

# HealthEASE

## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- November Observances:
  - National Alzheimer's Disease Awareness Month [Link](#)
  - American Diabetes Month [Link](#)
  - National Family Caregivers Month [Link](#)
  - Home Care and Hospice Month [Link](#)
- Social Security Benefits are Going to Increase by 2.8 Percent in 2019. [Link](#)
- Learn Information on Which Type of Medicare Coverage is Right for You. [Link](#)
- *Virtual Reality Opens the Door to New Worlds* for Older Adults. [Link](#)
- VA Caregiver Support Shows How to Build on Small Moments of Self Care. [Link](#)
- NIH Reports on Oral Health for Older Adults. [Link](#)
- Exercise Proven to Reduce Stress in Family Caregivers. [Link](#)
- NIA Shares Tips on *Shopping for Food that's Good for You*. [Link](#)
- *5 Tips for Caring for a Parent with Alzheimer's Disease* from AARP. [Link](#)
- Tips on Making Your Home Safe and Accessible from NIH. [Link](#)
- According to Kindred Health, Mobile News Use by Older Adults is Growing. [Link](#)
- *Tips for Planning a Thanksgiving Menu* from Healthy Aging. [Link](#)

## PROJECT HEALTHY BONES

*Project Healthy Bones (PHB)*, an exercise and education program for people with, or at risk of osteoporosis created by the Division of Aging Services and the New Jersey Interagency Council on Osteoporosis, has just updated its Lead Coordinator, Peer Leader and Participant Manuals.

If you are an active PHB coordinator or leader and did not get an email earlier this month with the new manuals, please complete and return the attached Contact Form as instructed on the form. More information on PHB can be found at this [Link](#).

