

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- Feb. Observances:
 - American Heart Month [Link](#)
 - Feb. 4th is World Cancer Day [Link](#)
 - Feb. 5th is National Wear Red Day [Link](#)
 - Feb. 7th is National Black HIV/AIDS Awareness Day [Link](#)
- Feb. is American Heart Month! Learn ways to lower your risk of developing heart disease. [Link](#)
- A study supported by the NIA, found that diet and exercise—alone or combined—improved exercise capacity in obese older patients with a particular type of heart failure. [Link](#)
- Older adults are particularly sensitive to Hypothermia. For tips from the NIH related to Hypothermia and how to stay safe during cold weather visit [Link](#).
- According to the FDA, it is not too late to get vaccinated for the flu virus. Vaccinations can be protective as long as flu viruses are circulating. [Link](#)
- Winter months can be wet and slippery which is a recipe for falls. The NCOA offers tips on how you can winterize to help prevent winter falls. [Link](#)
- According to the USDHHS, one in 15 homes in the U.S. has a radon level that's too high. To learn more about this natural gas that you can't see, smell, or taste visit [link](#).
- The FDA explains why you should not be tempted to take expired medications. [Link](#)
- A recent study by the University of Alberta found that narcotic painkillers doesn't improve movement or reduce disability in people with pain—related to nerve damage. [Link](#)
- The USDHHS offers resources to assist with planning for long—term supports and services. [Link](#)
- AARP members can test their hearing for free through the National Hearing Test. The test is an accurate and validated hearing screen, developed with funding from the National Institutes of Health. [Link](#)

GRANTS

- The NCOA has issued a request for proposals to operate Senior Community Service Employment programs. For grant details and eligibility info. visit [Link](#)

WEBINAR/ TRAINING & CONFERENCE

- Rutgers University, Institute for Health, Health Care Policy and Aging Research presents [Who Wants to Know? Refining Questions on Place and Health through Local Engagement](#): Brown Bag Seminar Series: Feb. 11, 12:00 pm-1:30 pm.
- **See attachments for info. on Chronic Disease & Diabetes Self-Management Program Workshops & Training.**



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