

What Can Change Driving Ability with Age

Common health conditions and medication side effects may influence your driving skills.



- ❑ **Stiff joints and muscles.** *As you age, your joints may get stiff, and your muscles may weaken.* Arthritis, which is common among older adults, might affect your ability to drive. These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely.
- ❑ **Trouble seeing.** *Your eyesight can change as you get older. It might be harder to see people, things, and movement outside your direct line of sight.* If you are 60 or older, get a dilated eye exam from your eye doctor every one to two years. If you need glasses or contact lenses to see far away while driving, make sure your prescription is up to date and correct.
- ❑ **Trouble hearing.** *As you grow older, your hearing can change, making it harder to notice horns, sirens, or even noises coming from your own car.* Have your hearing checked at least every three years after age 50 or more frequently if you have had chronic exposure to loud noises or have other risk factors for hearing loss.
- ❑ **Medications.** *Some medicines can make you feel drowsy, lightheaded, or less alert than usual, which can make driving unsafe.* Ask your doctor or pharmacist if any of your health problems or medications might make it unsafe for you to drive.
- ❑ **Slower reaction time and reflexes.** *As you get older, your reflexes might get slower, and you might not react as quickly as you could in the past.*
- ❑ **Some medical conditions make it unsafe to drive.** *The uncontrollable movements and loss of coordination and balance due to Parkinson's disease make it unsafe to drive.* Similarly, many of the loss of control of limbs or other movement limitations following a stroke can mean it is no longer safe to drive.

SOURCE National Institute on Aging

OLDER DRIVER SAFETY AWARENESS WEEK
 IS TO PROMOTE SAFE DRIVING PRACTICES AND HIGHLIGHT
 THE IMPORTANCE OF MOBILITY AND TRANSPORTATION.



Chronic Disease in Uncertain Times

Coping with emergencies is challenging in the best of situations. For people with chronic (long-term) health conditions—like diabetes and chronic kidney disease—the challenges can be even greater. But with planning, you can prepare what you'll need to make things more manageable.

Create a "Go-kit" for Emergencies:

- ✓ At least one week's worth of medical supplies and equipment.
- ✓ Contact information for health care providers and emergency contacts.
- ✓ A medication list with doses and dosing schedules.
- ✓ Information about any medical devices you use.
- ✓ At least a three-day supply of any foods needed to manage your condition.
- ✓ Copies of your insurance card and photo ID.
- ✓ Copies of recent lab work you might need.
- ✓ A list of your allergies.

SOURCE: National Institutes of Health

Tips To Avoid Falls and Injuries



More than one in four people age 65 years or older fall each year. Some factors, such as poor hearing or eyesight, loss of muscle mass, balance problems, or even side effects from medications may increase fall risk for older adults. But even older adults who seem strong and healthy can fall.

Many falls happen at home. Here are some changes you can make to your home that will help prevent falls and better ensure your safety.

- ✓ **Install handrails.** *Ensure there are handrails in the bathroom and on both sides of any stairs.* Consider installing a grab bar near the front door to provide balance while you are locking or unlocking the door.
- ✓ **Avoid clutter.** *Don't leave items on the floor or stairs.* Keep electrical cords near walls and away from walking paths.
- ✓ **Ensure good lighting.** *Leave a light on in the bathroom at night or use a night light.* Install light switches at the bottom and top of stairs and at both ends of long hallways. Keep flashlights throughout the home in case the power goes out.
- ✓ **Use nonskid material.** *Use no-slip strips to fix carpets firmly to the floor.* In the bathroom, place nonskid mats, strips, or carpet on all surfaces that may get wet. Add no-slip material to indoor and outdoor stairways.
- ✓ **Store regularly used items within easy reach.** *For example, in the kitchen, keep frequently used pots, pans, and utensils in a place where they are easy to reach.* If something is too high to reach easily, use a "reach stick" or ask for help.

SOURCE: National Institute on Aging

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**YEAR'S END IS NEITHER AN END OR A BEGINNING
 BUT A GOING ON, WITH ALL THE WISDOM THAT
 EXPERIENCE CAN INSTILL IN US.** -Hal Borland

THU, DEC. 25 – CHRISTMAS DAY • **HAPPY HOLIDAYS!**

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.**

DECEMBER 6-12 IS NATIONAL INFLUENZA VACCINATION WEEK
 TAKE THE TIME TO SCHEDULE YOUR FLU VACCINATION.

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@ehmchealth.org

Tips for Older Adults To Stay Safe in Cold Weather

Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold. This can quickly turn into a dangerous health issue, such as hypothermia or frostbite.

Use the information and tips below to help lower these risks during the colder months and to learn what to do in the case of unsafe exposure to the cold.

Staying Warm When It's Cold Outside

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for very long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as possible.



What Is Hypothermia?

Hypothermia is a medical emergency that occurs when the body's core temperature drops below 95°F. It is often caused by exposure to cold temperatures, but it can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water. Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help.

What To Look For

Be aware of warning signs and early symptoms:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused

Later symptoms of hypothermia can include:

- Stiff and jerky arm and leg movements
- Slow heartbeat or breathing
- Loss of consciousness

What To Do

Hypothermia is a medical emergency. If someone has signs of hypothermia, **call 911 right away.**

After you call 911:

- Help the person move to a warmer place, if possible.
- Offer them a warm drink.
- Wrap them in dry blankets, towels, or coats.
- Don't use a heating pad.
- Don't rub the person's legs or arms.
- Don't try to warm the person in a bath.

What Is Frostbite?

Frostbite is injury to the skin caused by exposure to temperatures below freezing. It can lead to a loss of feeling and color in the affected areas — often, the hands, feet, nose, and ears. Frostbite can permanently damage the body. Because the frozen parts of the body are numb, people may not know they have frostbite.

What To Look For

In the warning stage of frostbite (called frostnip), affected areas of skin may experience:

- Redness
- Pain
- Sensation of pins and needles

If cold exposure continues, frostbitten skin may become:

- Numb
- White or grayish yellow
- Unusually firm or waxy feeling

What To Do

If you notice any signs of frostbite, seek medical care. In addition:

- Protect any exposed skin and get into a warm car or room.
- Avoid walking on frostbitten feet or toes.
- Put the frostbitten area in warm water.
- Use body heat, such as an armpit, to warm the frostbitten area if warm water is not available.
- Don't rub or massage the frostbitten area.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.

To learn more about cold weather safety, visit www.nia.nih.gov/cold-safety.

Preventing and Treating Common Cold

Are you sneezing, or do you have a stuffy and runny nose? You might have a cold. Antibiotics do not work against viruses that cause colds and will not help you feel better.



What is Common Cold?

A common cold is a mild upper respiratory illness that resolves in a short period of time.

Symptoms

Symptoms of a cold usually peak within 2 to 3 days and can include:

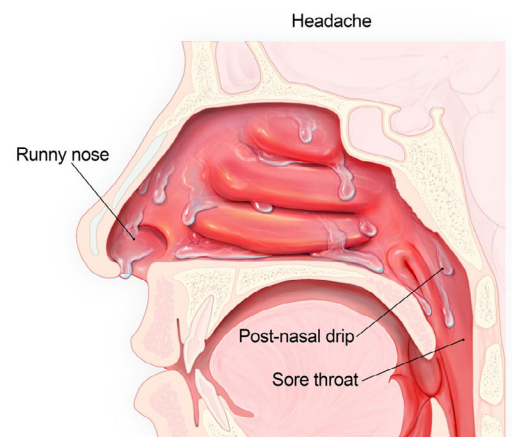
- ◆ Sneezing
- ◆ Nasal congestion
- ◆ Sore throat
- ◆ Cough
- ◆ Fever (although most people with colds do not have fever)

When viruses that cause colds first infect the nose and sinuses, the nose makes clear mucus. This helps wash the viruses from the nose and sinuses. After 2 or 3 days, mucus may change to a white, yellow, or green color. This is normal and does not mean you need an antibiotic.

Some symptoms, especially runny or stuffy nose and cough, can last for up to 10 to 14 days. Those symptoms should improve over time.

Colds can have similar symptoms to flu. It can be difficult (or even impossible) to tell the difference between them based on symptoms alone.

Common Cold Symptoms



When you have a cold, mucus fills your nose and could cause post-nasal drip, headache, and a sore throat.

Causes

More than 200 viruses can cause a cold, but rhinoviruses are the most common type. Viruses that cause colds can spread from person to person through the air and close personal contact.

When to Seek Medical Care

See a healthcare professional if you have:

- ◆ Trouble breathing or fast breathing
- ◆ Dehydration
- ◆ Fever that lasts longer than 4 days
- ◆ Symptoms that last more than 10 days without improvement
- ◆ Symptoms, such as fever or cough, that improve but then return or worsen
- ◆ Worsening of chronic medical conditions

This list is not all-inclusive. Please see a healthcare professional for any symptom that is severe or concerning.

Talk to a healthcare professional right away if your child is under 3 months old with a fever of 100.4 °F (38 °C) or higher.



Treatment

There is no cure for a cold. It will get better on its own—without antibiotics. **Antibiotics won't help you get better if you have a cold.**

When antibiotics aren't needed, they won't help you, and their side effects could still cause harm. Side effects can range from mild reactions, like a rash, to more serious health problems. These problems can include severe allergic reactions, antimicrobial-resistant infections and *C. diff* infection. *C. diff* causes diarrhea that can lead to severe colon damage and death.

How to Feel Better

- ◆ Get plenty of rest.
- ◆ Drink plenty of fluids.
- ◆ Use a clean humidifier or cool mist vaporizer.
- ◆ Use saline nasal spray or drops.
 - » For young children, use a rubber suction bulb to clear mucus.
- ◆ Breathe in steam from a bowl of hot water or shower.
- ◆ Use throat lozenges or cough drops. Do not give lozenges to children younger than 4 years of age.
- ◆ Use honey to relieve cough for adults and children at least 1 year of age or older.

Ask your doctor or pharmacist about over-the-counter medicines that can help you feel better. Always use over-the-counter medicines as directed. Remember, over-the-counter medicines may provide temporary relief of symptoms, but they will not cure your illness.

Remember, always read over-the-counter medicine product labels before giving medicines to children. **Some over-the-counter medicines are not recommended for children of certain ages.**

- ◆ Pain relievers:
 - » Children younger than 6 months: only give acetaminophen.
 - » Children 6 months or older: it is OK to give acetaminophen or ibuprofen.
 - » Never give aspirin to children because it can cause Reye's syndrome. Reye's syndrome is a very serious, but rare illness that can harm the liver and brain.
- ◆ Cough and cold medicines:
 - » Children younger than 4 years old: do not use over-the-counter cough and cold medicines in young children unless a doctor specifically tells you to. Cough and cold medicines can result in serious and sometimes life-threatening side effects in young children.
 - » Children 4 years or older: discuss with your child's doctor if over-the-counter cough and cold medicines are safe to give to your child.

Ask your doctor or pharmacist about the right dosage of over-the-counter medicines for your child's age and size. Also, tell your child's doctor and pharmacist about all prescription and over-the-counter medicines they are taking.

Prevention

You can help prevent colds by doing your best to stay healthy and keep others healthy:

- ◆ Clean your hands.
- ◆ Avoid close contact with people who have colds or other upper respiratory infections.
- ◆ Cover your mouth and nose when coughing or sneezing.
- ◆ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ◆ Don't smoke and avoid secondhand smoke.
- ◆ Stay at home while you are sick and keep children out of school or daycare while they are sick.

bruschetta

Ingredients

$\frac{1}{2}$ whole-grain baguette (French bread), cut into 12 slices (or substitute 3 slices whole-wheat bread, each cut into 4 squares)

1 cup fresh tomatoes, rinsed and diced

$\frac{1}{4}$ cup jarred roasted red peppers, diced (or substitute fresh roasted red peppers)

6 Kalamata olives, rinsed and sliced (or substitute any black olive)

$\frac{1}{2}$ tablespoon olive oil

2 tablespoons fresh basil, rinsed, dried, and chopped (or 2 teaspoons dried)

$\frac{1}{4}$ teaspoon ground black pepper



1. Lightly toast baguette slices.
2. Combine remaining ingredients, and toss well.
3. Top each bread slice with about 2 tablespoons of tomato mixture, and serve.

Yield 4 servings, **Serving Size** 3 bruschetta slices, each with 2 tablespoons tomato mixture, **Calories** 119, **Total Fat** 4 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 256 mg, **Total Fiber** 2 g, **Protein** 4 g, **Carbohydrates** 17 g, **Potassium** 113 mg



National Heart, Lung,
and Blood Institute



ENGLEWOOD
HEALTH

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