

# HealthEASE

## **STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS**

- April Observances:
  - National Social Security Month [Link](#)
  - National Sexually Transmitted Infections Awareness Month [Link](#)
  - World Health Day is April 7th [Link](#)
  - National Healthcare Decisions Day is April 16th [Link](#)
- *CMS Updates Consumer Resources for Comparing Hospital Quality.* [Link](#)
- Information on Making Connections through Support Groups from Mayo Clinic. [Link](#)
- *6 Steps to Better Sleep* from Mayo Clinic. [Link](#)
- *Smart Food Choices for Healthy Aging* from NIA. [Link](#)
- Health in Aging Reports on a Study on the Correlation of Poor Vision and Fall Risks. [Link](#)
- Tips on *Talking to Someone with Hearing Loss* from MedlinePlus. [Link](#)
- The Conversation Project Shares a Toolkit for Discussing Advanced Care Plans. [Link](#)
- NJ Foundation for Aging's *Aging Insights* show focuses on NJSave this month. [Link](#)

## **TRAININGS & WORKSHOPS**

- 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
- A Matter of Balance Workshop:
  - Somerset County: April 26 - June 21. Time: Starting at 10 am.
  - To register contact Caitlin Witucki at 908-704-6339 or witucki@co.somerset.nj.us
- A Matter of Balance Workshop:
  - Somerset County: July 8 - August 26. Time: Starting at 9:30 am.
  - To register contact Caitlin Witucki at 908-704-6339 or witucki@co.somerset.nj.us
- Tai Ji Quan: Moving for Better Balance (TJQMBB) Instructor Training:
  - Free training for this new-to-New Jersey evidence-based program.
  - April 30 & May 1. Time: 8:30 am - 5:00 pm. Must commit to attending refresher/implementation trainings on July 16 & 17, starting a 26-session workshop within four months, and submitting program data.
  - Location: Somerset County Senior Wellness Center at Bridgewater
  - To register contact Heather Taylor at heather.taylor@dhs.state.nj.us.

