

HealthEASE

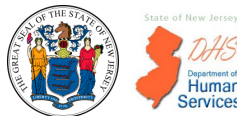
STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- December Observances:
 - Influenza Vaccination Week (Dec. 2-8). [Link](#)
 - Older Driver Safety Awareness Week (Dec. 3-7). [Link](#)
- NIH Provides *Smart Food Choices for Healthy Aging*. [Link](#)
- Healthy Cooking Tips for the Holidays from Blogger, Anjali Shah. [Link](#)
- Updated Eldercare Locator from the ACL. [Link](#)
- NIA Helps You Prepare for the New Year with a Goal-Setting Worksheet. [Link](#)
- Tips from AARP on *How to Winterize Your Car*. [Link](#)
- Information on How to Deal With Flu and Colds from NIH. [Link](#)
- The Necessity of Annual Wellness Visits from Kindred. [Link](#)
- The American Lung Association Wants to Help You Quit Smoking in the New Year. [Link](#)
- *Hand-washing: Do's and Don'ts* from Mayo Clinic. [Link](#)
- NCOA Shares *4 Steps to Combat Loneliness in Seniors* During the Holidays. [Link](#)
- Information from NIA on *Sharing Caregiver Responsibilities*. [Link](#)



In mid-November, the Department of Human Services, Division of Aging Services launched NJSave, a new online application to help older residents and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses. To date, more than 200 online applications have been submitted online thanks in part to the readers of this newsletter. Please continue helping us promote NJSave through your agency's newsletter, website, Facebook or Twitter accounts, and by displaying posters, flyers and tabletop signs in your offices. More information on NJSave, and an order form for promotional materials and paper applications for those without computer access, are available. [Link](#)

Happy Holidays!



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