

# HealthEASE

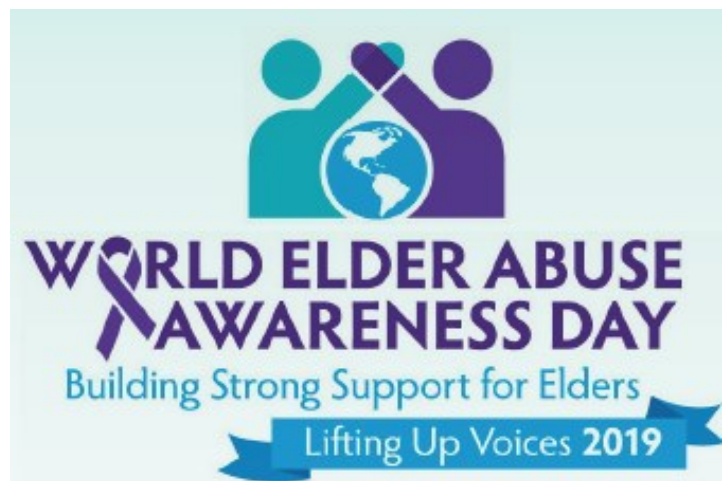
## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- June Observances:
  - Alzheimer's and Brain Awareness Month [Link](#)
  - LGBT Pride Month [Link](#)
  - Men's Health Month [Link](#)
  - National Safety Month [Link](#)
  - World Elder Abuse Awareness Day [Link](#)
- Justice in Aging Shares Information on *Aging as LGBT*. [Link](#)
- The CDC Shares Tips for Safe *Summer Travel Abroad*. [Link](#)
- *What Vaccines do Adults Need?* Answers from Mayo Clinic. [Link](#)
- Tips on *Keeping Active and Healthy Eating for Men* from NIH. [Link](#)
- NIH Reports on How *Communities Affect Health*. [Link](#)
- *Understand Your Sunscreen Options* with Information from Mayo Clinic. [Link](#)
- Make Yourself a Priority, Too: Tips for Caregivers from NIA. [Link](#)
- Joining a Walking Group Can Help *Banish Boredom and Boost Motivation*. [Link](#)
- 6 Brain Exercises to Improve your Memory from Kindred Health Care. [Link](#)
- New Jersey Caregiving Statistics from the CDC. [Link](#)

### World Elder Abuse Awareness Day

Please join us on Friday 6/14 for the World Elder Abuse Awareness Day Event at the College of NJ. A flyer and registration information is attached. Speaker topics will include elder abuse, neglect, exploitation and senior citizen scams. There will be speakers from various private and public sector agencies and a panel discussion.

Register at <https://form.jotform.com/91186292140959>



12D Quakerbridge Plaza, Mercerville, New Jersey 08619 ◇ PO Box 807, Trenton, New Jersey 08625-0807