

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- July Observance:
Minority Mental Health Awareness Month [Link](#)
- Medicare is undertaking a major fraud prevention program by replacing all current Medicare numbers. The new Medicare number will be referred to as a MEDICARE BENEFICIARY IDENTIFIER (MBI). Everyone who has Medicare will be getting a new Medicare card in the mail soon. The new Medicare cards are FREE. Beware of scams in which anyone asks for money over the phone, in an email, or in-person. Make sure Social Security has your correct mailing address on file in order to get the new card. For more information go to: go.medicare.gov/newcard or CMS Outreach and Education materials for partners: <https://www.cms.gov/Medicare/New-Medicare-Card/Outreach-and-Education/Outreach-and-education.html>.
- Information on Cognitive Health and Older Adults from the National Institute on Aging (NIH). [Link](#)
- Heat exhaustion First aid from the Mayo Clinic. [Link](#)
- Data shows Diabetes Self-Management Workshops improves health outcomes and saves money. [Link](#)
- *5 Money-Saving Energy Assistance Programs to Help Older Adults*. [Link](#)
- Information on how to *Prevent Heartworms in Dogs, Cats, and Ferrets Year-Round*. [Link](#)
- *Signs and Symptoms of Untreated Lyme Disease*, provided by the FDA. [Link](#)

WORKSHOPS

- Chronic Disease Self-Management Program Workshop:
Somerset County: July 9 – August 6. Time: Starting at 10:00 am. To register contact Toolan@co.somerset.nj.us or 908-203-6072.
- Cancer Thriving and Surviving Workshop:
Ocean County: July 10 – August 14. Time: Starting at 9:00 am. To register contact 1-800-560-9990.
- Chronic Disease Self-Management Program Workshop:
Mercer County: July 18 – August 22. Time: Starting at 1:00 pm. To register contact Shirley Roberts or Billie O' Donnell at 609-631-6819 or 609-584-6725.
- Chronic Disease Self-Management Program Workshop:
Essex County: July 23 – August 27. Time: Starting at 10:00 am. To register contact 973-972-4323.
- Cancer Thriving and Surviving Workshop:
Hudson County: July 24 – August 28. Time: Starting at 1:00 pm. To register contact Rev. Suleima Rosario-Diaz at 201-854-5793

