

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- May Observance:
 - Older Americans Month [Link](#)
 - National Stroke Awareness Month [Link](#)
 - National Osteoporosis Month [Link](#)
 - Mental Health Month [Link](#)
 - Arthritis Awareness Month [Link](#)
 - National Senior Health & Fitness Day [Link](#)
- Learn more about *Older Adults and Depression*. [Link](#)
- *Malnutrition May Be Hiding in Plain Sight*. [Link](#)
- *7 Steps to Help If Your Aging Loved One Isn't Eating Enough*. [Link](#)
- *7 Ways to Help Clients Afford Their Prescriptions*. [Link](#)
- *Seasonal Allergies: Which Medication is Right for You?* [Link](#)
- Get informed about *Other Safety Concerns and Self-Neglect* regarding seniors and adults with disabilities. [Link](#)
- Easy bruising and aging. [Link](#)
- Tips on when it's time to give up the car keys. [Link](#)
- Safe Travel Tips for Older Adults. [Link](#)
- *Sexuality in Later Life*. [Link](#)
- Sex beats puzzles and games. (research article) [Link](#)

WORKSHOPS & TRAININGS

- Diabetes Self-Management Program (DSMP) Workshop:

Somerset County: May 7 – June 4. Time: Starting 12:00 pm. To register contact Cheryl Torres Rinaldi, 908-722-4900 ext. 102.
- Chronic Disease Self-Management Program (CDSMP) Workshop:

Mercer County: May 8 – June 12. Time: 9:30 am – 12:00 pm. To register contact Heather Taylor, Heather.Taylor@dhs.state.nj.us or 609-588-2469.
- Cancer Thriving and Surviving Workshop:

Mercer County: May 16 – June 20. Time: Starting 1:00 pm. To register contact Shirley Roberts or Billie O'Donnell, 609-631-6819, 609-584-6725 respectively.



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