

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- November Observances:
 - National Family Caregivers Month [Link](#)
 - National Diabetes Month [Link](#)
 - National Hospice and Palliative Care Month [Link](#)
- The utilization and understanding of hospice care within minority populations (especially African Americans) are underrepresented across the racial spectrum. To learn about this, view information provided by the [NIA](#) and [ASA](#).
- If you are concerned about an older driver, the NIH has helpful info. and tips to help keep them safe behind the wheel. [Link](#)
- The holidays can be difficult for those who are struggling with substance abuse or mental health disorders. To learn ways to assist with combating holiday stress, remaining safe, and keeping healthy visit [Link](#).
- Medicare Open Enrollment is Oct. 15 – Dec. 7, view helpful tips/guidelines provided by the Christie Administration. [Link](#)
- A NIH-funded study determined that health care costs for dementia is more expensive than for any other disease. [Link](#)
- For tips on how to communicate effectively with your health care provider, view the NIH *Talking With Your Doctor Presentation Toolkit*. [Link](#)
- If you will require health insurance in 2016, you can start ‘window shopping’ for Marketplace Health Coverage for 2016. [Link](#)

GRANTS

- New Jersey Department Of Human Services, Division of Mental Health and Addiction Services has issued Request for Proposals for American Sign Language Interpreter Services. Mandatory bidders conference is on Nov. 10, 2015 at 1:30 pm. [Link](#)
- Grotta Fund for Senior Care has funding available for programs to promote Age-Friendly Communities in Northern NJ. Grant deadline: Nov. 16, at 4:00 P.M. [Link](#)
- NJ Department of Labor and Workforce Development has training grants in the retail, healthcare, transportation, logistics, distribution and manufacturing industries to enhance current employees skill sets. For info. on eligibility visit [Link](#).

WEBINAR/ TRAINING & CONFERENCE

- Rutgers University, Institute for Health, Health Care Policy and Aging Research presents [The Changing Social and Genetic Landscape of Health and Marriage in the U.S.](#): Brown Bag Seminar Series: November 12, 12:00 pm-1:30 pm.
- The American Society on Aging (ASA) is promoting web seminars throughout Nov. that include an array of topics such as ageism, cognitive issues, and caregivers wellness . Free CEUs for members. [Link](#)
- Diabetes Self-Management Program: Ocean County: Dates: Nov. 10 – Dec. 15. Time: 10:30 – 1:00 pm. To register contact the Library, 609-758-7888
- Chronic Disease Self-Management Program Peer Leader Training: Cumberland County: Dates: Nov. 16, 17, 23, 24. Time: 9:00 – 4:00 pm. To register contact Zoraida Ruiz, 856-451-4700 ext. 1160 (Office) or 856-924-0463 (Cell)



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