

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- October Observances:
 - Oct. 8th is National Depression Screening Day. [Link](#)
 - Oct. 16th is National Mammography Day [Helpful Link](#)
 - National Breast Cancer Awareness Month [Helpful Link](#)
 - National Domestic Violence Awareness Month [Link](#)
 - National Disability Employment Awareness Month [Link](#)
- Falls Prevention Awareness Day was on Sept. 23. According to the NCOA, every 20 minutes, an older adult dies from a fall. [Link](#)
- A National Institutes of Health study discovers that calorie control can reduce some risk factors for age-related diseases. [Link](#)
- It is now flu season. To find out ways to prevent and protect yourself and others from the virus visit [Link](#).

GRANTS

- NCOA's Center for Benefits Access funding available for organizations to apply to become Benefits Enrollment Centers (BECs). Deadline Nov. 13th. [Link](#)
- NJ Department of Labor (DOL) and Workforce Development has training grants in the Retail, Healthcare, Transportation, Logistics, Distribution and Manufacturing industries to enhance current employees skill sets within their field. For info. on eligibility or to learn more about training grant opportunities facilitated by Rutgers Office of Continuing Professional Education visit [Link](#).
- Grotta Fund for Senior Care has funding available for programs to Promote Age-Friendly Communities in Northern NJ. Grant Deadline: is Nov. 3rd. [Link](#)

WEBINAR/ TRAINING & CONFERENCE

- The American Society on Aging (ASA) is promoting web seminars throughout Oct. that includes an array of topics such as Alzheimer's disease, aging and technology, and caregivers wellness to name a few. Free CEU's for members. [Link](#)
- The NCOA and IlluminAge, are conducting a webinar on October 8th, at 1:30 pm - 2:30 pm: *Using Social Media to Inform and Empower Older Adults and Their Caregivers*. Explore ways that social media can expand outreach within the senior community/care network. [Link](#)
- Rutgers University, Institute for Health, Health Care Policy and Aging Research presents [Scientific Innovation, Health Inequity, and the Sociological Imagination](#): Brown Bag Seminar Series: October 15, 12:00 pm-1:30 pm & [Health Care Reform in the U.S.: Current Status and Future Developments](#): Brown Bag Seminar Series: Oct. 22, 12:00 pm-1:30 pm.

See attachments for additional info. on Diabetes Self- Management Program Workshop and a Programa de Manejo Personal de la Diabetes Workshop.



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