

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- The NJ Interagency Council on Osteoporosis and staff with the Division of Aging Services (DoAS) recently updated and added osteoporosis educational materials on the DoAS website. Please feel free to print the brochures and share the link with others. [Link](#)
- Feb. is American Heart Month
- According to the American Cancer Society, the risk of complications from breast reconstruction surgery is slightly higher for older women than for younger women. [Link](#)
- If you have a website for older adults, the National Institute on Aging at NIH now offers a free tool to get credible, relevant health information for your website. [Link](#)
- Want to be health savvy? The U.S. Food and Drug Administration have info. on how to Improve Your Own Health Literacy. [Link](#)
- The AARP has info. on President Obama's initiative to seek funding to take genetic medicine to the next level. [Link](#)

GRANTS

- The NJ Department of Health Office of Minority and Multicultural Health have issued an RFP for Community and Faith-Based Organizations which have a health agenda and provide services to racial, ethnic minority populations in NJ to eliminate health disparities, are encouraged to apply. Letters of Interest are due by February 13, 2015. [Link](#) under the Spotlight section.
- National Council on Aging has released an RFP for their initiative to help seniors enroll in the Supplemental Nutrition Assistance Program (SNAP). Optional Letters of Intent are due Feb. 13, and applications are due Mar. 6. [Link](#). They are also hosting a webinar for those interested in applying for the grant. [Link](#)
- The NJ Department of Human Services, Division of Mental Health and Addiction Services has issued an RFP for supportive housing and community support services for individuals discharged from state psychiatric hospitals who are forensically involved. The notify date is Mar. 25. [Link](#)

WEBINAR/ TRAINING & CONFERENCE

- [CNYGEC Elective: Geriatrics and Palliative Care in the Hospital](#): Feb. 12.
- [Pass It On: Older Adults, Fraud & the Federal Trade Commission Web Seminar](#) : Feb. 19.
- [Association for Gerontology in Higher Education Conference](#): Feb. 26 - Mar. 01: Nashville, TN.
- The Gerontological Society of America presents [Creativity and Aging Conference](#): Mar. 5: Durham, NC.
- The American Society on Aging presents [The 2015 Aging in America Conference](#): Mar. 23-27: Chicago, IL
- Diabetes Self-Management Program (Spanish) Peer Leader Training– Cumberland County: Dates: Mar. 23, 24, 30, and 31: Time: 9:00 am – 4:30 pm. To register 856-451-4700 ext. 1160
- [CNYGEC Elective: Elder Abuse - How to see it! How to stop it! How to prevent it!](#) Mar. 25.

CHRONIC DISEASE SELF- MANAGEMENT PROGRAM WORKSHOPS

- Somerset County: Dates: Feb. 6 – Mar. 13: Time: 11:00 am– 1:00 pm: To register call 908-533-9331 or email health@twp.montgomery.nj.us
- Burlington County: Dates: Feb. 28 – Mar. 28, starting at 10:00 am. To register call 973-482-9070 or email www.sicklecellnewjersey.org
- Middlesex County: Dates: Mar. 21 – April 25, starting at 10:00 am. To register call 973-482-9070 or email www.sicklecellnewjersey.org
- Cape May County: Dates: Mar. 24–April 28, starting at 10:00 am. To register call 609-463-4043



12D Quakerbridge Plaza, Mercerville, New Jersey 08619 ◇ PO Box 807, Trenton, New Jersey 08625-0807

Phone: (609) 588-2517 ◇ Fax: (609) 588-7630