

# HealthEASE

## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- April Observances:
  - Alcohol Awareness Month [Link](#)
  - National Minority Health Month [Link](#)
  - STI Awareness Month [Link](#)
- The Agency for Healthcare Research and Quality shares info. on *Health Expenditures for Adults by Number of Treated Chronic Conditions, Race/Ethnicity, and Age*. [Link](#)
- The NIH offers resources on good nutrition as you age. [Link](#)
- The NCOA suggests five questions that seniors should ask presidential candidates before casting their ballots. [Link](#)
- According to the Mayo Clinic, *Simple Steps Can Ease Care of Loved One With Alzheimer's*. [Link](#)
- Researchers at the American College of Cardiology found that long naps and excessive daytime sleepiness is associated with an increased risk of heart disease and diabetes. [Link](#)
- Learn four helpful ways to help avoid medication errors. [Link](#)
- The world's older population grows dramatically, according to the NIH-funded Census Bureau report. [Link](#)
- US Dept. Health & Human Services offers info. on *6 Steps for a Healthy Smile*. [Link](#)
- The NJ Dept. of Human Services' Division of Family Development (DFD) will perform a quarterly search of New Jersey's Social Security recipient database and outreach individuals who are eligible for, but not receiving food assistance. [Link](#)
- The Agency for Healthcare Research and Quality offer *10 Patients Safety Tips for Hospitals*. [Link](#)

## WEBINAR/ TRAINING & CONFERENCE

- The NJ DOH Office of Minority and Multicultural Health is sponsoring statewide events throughout the month of April, in observation of National Minority Health Month. [Link](#)
- The Fourth Annual Health Care Industry Summit is Apr. 11-15. The Summit is an opportunity to showcase the importance of, and demand for, careers in the healthcare field. For more info. visit [Link](#)
- The United Way of Essex and West Hudson is sponsoring a free dinner presentation for caregivers on Diabetes. Tue, Apr. 26th, 6:00 pm-6:30 pm. To reg. contact Deborah Day at 973-993-1160 ext. 209, [deborah.day@unitedwaynj.com](mailto:deborah.day@unitedwaynj.com). For more info. see attached flyer.
- Please find attached a listing of *A Matter of Balance: Managing Concerns About Falls* workshops in NJ for April – May.

See attachment for info. on Chronic Disease & Diabetes Self-Management Program Training & Workshops.



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

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