

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- July Observances:
 - Minority Mental Health Awareness Month [Link](#)
 - UV Safety Month [Link](#)
 - World Hepatitis Day, July 28th [Link](#)
- Mayo Clinic Shares Info. about UV Protection and *Choosing Sunglasses*. [Link](#)
- AARP Says *Late Bloomers' Have Plenty to Offer Employers*. [Link](#)
- *Organ Donation Myths* from Mayo Clinic. [Link](#)
- Issue Brief from Justice in Aging on *Older Immigrants and Medicare*. [Link](#)
- Kaiser Health News (KHN) Reports on *Ageism in Medicine*. [Link](#)
- Medicare.gov Shares *How Medicare Works When Traveling Outside the U.S.* [Link](#)
- Information on *Where to Recover After Hospitalization* From KHN. [Link](#)
- NIH Shares How *Getting Active Later in Life Brings Benefits*. [Link](#)
- *What is Meant by the term Heart Age?* Mayo Clinic Shares Info. [Link](#)
- WHYY Answers: *What is Palliative Care?* [Link](#)

CDSMP UPDATES

The New Jersey Division of Aging Services has updated the list of agencies with master trainers operating under its multi-site, multi-program license with the Self-Management Resource Center. These programs include Take Control of Your Health (NJ's name for the Chronic Disease Self-Management Program, CDSMP), Diabetes Self-Management Program (DSMP), their Spanish versions, and Cancer: Thriving and Surviving (CTS). [Link](#).

TAI JI QUAN

The Dartmouth Center for Health and Aging recently trained agency staff working in nine New Jersey counties to deliver TJQMBB, a twice-a-week for 24 weeks evidence-based exercise program designed for older adults at risk of falling and/or people with balance disorders. [Link](#)

REGISTER READY

Summer is the start of Hurricane Season in New Jersey. As you prepare for the upcoming months, consider registering with Register Ready, a system that allows emergency responders to better plan for the needs of individuals with disabilities or access and functional needs. Learn more about Register Ready and sign-up if appropriate at this. [Link](#)

