

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

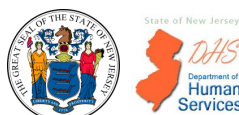
- October Observances:
 - National Breast Cancer Awareness Month [Link](#)
 - National Fire Prevention Month [Link](#)
 - National Protect Your Hearing Month [Link](#)
 - Health Literacy Month [Link](#)
- Essential Vaccination Information for Older Adults from HealthinAging.org. [Link](#)
- NIA Shares Tips on *Getting a Good Night's Sleep*. [Link](#)
- Innovations to Fight Isolation from AARP. [Link](#)
- Family Caregiver Alliance Reports that Family Caregivers are Providing Complex Care. [Link](#)
- AARP Shares How to *Create a Plan to Give Yourself a Caregiving Break*. [Link](#)
- *Benefits of Specialized Doctors for Age-Related Health Concerns* from ageinplace.org. [Link](#)
- Tips for *Managing Your Emotions After Cancer Treatment* from Mayo Clinic. [Link](#)
- Is Your Grandchild Safely Prepared for Halloween? [Link](#)

WORKSHOPS & TRAININGS

- Tai Ji Quan: Moving for Better Balance (TJQMBB) Instructor Training
Tuesday, Oct. 29th and Wednesday, Oct. 30th Time: 9am-5pm. Location: Somerset County Senior Wellness Center, 876 East Main St., Bridgewater, NJ 08807. To register contact Andrew Biederman at 609-438-4797 or Andrew.Biederman@dhs.state.nj.us.
- Project Healthy Bones Lead Coordinator Training
Wednesday, Oct. 23rd, 9am-3:30pm and Thursday, Oct. 24th, 9am-12:30pm at Parker at Monroe, 395 Schoolhouse Road Monroe, NJ 08831. In order to be certified, you must attend both days. A Lead Coordinator Application must be submitted and approved prior to registration. For an application and to register, contact Heather Taylor at 609-438-4798 or Heather.Taylor@dhs.state.nj.us.

Medicare Open Enrollment Period runs October 15th to December 7th

- During this time Medicare beneficiaries should review their Part D Drug Plan and Medicare Advantage Health Plan. Every year, these plans change cost and coverage, so comparing plans can ensure the consumer is enrolled in a plan offering the best coverage and cost savings for their situation. The Medicare Plan Finder has a [tool for plan comparison](#) found at.
- The NJ SHIP program posts [charts of available Medicare plans](#) on their website. For individual assistance, Medicare beneficiaries can meet with a [local SHIP counselor](#).



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