

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- February Observances:
 - African American History Month [Link](#)
 - Age-Related Macular Degeneration Awareness Month [Link](#)
 - American Heart Month [Link](#)
 - Recreational Therapy Month [Link](#)
 - National Wise Health Care Consumer Month [Link](#)
 - Alzheimer's Disease and Dementia Care Staff Education Week (Feb 14-21) [Link](#)
- Mayo Clinic Shares *7 Tips for Older Drivers*. [Link](#)
- ACL Offers Tips on Preventing Isolation and Loneliness as You Age. [Link](#)
- Tips for Caregivers on Organizing Paperwork from NIA. [Link](#)
- NIH Shares How to *Adapt Activities for People with Alzheimer's Disease*. [Link](#)
- AARP on Protecting Your Brain through Protecting Your Heart. [Link](#)
- *Hypothermia First Aid* from Mayo Clinic. [Link](#)
- Information on *Eating Out When You Have Diabetes* from Mayo Clinic. [Link](#)
- Tips on Effective Communication with Healthcare Providers from Health In Aging. [Link](#)
- *Scams to Watch Out for in 2019* from NCOA. [Link](#)
- Kindred Health Shares *Commonly Overlooked Fall Risks*. [Link](#)
- Preventing and Managing Osteoporosis with a Bone Health Diet from Mayo Clinic. [Link](#)

COACH TRAINING

- A Matter of Balance Coach Training:
 - Essex County: April 26. Time: 8:00 am - 4:30 pm. Location: University Hospital
 - To register contact Monica Hanna at 973-972-4323 or Hannama2@uhnj.org

