

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- May Observances:
 - Older Americans Month [Link](#)
 - American Stroke Month [Link](#)
 - National Arthritis Awareness Month [Link](#)
 - National Osteoporosis Awareness and Prevention Month [Link](#)
- The NJ Department of Health has developed a poster (attached) geared toward seniors asking them to, practice safe sex, talk to their doctors and get tested to protect against STDs. For a supply, contact Janelle Fleming at 609-984-2187, or Janelle.Fleming@doh.nj.gov. [Link](#)
- Learn *Five Tips for Communicating with Those Living with Dementia*. [Link](#)
- Tips on how to talk effectively with your doctors. [Link](#)
- *18 Steps to Fall Proofing Your Home*. [Link](#)
- Tips on nutrition and healthy eating. [Link](#)
- Resource on the *Real-Life Benefit of Exercising and Physical Activity*. [Link](#)
- Learn about the various housing options for senior. [Link](#)
- Get to know the 10 Warning Signs Your Older Family Member May Need Help. [Link](#)
- Is it time to have “the talk” with an elder driver? [Link](#)
- Helpful tips for talking with your pharmacist to learn how to use medicines safely. [Link](#)
- Seniors who qualify for home-based care under Medicare aren’t receiving it. [Link](#)
- Learn *5 Ways to Deal With Caregiver Stress*. [Link](#)
- The National Alliance for Caregiving provides resources on caregiving and aging related topics. [Link](#)
- The Alzheimer’s Association offers free educational opportunities throughout NJ. [Link](#)

WORKSHOPS

- **Diabetes Self-Management Program Workshop:**
 - Burlington County: Date: May 16 – June 20. Time: 5:30 – 8:00 pm. To register contact Eugene Wheeler, 856-397-9339.
 - Atlantic County: Date: May 23 – June 27. Time: 2:00 – 4:30 pm. To register contact Maggie Weaver, 609-350-8937 weaver@jfsatlantic.org
 - Sussex County: Date: May 24 – June 28. Time: 1:00 – 3:30 pm. To register contact Jennifer Osborne, 973-940-0423 ext. 268.
 - Ocean County: Date: May 25 – June 29. Time: 10:00 am – 12:30 pm. To register contact Jar-maine Williams, 732-955-8168.
- **Cancer: Thriving and Surviving Program Workshop:**
 - Essex County: Date: June 06 – July 10. Time: 10:00 am – 12:30 pm. To register contact cancer-workshop@uhnj.org or 973-972-4323.



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