brown rice or Asian-style soba noodles, this tangy orange-flavored beef with crisp vegetables goes well with a cold glass of 1% milk.

Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The [Heart Healthy Eating webpage \(healthyeating.nhlbi.nih.gov\)](http://healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Stir-Fried Orange Beef

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

2

Grains

1 $\frac{2}{3}$

Vegetables

0

Fruits

1

Dairy

3

Meats, Fish, and Poultry

0

Nuts, Seeds, and Legumes

$\frac{3}{4}$

Fats and Oils

0

Sweets and Added Sugars

INGREDIENTS

- 1 bag (12 oz) frozen stir-fry vegetables
- 1 tbsp peanut or vegetable oil
- 1 tbsp onion, minced (or $\frac{1}{2}$ tbsp dried)
- 1 tbsp garlic, minced (about 2–3 cloves)
- 1 tbsp ginger, minced
- 1 egg white, lightly beaten (or substitute liquid egg white)
- 2 tbsp cornstarch
- 12 oz beef flank steak, sliced into thin strips
- 3 tbsp Hoisin sauce
- 1 tbsp lite soy sauce
- $\frac{1}{2}$ cup orange juice
- 1 tbsp dry sherry (optional)

DIRECTIONS

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of cold water for about 30 minutes). Set aside until step 7.
- 2 Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 3 Heat oil in a large wok or sauté pan.
- 4 Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 5 Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5–8 minutes.
- 6 Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
- 7 Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3–4 minutes.
- 8 Divide mixture into four equal portions (about 2 cups each) and serve.

MAKES 4 SERVINGS

Each serving provides 261 calories, 9g total fat, 2g saturated fat, 28mg cholesterol, 418mg sodium, 23g protein, 23g carbohydrates, 648mg potassium, 3g total fiber.



Prep time
10 minutes

Cook time
20 minutes

Yields
4 servings

Serving Size
2 cups meat and vegetables

TIP *Delicious over rice or Asian-style noodles (soba or udon) with a cold glass of 1% milk.*

Support Groups

Englewood Health Events Calendar

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

<https://www.engagewoodhealth.org/calendar-events-classes>

Graf Center for Integrative Medicine

<https://www.engagewoodhealth.org/graf>

Graf Center for Integrative Medicine is a wellness center in Bergen County that offers evidence-based care in a spa-like setting.

Give yourself the break you need and focus on your wellness. Make an appointment today by calling the Graf Center for Integrative Medicine at 201-608-2377.

Services available include:

- Acupuncture (many insurance plans accepted)
- Massage:
 - Aroma Touch
 - Manual Lymphatic Drainage (MLD)
 - Therapeutic Massage
 - Prenatal and Postnatal Massage
- Nutrition Counseling
- Reiki
- Private Yoga, Meditation and Stretch Classes

Bereavement Support Group

Please call Erica Forsyth at 618-1326 or 973- 956- 1538 for information

Cancer Support: Breast Cancer Support Group

For information on breast cancer support services, please call Cathy Verhulst, breast cancer navigator, licensed clinical social worker at 201-608-2162

Diabetes Education

Everything you need to know about diabetes but are afraid to ask. This program may be covered by your insurance plan. To schedule an appointment or for additional information, please call 201-894-3335.



Support Groups

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

Bereavement Support

Call 201-833-3000 ext 7580 for more information.

Breast Cancer Support and Discussion Group

Please call Courtney Lozano 201-833-3392 for information.

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.

Men Living with Cancer Support Group

This is open to men diagnosed with Prostate Cancer. This group offers an opportunity to discuss concerns and learn from others coping with similar challenges. Virtual group via Zoom app every 3rd Thursday Monthly at 5:30 PM – 6:30 PM.



Cancer Support Community at Holy Name is excited to announce a new partnership with the Greater Bergen County YMCA in New Milford. Beginning in January, select in-person programs will be offered at this location while virtual classes will remain available to accommodate all schedules.

Cancer Support Community programs include health and wellness sessions, support groups, creative arts workshops and educational presentations on cancer-related topics. Participating in these programs promotes social connections, decreases feelings of isolation and positively impacts emotional well-being. Cancer Support Community programs are open to those in treatment, post-treatment, caregivers, family members, and survivors.

We welcome you to join us in-person or virtually!

To view the schedule and register for programs, visit:

holyname.org/CancerSupport or call 201-833-3392 for more information.

Ongoing Monthly Classes Include:

- Pilates for Strength and Balance
- Tai Chi and Qi Gong
- Yoga and Chair Yoga
- Morning and Evening Meditation Classes
- Lymphatic Movement
- Beginner and Advanced level Cancer Exercise classes Register online: at holyname.org/CancerSupport or call 201-833-3392.

Local Support Group - Miscellaneous

Teaneck Public Library

201-837-4171

840 Teaneck Road, Teaneck, NJ 07666

Visit the website at <https://teanecklibrary.org>

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

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.

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