

# HealthEASE

## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- November Observances:
  - National Alzheimer's Disease Awareness Month [Link](#)
  - National Family Caregivers Month [Link](#)
- The NJ Utility Energy Outreach Group promotes energy assistance programs for low- and moderate-income seniors and families. See attached flyer (English and Spanish) for five programs that may help your constituents stay warm – and healthy – this winter.
- Medicare's Annual Open Enrollment is currently underway and will run thru Dec. 7th. Medicare beneficiaries can call the State Health Insurance Assistance Program (SHIP) at 1-800-792-8820 to compare plans, or use comparison charts on the SHIP website. [Link](#)
- As we move into winter, here is a flu season checklist. [Link](#)
- Tips on discussing sensitive topics with your doctor. [Link](#)
- *Dance Your Way to a Healthier Aging Brain* (research study). [Link](#)
- The American Geriatrics Society's Health in Aging Foundation issued a cautionary notice for seniors on medication. [Link](#)
- Tips to consider when buying pet medication online. [Link](#)
- Emergency preparedness tips for people with pets. [Link](#)

## WORKSHOPS

- **Chronic Disease Self-Management Program:**

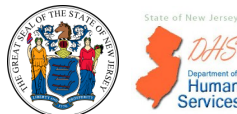
Essex County: November 7 – December 11. Time: 10:30 – 1:00 pm. To register contact Alon Hawkins, [ahawkins@familyconnectionsny.org](mailto:ahawkins@familyconnectionsny.org).

- **Cancer Thriving and Surviving:**

Bergen County: November 14 – December 19. Time: 4:30 – 7:00 pm. To register contact Courtney Lozano, 201-833-3392.

## HAPPY HOLIDAY SEASON!

See attachment for additional info. on programs that may help you & others stay warm this winter.



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