

# HealthEASE

## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- December Observances:  
World AIDS Day [Link](#)
- The NJ Div. of Aging Services has awarded grant funding to 15 agencies to offer two evidence-based falls prevention programs in their communities. The programs are A Matter of Balance: Managing Concerns About Falls and The Otago Exercise Program. [Link](#)
- Medicare Open enrollment ends on Dec. 7<sup>th</sup>. For counseling on your options call the NJ State Health Insurance Program (SHIP) Hotline at 1-800-792-8820, or the Medicare Hotline at 1-800-633-4227.
- Medicare beneficiaries with low income and assets can get help paying their out-of-pocket healthcare costs. [Link](#)
- Are you wondering if a reverse mortgages is right for you or an older homeowner you know? To learn more about the facts and myths of reverse mortgages visit [Link](#).
- If you have expired medications, the FDA gives direction on how to properly dispose them. [Link](#)
- A study conducted by the University of California finds that humans have evolved gene variants that can help protect the elderly from dementia. [Link](#)
- The NCOA provides info. about the top 10 financial scams that target seniors. [Link](#)
- If you are a long-distance caregiver, the NIH has tip sheets on how to be an effective caregiver from a distance. [Link](#)
- With the New Year quickly approaching, there is no better time than now to get your “affairs” in order. For tips and resources (available in Spanish and English) from the NIH on financial and end-of-life planning visit [Link](#).
- Emergency and disaster preparedness is crucial during this time of year and it is especially advantageous for someone with special needs to sign up with New Jersey’s special needs registry [Link](#).
- Dinner leftovers and bones are extremely enticing to our pet dog, but can be severely detrimental to their health. The FDA conveys why you should not to give your dog bones. [Link](#)

## WEBINAR/ TRAINING & CONFERENCE

- The US Agency for Healthcare Research and Quality is offering a free webinar: *Implementing Shared Decision Making with Low Health Literacy Patients*. Date: Dec. 9: Time: 1-2:30 p.m. [Link](#)
- Diabetes Self-Management Program: Middlesex County: Dates: Jan. 5 – Feb. 9. Time: 10:00 – 12:30 pm. To register contact Karen Hale, 732-238-5570 ext. 2032 or khale@hqsi.org
- Diabetes Self-Management Program: Middlesex County: Dates: Jan. 9 – Feb. 13. Time: 10:00 – 12:30 pm. To register contact Karen Hale, 732-238-5570 ext. 2032 or khale@hqsi.org



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