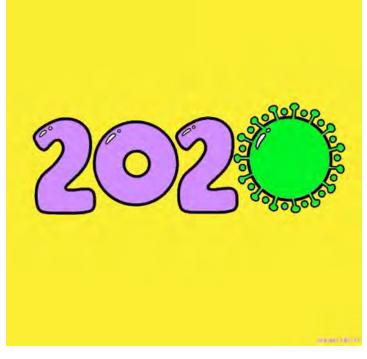


## A Positive Pulse

Your monthly dose of advice on healthy living

## January 2021

# Preventive Healthcare Part 1: COVID-19 Vaccines

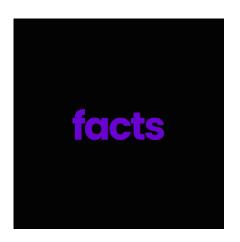


This is part one of Preventative Healthcare, giving you some facts and resources about COVID-19 vaccines.

- It is important to do your research and be comfortable with scheduling your appointment for a COVID-19 vaccine.
- Be familiar with the process and what side effects may occur.
- The Arc of New Jersey has many resources available, including video clips and webinars to help answer all of your COVID-19 vaccine questions.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.



## Quick Facts

#### What is COVID-19?

- COVID-19 is a disease caused by a virus that spreads easily and can make people very sick.
- People with developmental disabilities and their families, friends, and supporters play an important role in preventing COVID-19 by getting a vaccine.

#### What is a COVID-19 vaccine?

- The COVID-19 vaccine is a medicine that prevents you from getting COVID-19.
- Like most vaccines, the COVID-19 vaccine is given by shots using a needle on your upper arm.

#### It's so new, are they safe?

- COVID-19 vaccines were tested to make sure they are safe.
- Many people of different ages, races, ethnicities, and medical conditions took part in this testing.
- The vaccines available were approved because they are safe and work to protect people who receive them.
- Researchers have been studying and working with mRNA vaccines for decades.
   Interest has grown in these vaccines because they can be developed in a
   laboratory using readily available materials. This means the process can be
   standardized and scaled up, making vaccine development faster than traditional
   methods of making vaccines.

#### What is a mRNA vaccine?

- The first COVID-19 vaccines authorized for use in the United States are Messenger RNA vaccines—also called mRNA vaccines.
- mRNA vaccines are a new type of vaccine to protect against infectious diseases.
- To trigger an immune response, many vaccines put a weakened or inactivated

- germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from
- getting infected if the real virus enters our bodies.
  mRNA vaccines have been held to the same rigorous safety and effectiveness standards as all other types of vaccines in the United States.

#### Pfizer or Moderna

- There are different versions of the vaccine created by different companies. One is made by Pfizer and one is made by Moderna.
- Experts say the vaccine safety profiles and effectiveness are similar. Where they differ substantially is the logistics of handling and storing them.
- This means that the vaccine you receive will depend on your location and what is being shipped to your area.

#### When will I be able to get the vaccine?

- New Jersey has made plans for how the vaccine will be rolled out based on recommendations from the Centers for Disease Control and Prevention (CDC).
- Healthcare workers, Direct Support Professionals, and people living in congregate care settings will be among the first to receive it.
- The vaccine was then opened up to those 65 and older and those at high risk.
- Other essential workers will be eligible soon.
- The plan to make vaccines available may change over time. For up-to-date information on New Jersey's plan, <u>visit the COVID-19 Vaccination page on the New Jersey Department of Health's website.</u>

#### How Do I Book an Appointment?

- If you are looking to book an appointment, make sure to pre-register here. You will be notified by email when you are eligible and there are openings.
- If you are eligible and cannot find an appointment, try following this helpful Twitter account.
- New Jersey's COVID-19 Vaccine Call Center, which will be staffed seven days a
  week from 8 a.m. to 8 p.m., is live. The toll-free number is 855-568-0545. The
  call center can assist residents with: Registering with the New Jersey Vaccine
  Scheduling System (NJVSS), identifying whether they are currently eligible for a
  vaccination, identifying vaccination locations and general questions about
  vaccines.

SOURCE: https://rwjms.rutgers.edu/boggscenter/publications/documents/COVID19VaccineFactsDDCommunity-F.pdf

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html



The Vaccine Process

#### When You Get Vaccinated

- You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it.
- You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered.
- Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine.
- All people who get a COVID-19 vaccine will be monitored on-site for about 15 minutes to make sure their is no allergic reaction.

#### What are possible side effects?

- You may have side effects for a few days after getting the COVID-19 vaccine.
- It is normal to have pain or swelling in your arm.
  - To reduce pain where you got the shot:
  - Apply a clean, cool, wet washcloth over the area.
  - Use or exercise your arm.
- You may have fever, chills, tiredness, or headache after getting the shot.
- Drink plenty of fluids and dress in light layers to help you feel better.
- Talk to your doctor about taking an over-the-counter medicine to help with side effects.
- Contact your doctor if your side effects worry you or they do not go away after a few days.

#### What is "COVID arm"?

- An angry red rash due to "delayed cutaneous hypersensitivity", is being called "COVID arm".
- It is a harmless but annoying response in some people who get the Moderna vaccine.
- Aside from sometimes being itchy, it doesn't appear to be dangerous, and people who get it should not hesitate to get their second dose of the vaccine.
- There is no indication the reaction is anything but a topical and brief response as the body's immune system goes to work, said Dr. Esther Freeman, director of global health dermatology at Massachusetts General Hospital.

#### V-safe

- <u>V-safe is an After Vaccination Health Checker, a smart-phone based tool that</u> provides health check-ins after your COVID-19 vaccination.
- V-safe will also remind you to get your second COVID-19 vaccine dose if you need one.

#### **Book Your Second Appointment**

- Some vaccines, like the COVID-19 Vaccines, need two shots to be most effective. In studies, Pfizer's vaccine was 52% effective after the first shot and 95% after the second one.
- You should book your appointment for your second dose after you receive your first dose.
- You may be told that you will receive instructions on how to to do so in the coming weeks.
- It is important to get your second dose about 4-6 weeks after the first dose, depending on which vaccine you receive. They will let you know the timeframe you should follow when you receive your first dose.

#### **Post-Vaccine Safety**

 CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.

- Even after you get your vaccine, you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus.
- Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department.
- We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.

SOURCE: <a href="https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html">https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html</a>
<a href="https://wjms.rutgers.edu/boggscenter/publications/documents/COVID19VaccineFactsD">https://rwjms.rutgers.edu/boggscenter/publications/documents/COVID19VaccineFactsD</a>
<a href="https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html">DCommunity-F.pdf</a>

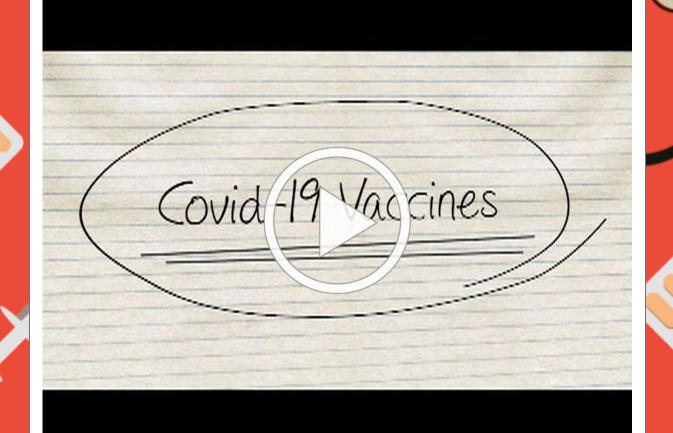
https://www.usatoday.com/story/news/health/2021/01/27/covid-arm-moderna-vaccine-rash-harmless-side-effect-doctors-say/4277725001/



## Video Guides

## The Arc of New Jersey's COVID-19 Vaccine Video for Individuals with I/DD

- The Arc of New Jersey created a video about the COVID-19 Vaccine.
- It is a free, short video aimed at helping people with intellectual and developmental disabilities (I/DD) know what to expect when they are able to receive the COVID-19 vaccine.
- The narrator of the video is Barbara Coppens, an extraordinary self-advocate who has received recognition in New Jersey and nationally, from The Arc of the United States, for her many years of advocacy on behalf of all individuals with I/DD.
- Watch the video below!



## Let's Stay Healthy!



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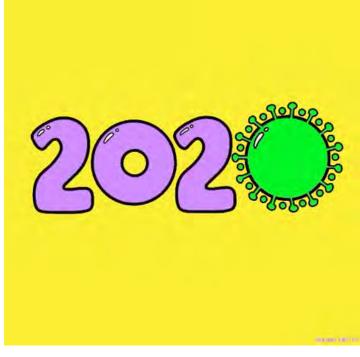


## A Positive Pulse

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### January 2021

# Preventive Healthcare Part 2: General Prevention



This is part two of Preventive Healthcare, giving you ideas on how to be proactive about your health and to do your best in avoiding

illness while you are healthy.

- Preventive care covers a wide range of activities that can keep you healthy.
- Besides regular doctor visits, there are some things to keep in mind in your daily routine that will keep you feeling well.
- Make sure to stay on top of the regular care that you need, depending on your personal health status.

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# What Is Preventive Care?

#### **Preventive Care**

- Also known as preventive medicine, it includes age and gender appropriate lifestyle changes, vaccinations, screening tests and other measures.
- Your doctor will help you identify major health risk factors (such as high blood pressure, high cholesterol and so on) and work with you to bring them under control.

#### **Quality of Life**

- The goal is to keep you healthy. You will enjoy a better quality of life, while reducing your potential health care costs.
- Doctors usually practice preventive care at the individual level by proactively using examinations, screenings and other tools to address your health needs.
- Preventive care programs targeting health concerns such as tobacco use, drug abuse and vaccinations (flu, for instance) address health concerns of the whole population.
- The old saying, "an ounce of prevention is worth a pound of cure," describes how preventive care benefits you and the entire health care system.
- Preventive medicine offers better outcomes for most patients and lower health care expenses.

#### Wide Range

- Preventive care covers a wide range of activities from the simplest habit of thoroughly washing your hands to sophisticated medical procedures that look for threats such as breast and colon cancer.
- Together, you and your primary care doctor can determine which of the preventive care tools is appropriate for you.
- While the focus of preventive care is to keep you healthy, it also extends to

- people with chronic health conditions such as diabetes, high blood pressure, heart disease, cancer and others.
- For these people, preventive care is about managing symptoms, complications and improving your quality of life.

**SOURCE:** https://www.marshfieldclinic.org/Specialties/primary-care/preventive-care/what



## Everyday Care at Home

#### Outside of the Doctor's Office

- Preventive care doesn't always take place in a doctor's office.
- Part of preventive care is living a healthy lifestyle.
- In tandem with regular check-ups, you can do your best to stay healthy.

#### Sleep

- It is clear that good sleep is essential for good health.
- Apart from prescribing sleep medications, there is not a lot that physicians can do to manage a patient's sleep habits if it is not tied to another treatable condition.
- Most adults need between 7 and 9 hours of sleep each night and older adults over 65 years of age need between 7 and 8 hours.
- Do your best to put aside enough time for you to sleep each night and try to keep distractions at bay so you can get a full night's rest.
- Wearable sleep monitors are a way to measure the time and quality of sleep, allowing individuals to recognize and modulate their own sleep habits.

#### **Exercise**

- Exercise is another aspect of health that wearable devices can monitor.
- The Apple Watch has an exercise monitor function that rewards the wearer for meeting goals such as daily activity and time engaged in vigorous exercise. For individuals who sit for hours every day, the watch reminds the wearer to get up once an hour and walk.
- For more about wearable tech, try watching our webinar on new year's resolutions that includes tech recommendations.

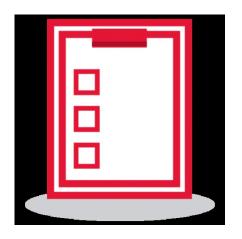
#### **Stress Relief**

- Stress-reduction is often overlooked but is critical to preventing chronic illness.
- There is a growing body of evidence to suggest that chronic stress leads to persistently elevated levels of the hormone cortisol, which has been linked to the types of inflammation associated with diabetes, coronary artery disease, and endstage kidney disease.
- Several wearable devices and smartphone applications contain modules designed to help reduce stress, including the <a href="Breathe application">Breathe application</a>.
- Try watching this webinar for stress management techniques.

#### Diet

- Food plays an extremely important role in preventing most diseases that are caused by environmental factors, poor diet and unhealthy lifestyle choices.
- While it is true that certain types of diseases cannot always be prevented, as there is an underlying genetic component that is passed from generation to generation, you can significantly lower your risk for developing some diseases by simply adopting a healthy and balanced diet
- This previous addition of Positive Pulse includes many apps and ideas to track your dietary habits.
- Try cooking some healthy recipes from our Yotube Playlist, updating every Friday.

**SOURCE:** https://www.carecentrix.com/blog/preventive-care-at-home-what-is-possible www.njselfadvocacyproject.org



## Checklist by Age

#### **Preventive Care Checklist**

- The regular appointments and screenings that make up preventive care help your physician pick up on serious problems, but also subtle changes in your health.
- If you don't visit your doctor when you're healthy, there's no way to know what your 'normal' is.
- This list can give you a basic guide, but you should talk to your primary care physician in order to find out what is right for you.

Depending on your situation, you may have access to preventive services such as:

- Blood pressure, diabetes, and cholesterol tests
- Many cancer screenings, including mammograms and colonoscopies
- Counseling on such topics as quitting smoking, losing weight, eating healthfully, treating depression, and reducing alcohol use
- Regular well-baby and well-child visits, from birth to age 21
- Routine vaccinations against diseases such as measles, polio, or meningitis
- Counseling, screening, and vaccines to ensure healthy pregnancies
- Flu and pneumonia shots Visit <u>Vaccines.gov</u> to learn more
- Check out the infographic below to see some examples by age and sex.

## Preventive care checklist

The proactive way to stay healthy



Make time to visit your doctor once a year, even if you feel fine. Share your health history. Ask questions. And bring this handy guide to recommended screenings and their frequency.

Men

Both

Women

18-29



#### **Body mass index**

Height/weight ratio indicates overall health. Normal = 18.5-24.9. Yearly, from age 18.



#### Blood pressure test

Exam using arm cuff. Indicates heart health. Ideal = 120/80.

Yearly, from age 18.

#### Pap smear

Microscopic cell exam screens for cervical cancer. Every 3 years, from age 21.

#### Checks for changes in appearance and feel.

Screens for cancer. Yearly, from age 18.

Testicular exam

#### STD screening

Blood test or cell swab. Yearly, depending on sexual activity.



Blood test. Indicates heart health. Regularly, from age 35.\*

Cholesterol test



#### **Blood sugar test**

Screens for Type II diabetes. Regularly, from age 45.

#### Colonoscopy

Imaging of the colon via scope. Detects cancer. Every 10 years, from age 45.\*

#### Mammogram

Breast X-ray to detect abnormal lumps. Every 1 or 2 years, as early as age 40.\*

#### Cholesterol test

Blood test. Indicates heart health. Regularly, from age 45.\*





#### Abdominal ultrasound

Detects abnormalities in the aorta, the main blood vessel in your midsection. Once, 65-75.



#### Bone density scan

Enhanced X-ray.
Detects osteoporosis.
Regularly, from age 65,\*

#### **Vaccines**

They're not just for kids. Your doctor may recommend other shots depending on your risk factors.



Flu: Yearly, from age 18.

TDaP: Combined protection against tetanus, diphtheria and pertussis (whooping cough). At least once as an adult.



Shingles: 1 or 2 shots, starting as young as age 50.

Pneumonia: 2 shots given 1 year apart. Age 65+, or younger if you're at risk.



Source: Centers for Disease Control and Prevention, 2019



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SOURCE: <a href="https://www.aetna.com/health-guide/preventive-care-by-age.html">https://www.healthcare/about-the-aca/preventive-care-by-age.html</a>

## Let's Stay Healthy!



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## Positive Pulse

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## February 2021

# Feathered Friends Part 1: Bird is the Word



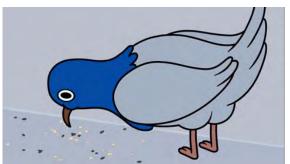
This is part one of Feathered Friends, providing some educational resources about birds and explaining how bird feeding and bird watching can be a healthy hobby.

- February is National Bird Feeding Month; feeding birds is particularly important in the wake of cold, snowy winters.
- Taking an interest in birds can provide many benefits for you as well as the birds.
- It is important to keep in mind what kinds of food make up a

good bird diet so your feathered friends stay healthy, too.

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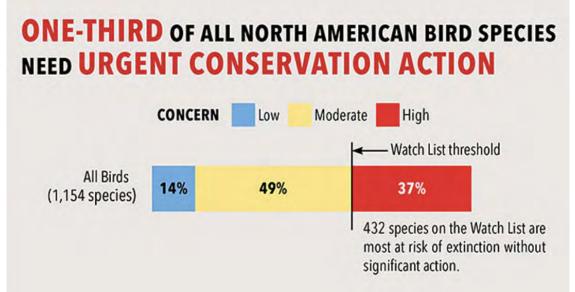
## National Bird-Feeding Month

#### History

- On February 23, 1994, John Porter (a U.S. Representative for Illinois) proclaimed February as National Bird-Feeding Month when he read a resolution into the Congressional Record.
- February is one of the most difficult months in the United States for wild birds.
- People are encouraged to provide food, water, and shelter to help wild birds survive.
- According to the U.S. Fish and Wildlife Service, more than 50 million North Americans feed wild birds.

#### How It Helps Birds

- According to the <u>2016 State of North America's Birds report</u>, one-third of all our continent's bird species need urgent conservation action. More than 400 birds are on the report's Watch List of species considered most at risk of extinction.
- For most birds, food supplies become greatly reduced in winter just when food is most required as fuel for keeping them warm.
- Birds need to maintain an elevated body temperature, generally about 105°F—in order to stay active. This can be difficult in the winter, especially for species that do not migrate somewhere warmer.
- Feeding birds is particularly important in the wake of cold, snowy winters.
   Migrating species on the East Coast returning to snow-covered soil prompt wildlife groups to ask for the public's help in feeding.
- To survive the winter, most birds follow a simple formula: maximize calories ingested while minimizing calories spent.
- Providing a consistent, safe source of food can help these birds thrive in the colder seasons.



**SOURCE:** <a href="http://www.audubonpark.com/discovery-center/feeding-the-birds-is-good-for-you-too/">http://www.audubonpark.com/discovery-center/feeding-the-birds-is-good-for-you-too/</a>

https://www.allaboutbirds.org/news/how-do-birds-survive-the-winter/ http://www.audubonpark.com/discovery-center/national-bird-feeding-month/



## A Healthy Hobby

#### Nature Improves Our Health

- Study after study shows that connecting with nature is good for you, and you don't have to be out in the forest in order to benefit. Even viewing nature has its benefits (like seeing birds at your feeder!).
- Studies show that just five minutes of activity in natural areas improves your selfesteem and mood.
- Short periods of time spent in nature can help reduce depression symptoms.
- Access to trees and green spaces calm us and help to alleviate stress.
- Even a short amount of time outside can reverse fatigue and concentration issues.
- Dementia patients have decreased symptoms following time spent in a garden.
- Hospital patients who spent time in a garden reported higher levels of hope and energy.

#### **Build a Natural Connection**

- You can connect with nature in many ways, whether it's in the forest, your backyard, or simply looking out your window.
- Bird feeding is a wonderful way to connect with nature and wildlife. It is a
  mindful and meditative activity that brings people so much joy.
- In fact, a recent "Let's Feed the Birds" survey found that the number one reason people feed the birds today is joy.
- Bird-feeding provides a needed break from today's frantic lifestyles. Enjoy the



relaxation and peacefulness afforded by watching birds — nature serves to relieve the stress and can get one's day going on a tranquil note.

#### Affordable, Family Fun

- Backyard bird-feeding is an entertaining, educational, and inexpensive pastime enjoyed by children and adults.
- Young children are naturally drawn to the activities involved in feeding wild birds, which can serve as excellent educational tools.
- Children can identify different species of birds with a field guide and can learn about the birds' feeding and living habits. These observations can then provide excellent research opportunities for school projects and reports.
- Feeding wild birds in the back yard is an easy hobby to start and need not overtax the family budget.
- It can be as simple as mounting a single feeder outside a window and filling it with birdseed mix. For many people, the hobby progresses from there. They discover the relationship between the type and location of feeders, and the seeds offered in them, and the number and varieties of birds attracted.
- Parents can challenge an inquisitive child's mind as they explore together these factors in trying to encourage visits by their favorite birds.

**SOURCE:** <a href="http://www.audubonpark.com/discovery-center/feeding-the-birds-is-good-for-you-too/">http://www.audubonpark.com/discovery-center/feeding-the-birds-is-good-for-you-too/</a>

http://www.audubonpark.com/discovery-center/national-bird-feeding-month/



## Bird Feeding Tips

#### Seed

- There are dozens of blends of bird seed available and experimenting with these can bring new and different birds to your feeders.
- Try blends with whole nuts or dried fruits, and see who comes to visit.
- Make sure your feeders are suited to the size of the seeds so the feed is easily accessible through the holes.
- Some species won't come to hanging feeders, but you can accommodate them with a platform feeder or by putting seed directly on the ground.
- Pressed seed cakes are another convenient option. They come in several shapes and sizes, including bells, rectangles, and circles. There are small sizes that fit into a suet cage and round "doughnut" shapes that can hang on a simple post.
- Rake or sweep regularly, so that the seed doesn't attract unwanted four-legged visitors.

#### Other Options

- Mealworms are another fun way to attract different birds, such as Eastern Bluebirds.
- These are sold live at specialty stores, but for convenience (and for those who are squeamish), there are now dried mealworms available at most places that sell wild bird seed.



- Suet is technically defined as the hard fat around the kidneys and loins in beef and mutton, but in common usage, most kinds of beef fat are also called suet and can safely be fed to birds. Suet is particularly attractive to woodpeckers, nuthatches, chickadees, jays, and starlings.
- Most people think of suet as a winter food, to help birds find quick fat and calories in the hard, snowy months. But you can offer it year-round. No-melt suet is a good alternative in the summer. These formulations won't melt in the heat, and they provide extra nutrition to nesting birds and hatchlings.
- Click the image below to make your own vegetarian suet for the birds in your area!



#### Make Your Own Suet

With this vegetarian version of suet (traditionally it's made from rendered animal fat) you can provide the perfect winter substitute for birds that normally feast on insects. This lipid-rich treat can help prepare year-round residents for the...

#### Read more

www.audubon.org

#### Sweets (in moderation)

- As a sweet treat, you can offer fruit, including watermelon, oranges, diced apples, and berries, such as dried cranberries and cherries, along with raisins and currants.
- Putting out a small amount of grape jelly may attract birds such as orioles if they
  are in your area. Look for kinds that are made without high-fructose corn syrup
  and with a low sugar content.
- Be sure that the container of jelly won't allow the birds to get sticky, because sticky feathers can be deadly for birds.
- Another possibility is to offer sugar water, a favorite of hummingbirds. Use 1 part sugar to 4 parts water and no food coloring.
- These sweets should only be offered as rare treats, and are best offered during migration when birds need rich energy sources to refuel along their migratory routes.

#### What's Bad For Birds

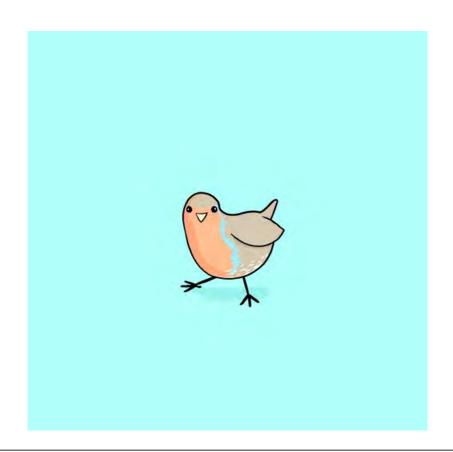
- Keep in mind that it's critical to feed birds the right food.
- Much as you wouldn't feed a starving child a bag of potato chips or cookies, you don't want to feed the birds foods that will actually hurt them rather than nourish them. Here are five common food choices that are harmful to birds:



- Spoiled or stale seed Be sure to replace the food often. Damp seed gets moldy, and birds don't like food that's been sitting around any more than you do.
- Bread This provides very little nourishment to birds.
- Potato chips The salt and processed nature of these snacks is unhealthy for birds.
- Popcorn Again, the salt is bad for them as are the processed oils used for popping.
- Sweets Baked goods and candy are not good because of all the sugar and processed ingredients.

SOURCE: http://www.audubonpark.com/discovery-center/healthy-snack-food-for-birds/

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Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





## N Positive Pulse

Your monthly dose of advice on healthy living

## February 2021

# Feathered Friends Part 2: Birds of NJ



This is part two of Feathered Friends, providing some educational resources about birds and explaining how birdwatching can be a healthy hobby.

- There are a variety of bird species you may find right in your own backyard!
- You can set up birdhouses and bird feeders in your yard to attract your favorite birds more often.
- There are many amazing spots to go bird watching right here in

**New Jersey!** 

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.



## Common Bird Species in NJ

#### Red-bellied Woodpecker

- If you hear a loud repetitive knocking noise (aka drumming), check the trees in your backyard and look for this bird's distinctive red stripe. With its zebra back pattern the Redbellied Woodpecker can be found all year round in residential forests. You can tell the male and female apart by the longer red stripe on the male's head.
- Drumming (hammering against a loud or resonant object) is the woodpecker equivalent of singing.
- The Red-bellied Woodpecker's most common call is a shrill, rolling kwirr or churr given by both sexes. You might also hear a gruff, coughing cha cha cha sounding through the woods, usually a contact call between mates,
  - or a throaty growl exchanged when birds are close together.
- Click here to hear what it sounds like.

#### **Tufted Titmouse**

- If you hear a bird with an echo-y voice, it is probably a Tufted Titmouse. These super cute birds love to show up on birdfeeders, so make sure to keep it well stocked and have your camera ready.
- The Tufted Titmouse's song is a fast-repeated, clear whistle: peterpeter-peter.
- Titmouse calls are nasal and mechanical. A scratchy, chickadeelike tsee-day-day-day is the most common.
- Click here to hear what it sounds





#### American Goldfinch

- This is the NJ State bird, so don't be surprised if this bright yellow guest is a frequent visitor in your yard. Their distinctive sunny color makes them easy to spot, and if you want to attract them, sunflower seeds are the way to go.
- Males sing a long and variable series of twitters and warbles that can be several seconds long.
- The American Goldfinch's most common call is its contact call, often given in flight. It sounds like the bird is quietly saying po-ta-tochip with a very even cadence.
- Click here to hear what it sounds like.



#### Chickadee

- You can tell the difference between the chickadee and other small birds by looking for its distinctive black cap and bib, white cheeks, and grey wings. They are easy to attract but they especially love suet, sunflower seeds, and peanuts.
- In most of North America, the song is a simple, pure 2 or 3-note whistled *fee-bee* or *hey sweetie*.
- Chickadees make their chickadeedee-dee call using increasing numbers of dee notes when they are alarmed.
- Click here to hear what it sounds like.

#### Northern Cardinal

- Those brilliant red cardinals you see are all males. Female cardinals are a pale brown overall. Still, these beautiful birds are definitely eyecatching, and will be more likely to hang out if you supply sunflower seeds.
- Both male and female Northern Cardinals sing. The song is a loud string of clear down-slurred or twoparted whistles, often speeding up and ending in a slow trill.
- Scientists have described at least 16 different calls for the Northern Cardinal, but the one you'll hear most commonly is a loud, metallic chip.
- Click here to hear what it sounds like.







#### **Gray Catbird**

- The all gray catbird has a call that you won't ever forget, because it sounds a lot like a cat! You are most likely to see these if you've got a bunch of fruit trees in your back yard. If you don't, keep your eyes open when you head to pick-yourown places.
- Male Gray Catbirds sing a long, halting series of short notes collected into "phrases," which combine to make a song. The notes often are imitations of other birds as well as of frogs and mechanical sounds.
- The most common call is a raspy mew that sounds like a cat. Catbirds also make a loud, chattering chekchek-chek and a quiet quirt.
- Click here to hear what it sounds like.



SOURCE: <a href="https://www.njfamily.com/the-birds-of-nj-heres-how-to-figure-out-what-youre-seeing-in-your-backyard/">https://www.njfamily.com/the-birds-of-nj-heres-how-to-figure-out-what-youre-seeing-in-your-backyard/</a>
<a href="https://www.allaboutbirds.org/">https://www.allaboutbirds.org/</a>



## Bird Houses for Your Yard

#### **Choosing The Right Bird House**

- It is important to know before buying or building a bird house just which bird species you want to attract. Many small birds that use bird houses are picky about the size, shape, and entrance hole of their nests.
- Entrance Holes: Holes are needed for ventilation and drainage. Ideal hole sizes for birds are 1 1/8" for wrens, 1 1/2" for bluebirds, and 1 1/4" for chickadees and titmice.
- Size: The more eggs a bird lays, the larger a base the bird house will need to accommodate each egg safely and comfortably.
- Materials: The nesting box may have painted, stained, or metal details, but the
  interior of the house should be untreated. Look for bird houses made of red cedar
  or bald-cypress. Pine and plywood also work but expect to replace it more often.
  A great option is a Gazebo feeder.
- Thick Walls: Make sure your bird houses have strong foundations. Thick walls
  constructed of untreated wood for insulation ensure a lasting experience for
  nesting birds.
- Sloped Roof: An extended and sloped roof is used to keep out the rain, preventing internal damage to the bird house.



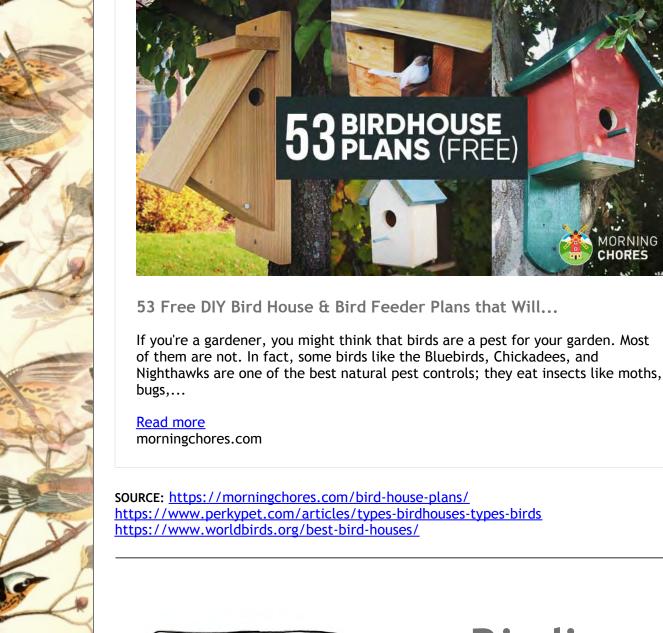
• Baffle: Squirrels, raccoons, snakes, and house cats and other predators can steal eggs and chicks from nests. Baffles are used to keep these predators away. One of the best baffles is made from a length of stovepipe.

#### Where Should You Put The Birdhouse?

- The location of the bird house is just as important as the size of the box in attracting specific birds. Depending on the species, some birds may prefer wooded, shady, open, or grassy areas.
- Most birds prefer a sunny, open space, so dense shade isn't recommended. There
  are many locations to account for when you try to attract certain birds to your
  yard.
- Some bird species, such as woodpeckers and wood ducks, want their nesting boxes attached to the trunks of trees. To them, bird houses are good substitutes for tree cavities.
- Most of the time, bird houses should be mounted on sturdy poles or posts to keep predators like rodents or cats away.
- To further discourage predators, wrap the post with sheet metal guard. This covering prevents predators from easily climbing up the post. You can also have a piece of stovepipe around the pole to serve as a baffle.
- Bird houses hung in trees should be from 5 to 30 feet above the ground where enemies can't access it. Bird houses should be located in areas because birds like to have a clear flight path to the entrance for delivering food.
- Open fields that are far enough away from gardens serve as great feeding grounds for birds like Purple Martins and American Robins.

#### How To Attract Birds To Bird Houses

- There are many components that go into attracting birds to your bird houses.
   Your bird house environment must provide the basic necessities, or else birds won't stay for long.
- Food: The primary source of food for most birds would be seeds like black oil sunflower seeds, but also specialized foods like suet and mealworms can attract certain birds.
- Water: Freshwater for drinking and bathing is absolutely needed for all birds.
   Whether you use basic bird baths or bird bath fountains for the splashing sounds and bright sparkles, you will be able to attract birds.
- Shelter: The most attractive shelters for nesting birds include evergreen trees and various native plants. Some birds like woodpeckers prefer dead trees that have cavities in them.
- Landscaping: Provide native plants and naturalized areas for your birds to feel comfortable. Don't use too many pesticides or other chemicals, or else birds won't be able to feast on insects, nor will there be enough spider silk available for nesting.
- Nesting Material: Provide various sources of nesting material such as twigs, leaves, and weeds. Try not to be too excessive in providing nesting material because some birds prefer to build their own nests from scratch.





## Birding Spots in NJ

#### **World Series of Birding**

- Each May, the New Jersey Audubon Society holds a one-day competition called the World Series of Birding.
- In some years, the winning team has recorded more than 230 species over the course of just 24 hours.
- The reason the World Series yields such big numbers is the great diversity of habitats in such a relatively small state.

#### Cape May

- Cape May's avid birders (and there are many) would argue that this peninsula where Delaware Bay meets the Atlantic Ocean is the birding capital of the nation.
- Migrants naturally congregate here both northbound and, especially, southbound,



- creating days in spring and fall where it seems every tree and shrub is full of birds in places like the Cape May Migratory Bird Refuge or Higbee Beach Wildlife Management Area. The hawk watch here is legendary, with thousands of raptors passing Cape May State Park on some days in September and October.
- Birding is at its best at Cape May in spring and fall, and the Bird Observatory's
  website has information on the very popular festivals held at those seasons, with
  expert speakers and field trips.

#### **Island Beach State Park**

- One of New Jersey's finest natural areas, and one of the state's best birding sites, Island Beach State Park encompasses 3,000 acres of nearly undeveloped barrier island. The park includes more than 10 miles of dunes, as well as woodland and marsh. Sandy beaches face the Atlantic Ocean, and marsh borders Barnegat Bay.
- Many factors contribute to the park's lengthy bird list. Shorebirds feed on its beaches and marshes, and some nest. Seabirds such as scoters, loons, Northern Gannet, and Great Cormorant can be spotted in and over the Atlantic from fall through spring. Migrants including raptors and songbirds follow the coastline and are concentrated by the island's narrow width. Waterfowl and wading birds frequent the wetlands and coastal marsh.

#### **Sandy Hook**

- This narrow peninsula extends for six miles off the New Jersey coast toward Lower New York Bay. Much of it is administered by Gateway National Recreation Area, and it's very popular with summer beachgoers. Birders visit mostly from fall through spring, when the human population declines.
- Sandy Hook's birding reputation is based on several things. It's an excellent place
  in migration, when traveling birds are concentrated on this thin spit of land. In
  both spring and fall, wind generally from the west pushes migrants to the coast.
  Many migrants have appeared here, from Townsend's Solitaire to Townsend's
  Warbler.

#### Edwin B. Forsythe Wildlife Refuge

- One of the best-known birding locations on the Atlantic Coast, this refuge is located less than ten miles north of Atlantic City. More than three-fourths of the area's 47,000 acres is salt marsh, creating a perfect habitat for waterfowl, wading birds, shorebirds, gulls, and terns.
- The most popular birding activity here is cruising around the eight-mile wildlife drive, which passes alongside diked impoundments where water level is managed to benefit birds. Well over 300 species have been seen on this route alone, testifying to the richness of these wetland habitats and the refuge's location along the shore on a major migratory path.

#### **Great Swamp National Wildlife Refuge**

- Located less than 25 miles from Manhattan, Great Swamp National Wildlife Refuge is a 7,768-acre swath of forest and wetlands surrounded by suburban neighborhoods and shopping centers. Once destined to be a major airport, it was saved by conservationists in the 1960s. It's a fine destination for birding anytime of year.
- A local volunteer group operates a visitor center on Pleasant Plains Road just northwest of the refuge, with information on the area and a nature trail. The main site for natural interaction is a boardwalk on Long Hill Road, with adjoining trails. The longest trails are found east of Long Hill Road, in a mostly undeveloped part of the refuge. Nearly all birding here is done on foot, as the refuge's location means it lacks the long auto tour routes of many national wildlife refuges.

#### **High Point and Stokes State Forest**

These areas in the northwestern corner of New Jersey are noted for beautiful forests, scenic views, a section of the Appalachian Trail, and, of course, for the highest point in the state at 1,803 feet. Birders know them for hosting several



- nesting species, some of northern affinity, that are rare or uncommon elsewhere in the state.
- Miles of trails crisscross High Point and Stokes, providing access to many different habitats. A good trail for some of High Point's notable birds is the Cedar Swamp Trail, looping around a high-elevation bog where Atlantic white cedar grows profusely.

## Clinton Wildlife Management Area and Spruce Run Reservoir

• These two adjacent areas in central New Jersey provide fine birding year-round for a wide range of species. Spruce Run Reservoir, north of the town of Clinton, is accessed off Van Syckles Road. The wildlife management area lies to the west, and can be entered from parking areas on Van Syckles Road or Charlestown Road (Road 635). The Black Brook trail is a favored birding site.

#### Heislerville Wildlife Management Area

- New Jersey's coast on Delaware Bay is rich in marshes and other wetlands, many
  protected as hunting sites or other natural areas. One favorite birding destination
  here is Heislerville Wildlife Management Area, located off Highway 47 near the
  community of the same name. Its bird list leans heavily toward waterfowl, wading
  birds, shorebirds, gulls, and terns attracted to its impoundments and marsh and
  mudflats.
- Matt's Landing Road leads to the prime birding spots, and roads loop through the
  area for several miles. In May, look for common shorebirds such as Semipalmated
  Plover, Greater Yellowlegs, Willet, Lesser Yellowlegs, Least Sandpiper,
  Semipalmated Sandpiper, and Short-billed Dowitcher, to name just a few. With
  birders keeping regular watch here, rarities such as Ruff and Curlew Sandpiper
  have been spotted.

#### **Delaware Water Gap Recreation Area**

- Named for the "gap," or valley where the Delaware River cuts through a part of the Appalachian Mountains, this National Park Service site takes in areas on both sides of the river, in New Jersey and Pennsylvania. It combines splendid scenery, recreation, and history.
- The favorite birding activity in the park is a drive along Old Mine Road, which parallels the river from Interstate 80 heading north. For most of the way, the road is narrow, tree-lined, and lacking almost all development. Old Mine Road runs about 25 miles to Dingmans Ferry, but some of the best birding is in the first 12 miles from I-80.

#### **Garret Mountain Reservation**

- This tract of high ground is known among birders basically for one thing: the amazing number and variety of migrant species that can be present on a good day in May. Garret Mountain birding entails searching the woodland in spring, and to a lesser extent fall, for birds that stop to rest and feed in this patch of greenery amid an urban landscape. It can also be good for migrant raptors.
- Located south of Paterson, the 568-acre park is easily accessible, as roads wind up through woodland to bluff overlooks with far-reaching views. Eight miles of trails are available for exploring the area. Garret Mountain has been designated an Audubon Important Bird Area and a National Natural Landmark.

#### New Jersey Birding and Wildlife Trails

- Developed by the New Jersey Audubon Society, these trails reveal the Garden State's remarkably rich birdlife.
- One completed route winds through Cape May and the southern Delaware Bay shore, comprising one of the continent's most famous regions for observing

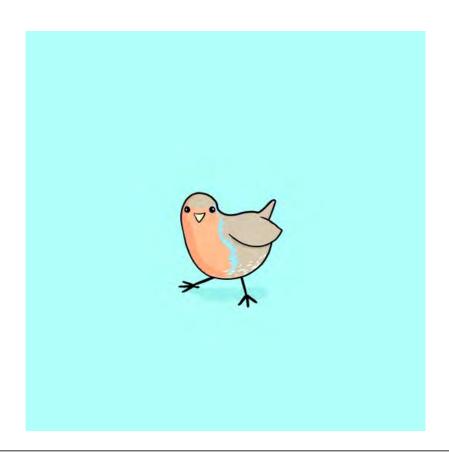


migratory birds. The massive flocks of red knots and other shorebirds that gather here in spring have drawn both international acclaim and focused conservation concern. The autumn flights of raptors at Cape May are world-class, offering glimpses of everything from speedy little sharp-shinned hawks to powerful peregrine falcons and huge golden eagles.

- Farther north, another completed trail shines a spotlight on a very different region: the Meadowlands. Just a few miles from the heart of New York City, the Meadowlands play host to more than 200 bird species, from Great Blue Heron and bald eagles to colorful little warblers and finches.
- On the Skylands Trails in New Jersey's northwestern highlands, you'll find cool
  evergreen forests cradle nesting birds of northern affinities, like blue-headed
  vireo singing their short whistled phrases and northern waterthrushes teetering
  back and forth alongside creeks.

SOURCE: <a href="https://www.audubon.org/news/birding-new-jersey">https://www.audubon.org/news/birding-new-jersey</a>

### Let's Stay Healthy!



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The Horizon Foundation for New Jersey

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## **New Jersey Self-Advocacy Project**

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





# March 2021

# Gift of Gab Part 1: Foreign Language Facts



This is part one of Gift of Gab, providing some educational resources about the benefits of learning a new language.

- We'll start off with facts about languages in the United States.
- There are many health benefits to learning a new language.
- Different types of sign language are used across the world in addition to spoken languages.

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# Language Facts

# USA Does Not Have An Official Language

- Although 80% of Americans speak English, the United States does not have an official language.
- The Continental Congress did not declare an official language when creating the laws of the United States. This was due to the vast amount of languages that were spoken in the US at the time including Dutch, Spanish, French and German, as well as thousands of Native American languages.
- Since then, the linguistic landscape of America has remained widely diverse, and there is still no official language.

# More Spanish Speakers Than Spain

- Our country is the home to the second largest Spanish speaking population in a country, with 52.6 million people Spanish speakers living in the U.S. according to a report from Instituto Cervantes.
- The Spanish-speaking population of the United States has grown 210% since 1980.
- According to the report and U.S. Census data the United States will surpass Mexico with the most Spanish speakers at 132.8 million people by 2050.

# California is a Hotspot for Languages

- According to the 2011 U.S. Census, California is home to about 15 million people who do not speak English at home. This adds up to about 5% of the United States' population alone!
- Spanish is the most popular non-English language in California with around 10 million speakers, and there are also a lot of Asian languages that are well represented in the state.
- According to the U.S. Census, about 3,375,028 people who primarily speak Asian languages live in California.
- The most popular Asian language used in California is Tagalog, a native language of the Philippines. Filipinos account for over 1.5 million of the state's population.

# French is Still Growing

- Some people may assume that because French is not as popular in schools anymore that it is not used as much as it once was. Contrary to this belief, over 1.3 million people speak French in the United States, which is a 28% increase since 1980.
- Most Francophone communities are located in areas near French Canada, such as Northeast Maine. Louisiana is an exception to this because many people in rural Louisiana speak Cajun, a dialect of French, which has been passed down from generation to generation since the French controlled Louisiana back before the United States bought the territory in 1803.

# Arabic is a Growing Language

- Nearly a million people speak Arabic in the United States now, and the population has grown nearly four times since 1980.
- A large number of American Arabic speakers live in the Detroit Metropolitan area, specifically Dearborn, which accounts for 30% of its population of Arab descent.
- The growth of Arabic speakers in Michigan originated with Henry Ford's famous invention. People immigrated from the Middle East during the early 20th century to work in Ford's auto factories, thus bringing the Arabic language and culture to Michigan and the United States!

# Babies and Children Learn Fast

- The researchers measured the activity of different parts of the brain that responded to Spanish and English.
- Monolingual infants showed different patterns of brain activities in response to Spanish and English; many parts of the brain showed weaker activity in response to Spanish than to English.
- In contrast, bilingual infants' brains exhibited a similar pattern of activity in response to Spanish and English words. Hence, before they reach their first birthday or can even speak fluently, babies exposed to two languages hear speech sounds differently than their monolingual peers.
- Researchers found that the ability to learn a new language drops significantly at around 17 years of age. While the biological reason for the critical period is yet to be understood, many scientists suggest that age-related changes in brain plasticity, or the brain's ability to change and adapt as a result of experience, may be the underlying factor.

# Languages in Schools

- Many studies on the cognitive benefits of bilingualism from infancy suggests that bilingualism in children should be encouraged, yet only 20% of K-12 students in the U.S. take foreign language classes.
- Although most colleges in the U.S. now have a foreign language requirement of some sort, learning a language in adulthood is harder because students are likely already past the critical learning period.
- Giving young children an exposure to foreign languages, either in school or at home, could lead to cognitive benefits that will last their entire life.

**SOURCE:** <a href="https://sitn.hms.harvard.edu/flash/2019/bilingualism-start-early-and-earn-all-vour-benefits/">https://sitn.hms.harvard.edu/flash/2019/bilingualism-start-early-and-earn-all-vour-benefits/</a>

https://www.access2interpreters.com/5-fascinating-facts-about-language-in-the-united-states/



# Health Benefits

# **Delay Alzheimers**

- One of the most recent and striking discoveries is that bilingualism may delay the onset of Alzheimer's disease. Alzheimer's disease involves memory loss and other cognitive disabilities that develop slowly and get worse over time.
- Numerous studies have found that the onset of Alzheimer's disease is delayed by 4-5 years in bilingual Alzheimer's disease patients when compared to monolingual Alzheimer's disease patients regardless of sex, lifestyle, education, and occupation.

• They found that bilingual Alzheimer's disease patients had thicker and denser brain regions related to language and, more importantly, cognitive control.

# **Stroop Test**

- Growing evidence suggests that bilingualism provides cognitive benefits.
- For example, life-long bilinguals are better at inhibitory control, the ability to ignore irrelevant information during a task.
- In a Stroop test, a test designed to assess inhibitory control, people are asked to name the color of a word printed with colorful ink. The color can be the same as or different from the meaning of the word.
- A 2015 study found that bilinguals performed better than monolinguals when the color and word did not match, showing that bilinguals were less distracted by irrelevant information (i.e., the meaning of the word).
- Also, bilinguals were shown to be better at managing a complex task and switching attention to goal-relevant information.
- Try the Stroop test below by naming the COLOR of the word, not what it says.

# PURPLE YELLOW RED BLACK RED GREEN RED YELLOW ORANGE BLUE PURPLE BLACK RED GREEN ORANGE

# **Increases Networking Skills**

- Opening up to a culture allows you to be more flexible and appreciative of other people's opinions and actions.
- As a result, if you are multilingual, you have the advantage of seeing the world from different viewpoints, enhancing your ability to communicate in today's globally connected world.

## **Provides Better Career Choices**

- According to Eton Institute's Language Development in the Workforce survey (September 2014), 89% of clients stated that multilingual employees add value to the workforce and 88% stated that recruiting team members with language skills is important to their organization.
- A multilingual ability is definitely a competitive edge in today's world.

# The First Language Is Improved

- Learning a new language makes you more conscious of the nuts and bolts of your own language.
- Terms such as vocabulary, grammar, conjugation, comprehension, idioms and sentence structure become everyday phrases, whereas your own language is probably absorbed more intuitively.
- Learning a new language also makes you a better listener as you are used to having to interpret meaning and judge nuances.

# Improves Performance In Other Academic Areas

- As a result of higher cognitive skills, studies show that the benefits of learning a new language include higher scores on standardized exams in math, reading comprehension and vocabulary by multilingual students compared to the scores of monolingual students.
- Language skills boost your ability to do well in problem-solving tasks across the board, a fact recognized through compulsory foreign language learning curriculum in schools.

# Improves Memory

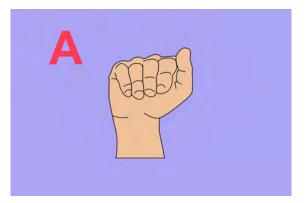
- Use it or lose it. How many times have you heard that phrase? It is a simple fact: the more the brain is used, the better its functions work.
- A new language requires not only familiarity with vocabulary and rules, but also being able to recall and apply this knowledge.
- Learning a language gives your memory a good work out in the brain gym. This means that multilingual people have brains that are more exercised and quick to recall names, directions, facts, and figures.

# **Enhances The Ability To Multi-Task**

- Multi-tasking is very stressful for those who are not used to it or don't do it well.
- According to a study from the Pennsylvania State University, people who are multilingual and proficient at slipping from one language system to another are practiced at this very demanding work for the brain.
- People who have developed the ability to think in different languages and move from one to the other become much better multi-taskers, reducing stress levels.

SOURCE: <a href="https://sitn.hms.harvard.edu/flash/2019/bilingualism-start-early-and-earn-all-your-benefits/">https://sitn.hms.harvard.edu/flash/2019/bilingualism-start-early-and-earn-all-your-benefits/</a>

https://etoninstitute.com/blog/top-10-benefits-of-learning-a-foreign-language



# Sign Language

# Not a Universal Language

- There is no single sign language used around the world. Like spoken language, sign languages developed naturally through different groups of people interacting with each other, so there are many varieties.
- There are somewhere between 138 and 300 different types of sign language used around the globe today.
- Interestingly, most countries that share the same spoken language do not necessarily have the same sign language as each other. English for example, has three varieties: American Sign Language (ASL), British Sign Language (BSL) and Australian Sign Language (Auslan).

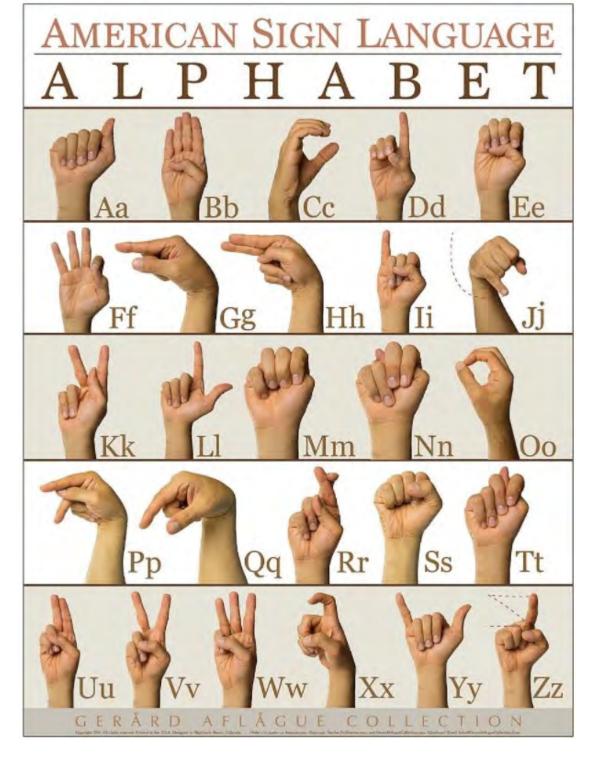
# Basics of Alphabets and Fingerspelling

- Most people start their sign language journey by learning the A-Z or alphabet equivalent in sign form.
- The use of the hands to represent individual letters of a written alphabet is called 'fingerspelling'. It's an important tool that helps signers manually spell out names of people, places and things that don't have an established sign.
- For example, most sign languages have a specific sign for the word tree, but may not have a specific sign for oak, so o-a-k would be finger spelled to convey that specific meaning.
- Of course, not every language uses the Latin alphabet like English, so their sign language alphabet differs as well. Some manual alphabets are one-handed, such as in ASL and French Sign Language, and others use two-hands, like BSL or Auslan. Though there are similarities between some of the different manual alphabets, each sign language has its own style and modifications, and remains unique.

## Let's Learn!

• Check out the video and image below to learn how to sign each letter in the American Sign Language alphabet.





SOURCE: https://www.ai-media.tv/sign-language-alphabets-from-around-the-world/

# Let's Stay Healthy and Celebrate Other Cultures!



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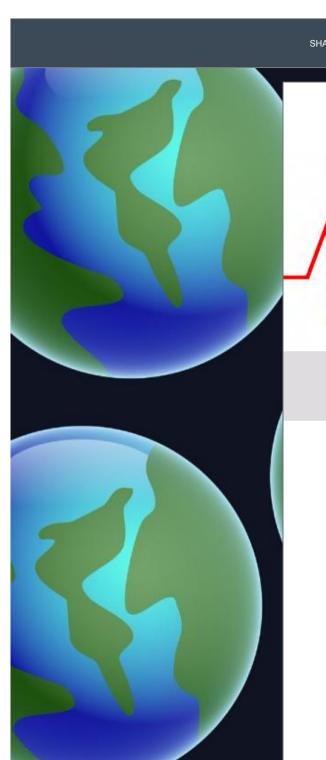




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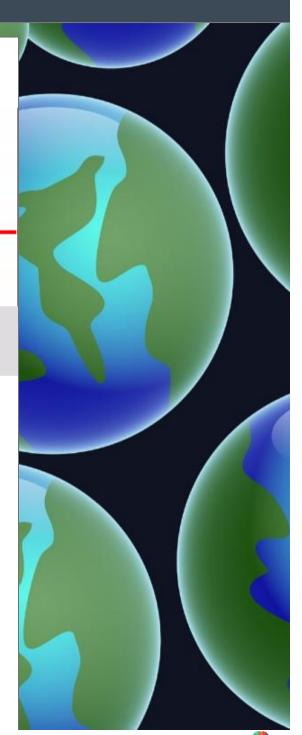


# Positive Pulse

Your monthly dose of advice on healthy living

March 2021

Gift of Gab
Part 2:
Learning, Food, & Fun







This is Part 2 of *Gift of Gab*, providing educational resources that help you learn a new language and form a better understanding of different cultures.

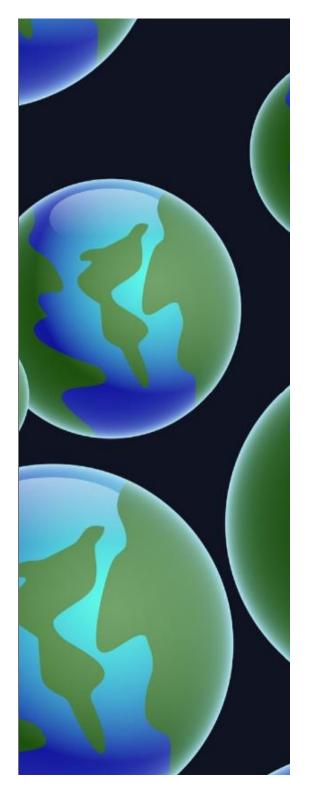
- Learning a new language takes a lot of effort but there are some helpful tips you can keep in mind to make things easier.
- American cuisine, though often unique in its own way, owes a lot to the cultures it borrows from.
- Test your knowledge on languages of the world and see how much you know (or don't know!)

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

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Language Learning Tips





### **Know Your Motivation**

- If you don't have a good reason to learn a language, you are less likely to stay motivated in the long-run.
- Wanting to impress English-speakers with your French isn't the best reason —
  wanting to get to know a French person in their own language is a more noble
  one.
- But no matter your motivation, once you've decided on a language, it's crucial to commit. This means sitting down and thinking, "OK, I want to learn this and I'm therefore going to do as much as I can in this language, with this language and for this language."

### Find A Partner

- Finding some kind of partner will push both of you to try just a little bit harder.
- You have someone with whom you can speak, and that's the idea behind learning a new language.

### Talk To Yourself

- If the previous suggestion on our list of language-learning tips isn't doable because you have no one else to speak to, there's nothing wrong with talking to yourself in a foreign language.
- It might sound really weird, but actually speaking to yourself in a language is a great way to practice if you're not able to use it all the time.
- If you don't know how to go about learning a new language, this can keep new
  words and phrases fresh in your mind. It also helps build up your confidence for
  the next time you speak with someone else.

## **Keep It Relevant**

- If you make conversation a goal from the beginning, you're less likely to get lost in textbooks. Talking to people is one of the best ways to learn a language because it keeps the learning process relevant to you.
- You're learning a language to be able to use it. You're not going to speak it only to yourself.
- The creative side is really being able to put the language that you're learning into a more useful, general, everyday setting be that through writing songs, generally wanting to speak to people or using it when you go abroad.

### Have Fun With It

- Using your new language in any way is a creative act.
- Think of some fun ways to practice your new language: make a radio play with a friend, draw a comic strip, write a poem or simply talk to whomever you can.

### Leave Your Comfort Zone

• Willingness to make mistakes means being ready to put yourself in potentially embarrassing situations. This can be scary, but it's the only way to develop and improve.





- No matter how much you learn, you won't ever speak a language without putting yourself out there: talk to strangers in the language, ask for directions, order food, try to tell a joke.
- The more often you do this, the bigger your comfort zone becomes and the more at ease you'll be in new situations.

## Language Apps

• Try the language apps in the article below to start or supplement you language learning!

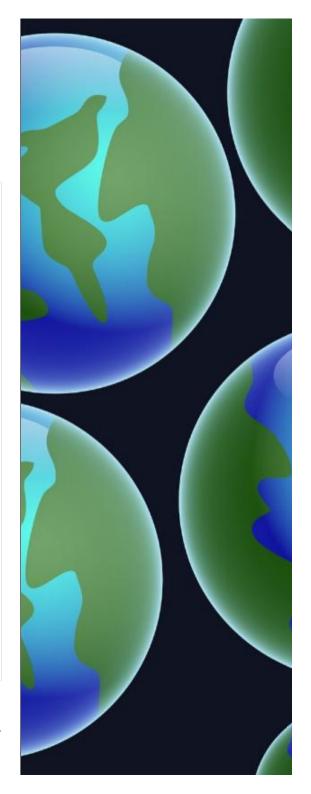


These 10 language apps to make you fluent while social...

Want to learn a second language? There's an app (actually, several) for that -- especially if you're spending more time at home due to coronavirus-related quarantines, and social distancing, and want to spend that time doing something enriching.

Read more www.cnet.com

SOURCE: https://www.babbel.com/en/magazine/10-tips-from-an-expert







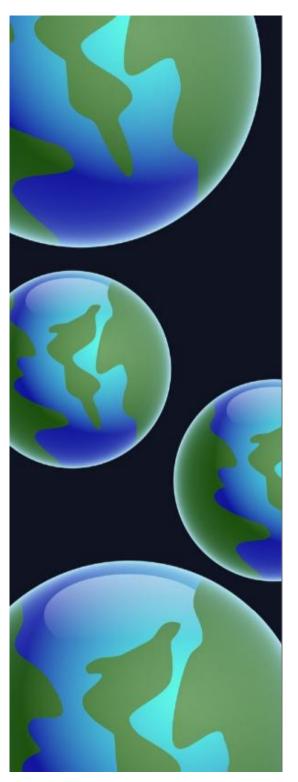
# Food Origins and Adaptations

# Gumbo Chile con queso California roll Spaghetti and meatballs

- The names are as familiar as household brands. Yet how much do you know about these dishes?
- Based on the names alone, with their roots in other languages and other cultures, each dish sounds like an import. In some ways, they are.
- But each dish also morphed and adapted to its new environment, transforming into something uniquely American.
- Read the article below to learn more!







Made in America: Four dishes, inspired by other lands,...

Voraciously and Warning: This graphic requires JavaScript. Please enable JavaScript for the best experience. Gumbo. Chile con queso. California roll. Spaghetti and meatballs. The names are as familiar as household brands. Yet how much do you know ...

Read more

www.washingtonpost.com

**SOURCE:** <a href="https://www.washingtonpost.com/graphics/2019/voraciously/what-are-american-foods/">https://www.washingtonpost.com/graphics/2019/voraciously/what-are-american-foods/</a>



# Foreign Language Quiz

## **Trivia**

- Find out how much you know about languages around the world by challenging your friends and family to a trivia game!
- Click here to download the Questions and Answers!





### Round 1:

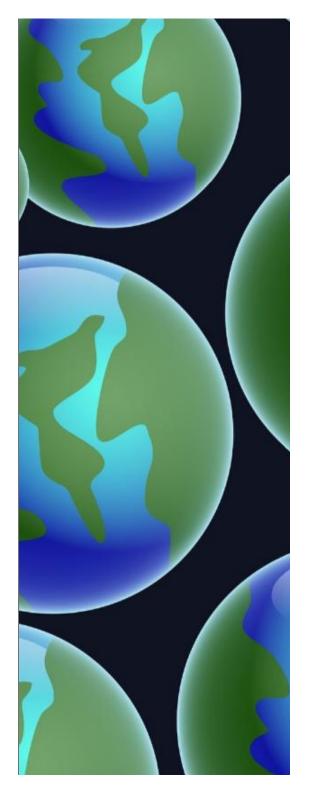
- 1. How many languages are spoken worldwide? Closest wins!
- 2. Which language has the second most native speakers?
- 3. Most English vocabulary used when talking about the law or cuisine has roots in which language?
- 4. Which book has been translated into the most languages?
- 5. The first printed book was written in which language?
- 6. Which language has the most native speakers in Europe?
- 7. What is the official language of the United States?
- 8. The Hawaiians have a lot of words for rain. Can you guess how many? Closest wins!
- 9. What was the first language spoken in outer space?
- 10. How many countries have Spanish as their official language? Closest wins!

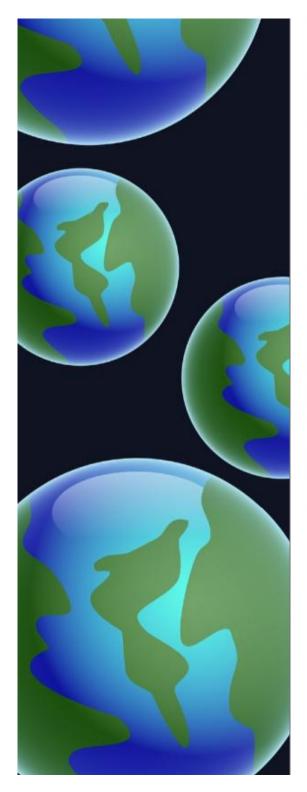




### Round 2:

- 1. How many languages can you say thank you in? The most wins!
- 2." Panino" means sandwich in which language?
- 3. The word alphabet has roots in which language?
- 4. How many languages can you say hello in? The most wins!
- 5. The word latte means milk in which language?
- 6." Ich liebe dich" means I love you in which language?
- 7." Lycklig" or "glad" means happy in which language?
- 8. How many languages can you say goodbye in? The most wins!
- 9. What does "vinho" mean in Portuguese?
- 10. "Prosze bardzo" means you're welcome in which language?





### Round 3:

- 1. Zimbabwe has more official national languages than any country. How many do they have? The closest wins!
- 2. What does" pain" mean in French?
- 3. What are the three genders words can have in German?
- 4. What does" blauw" mean in Dutch?
- 5. What is the main foreign language taught in the UK?
- 6. What does "amarillo" mean in Spanish?
- 7. The Cambodian language (Khmer) has the longest alphabet. How many letters do they have? The closest wins!
- 8. The verb" logga in" means" to login" in which language?
- 9. In round 1 you learned how many languages are spoken worldwide. How many of those languages account for more than half the world s population?
- 10. "Você Fala inglês?" means "Do you speak English?" in what language?

 ${\color{red} \textbf{SOURCE:}} \ \underline{\textbf{https://blog.rosettastone.com/free-foreign-language-trivia-questions-for-your-virtual-happy-hours/}$ 

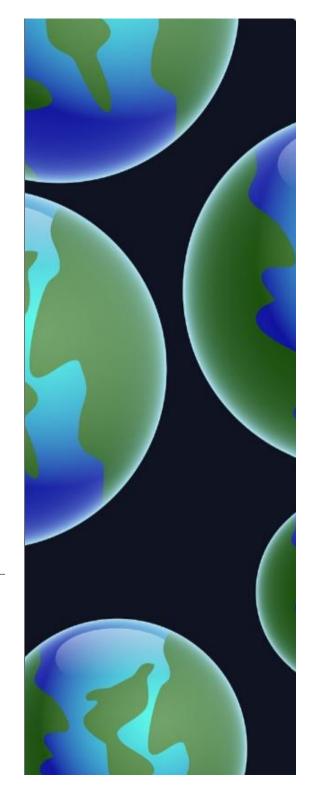




# Let's Stay Healthy and Celebrate Other Cultures!



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The Horizon Foundation for New Jersey

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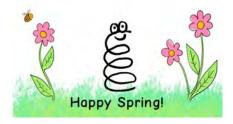






# April 2021

# Spring Safety Part 1



This is Part 1 of *Spring Safety!* Spring is associated with cleaning and an increase in outdoor activities. Here are some safety tips to follow as you do some reorganizing and head outside.

- A nice, clean space is great for improving your mental state, but be careful to avoid any accidents.
- April is the start of tick season so it is important to prevent tick bites when you or your pets spend time outdoors.
- Be sure to follow our helpful guide if you are hitting the trails in the gorgeous spring weather.

After you're done reading, don't forget to listen to our webinars

every Tuesday! You can find registration links and recordings here.

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# Spring Cleaning

# **Declutter Before Cleaning**

- Before you start cleaning, clear any clutter that you could trip over.
- Keep cleaning supplies in a cool, dry space away from children and pets.
- When lifting or moving furniture and other heavy objects, ask for help. Bend with your knees not your back and use your leg muscles to avoid a back injury.

### Read the Label

- Limit the use of harsh cleaning or disinfectant products such as bleach and ammonia, and never mix the two doing so can create toxic fumes.
- Each cleaning or disinfectant product should have a label describing proper use of it and safety precautions to follow during use.
- Take a minute to read the label and follow the instructions.

### Take Precautions

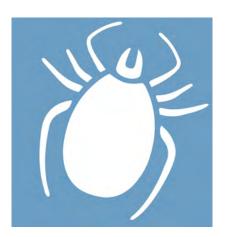
- When using cleaning or disinfectant products, open windows or a door, and run a fan to help air circulate.
- If you have allergies or breathing issues, wear a mask to prevent allergic reactions and irritation.
- It's a good idea to wear rubber gloves when using some household cleaners. The gloves can help prevent reactions (e.g., rashes, skin redness) from exposure.

# Get a Mop

- When you're cleaning floors, avoid working on your hands and knees, which could cause sprains and strains.
- Use a mop instead, including when you're cleaning a bathtub.
- Wet floors are a danger zone for slips and falls. Allow freshly cleaned floors to dry before walking on them.

# Stay Safe on Step Stools

- Using a step stool? Be careful!
- Always place it on a level surface and choose one with a handle or railing so you
  can maintain three points of contact (two feet and one hand) for optimal safety.
  One hand can be free for cleaning tasks.
- Make sure the stool's steps are large enough to properly fit your feet, and face the stool when climbing up or down.
- Set up the stool close to where you're cleaning, and never attempt to move it while standing on it.



# Preventing Tick Bites

# **Know Where to Expect Ticks**

- Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).
- Ticks live in grassy, brushy, or wooded areas, or even on animals.
- Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks.
- Many people get ticks in their own yard or neighborhood.

# Treat Clothing and Gear

- Treat gear with products containing 0.5% permethrin.
- Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.
- Alternatively, you can buy permethrin-treated clothing and gear.

# Repellant

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), paramenthane-diol (PMD), or 2-undecanone.
- <u>EPA's helpful search tool</u> can help you find the product that best suits your needs. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.

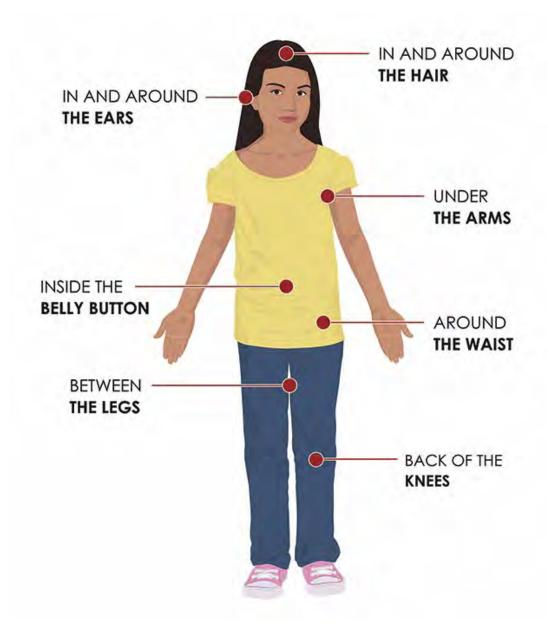
# **Check Your Clothing**

- Ticks may be carried into the house on clothing. Any ticks that are found should be removed.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.
- If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

# Be Thorough

- Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.
- Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body.
- Showering within two hours of coming indoors has been shown to reduce your risk
  of getting Lyme disease and may be effective in reducing the risk of other
  tickborne diseases. Showering may help wash off unattached ticks and it is a good

opportunity to do a tick check.



SOURCE: <a href="https://www.cdc.gov/lyme/prev/on\_people.html">https://www.cdc.gov/lyme/prev/on\_people.html</a>



# **Trail Tips**

If you find yourself out on the trails in the pleasant spring weather, follow these tips!



SOURCE: www.healthylifestylesporject.org

# Let's Stay Healthy and Safe!



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# **New Jersey Self-Advocacy Project**

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





# April 2021

# Spring Safety Part 2



This is Part 2 of *Spring Safety*! Spring is associated with an increase in outdoor activities, allergies and unpredictable weather. Here are some safety tips to follow to stay safe and healthy.

- Skin health is very important, including using sunscreen and other protection when we spend time in the sun.
- The additional greenery blooming in spring is beautiful but can irritate your allergies.
- Spring weather can be unpredictable, so it is key to be prepared, especially when driving.

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every Tuesday! You can find registration links and recordings here.

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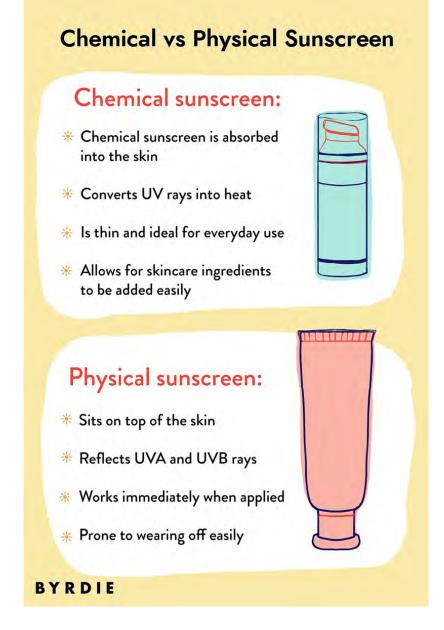
# Sun and Skin

# Why Use Sunscreen?

- Sun damage is the leading cause of skin health issues like uneven skin tone, wrinkles, age spots, and skin cancer.
- For this reason, using sunscreen appropriately every day is an essential part of any skincare routine.

# What Type of Sunscreen Should I Use?

- While the ideal sunscreen does vary depending on your skin needs, everyone should be using sunscreens that are broad-spectrum, meaning they protect from both UVA and UVB rays.
- Ultraviolet A (UVA) has a longer wavelength, and is associated with skin aging. Ultraviolet B (UVB) has a shorter wavelength and is associated with skin burning.
- In most cases, it is recommended to use a sun protection factor, or SPF, of at least 30; however, higher SPFs do provide additional sun protection and are encouraged.
- Sunscreens should be water-resistant so as to not immediately wash off the skin due to our surface oil and sweat.
- You can use mineral and physical based sun screens.



# How Much Sunscreen Should I Apply?

- Most people do not apply enough sunscreen. A shot glass (1 fl. oz.) filled with sunscreen will be enough to cover most people's exposed skin in a bathing suit.
- You should apply a complete coat of sunscreen to all exposed areas about 15 minutes *before* going outdoors.
- Even if you can see the sunscreen on your skin at first, it will soak in during this waiting period. If it's not absorbed, use a towel to dab off the excess sunscreen.
- You need to reapply sunscreen at least every two hours, especially if you're going to be in water or sweating heavily.



### Other Protection

- In addition to frequent sunscreen applications, you should also ensure you are dressing appropriately to protect your skin from damage.
- Wear broad-brimmed hats or other full-head coverings including scarves to protect
  the sensitive skin on your scalp from the sun, since this area is difficult to cover
  with sunscreen.
- Bring coverups and umbrellas with you to the beach, so when you're not in the water, you can pull on light layers or sit under the umbrella to protect your skin from excess exposure.

### Take a Break

- It can be tempting to spend all day outdoors on a spring break vacation, but it's important to give your skin a rest, especially during the peak sun exposure hours from 10 am to 4 pm.
- Instead, during these hours, consider going inside for a meal, visiting an indoor destination, or heading back in for an afternoon nap.
- Spending just an hour or two inside can give your skin a chance to recover from UVA/UVB exposure.

### Sunburn Treatment

- Take cool baths or showers to relieve discomfort and remove dead skin cells naturally.
- Use moisturizers with aloe vera or other deep moisturizing agents to soothe and

- heal sun-damaged skin.
- Stay hydrated by drinking plenty of water to keep your skin moisturized from the inside out.
- Do not pop blisters, peel flakes, or otherwise unnecessarily irritate sun-damaged skin as this could lead to more serious skin health risks.
- Protect sun-damaged skin from further damage by wearing protective clothing, applying sunscreen or avoiding further sun exposure.

**SOURCE:** https://www.usdermatologypartners.com/blog/top-5-spring-break-sun-protection-tips/



# Avoiding Allergies

# Reduce your Exposure

- Things that trigger your allergy signs and symptoms are called allergens.
- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores such as lawn mowing, weed pulling and other gardening chores that stir up allergens.

## **Check Pollen Counts**

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.
- Keep indoor air clean

# Reducing Allergens

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use highefficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

## Over-the-Counter Remedies

- Oral antihistamines: Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- Decongestants: Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also

come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).

- Nasal sprays: Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.
- Combination medications: Some allergy medications combine an antihistamine with a decongestant. Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

# Rinse your Sinuses

- Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.
- Look for a squeeze bottle or a neti pot a small container with a spout designed for nasal rinsing at your pharmacy or health food store.
- Use water that's distilled, sterile, previously boiled and cooled, or filtered to make up the saline irrigation solution.
- Also be sure to rinse the irrigation device after each use and leave open to airdry.

## No Luck? See Your Doctor

- For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.
- If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.
- For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies.
- Over time, these injections reduce the immune system reaction that causes symptoms. For some allergies, treatment can be given as tablets under the tongue.

**SOURCE:** <a href="https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343">https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343</a>



# Spring Weather Safety

# **Spring Weather**

- Spring is the time of year when many things change—including the weather.
- Mark Twain once said, "In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours."
- Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding.

 And when severe weather hits unexpectedly, the risk of injury and death increases.

#### **Emergency/Disaster Supply Kit**

• Planning ahead can help; prepare for storms, floods, and tornadoes as if you know in advance they are coming.



#### **Potholes**

- In cold months, snow and ice can fill in potholes so their presence will have minimum impact on vehicles and drivers.
- However, once warmer weather hits, that snow and ice will melt leaving deep holes in the road that can cause significant damage to cars and contribute to traffic accidents.
- If you hit a pothole, your car can suffer severe damage, like popping tires,

- bending rims, and damaging suspension or the alignment of your vehicle.
- While there is no easy fix for drivers to address these hazards, you should keep a
  close eye on the road during spring and leave ample space between you and the
  car in front of you.
- If you hit a pothole, gently press on the brakes as soon as you can in a controlled manner to retain control of your vehicle and reduce the impact that the pothole will have on your car.

#### Sun Glare

- Each year sun glare is responsible for thousands of accidents across the U.S., so drivers need to pay extra attention to the time of day and other factors when driving during the hours with the highest risk of sun glare.
- Always have a pair of polarized sunglasses in your car so you can shield your eyes from the blinding sun glare.
- You can also increase safety by keeping your windshield clean. A dirty windshield can scatter light, and this can make it even more difficult to see the road and judge your environment.
- If possible, you can reduce the dangers of sun glare by changing the direction and route that you take during the springtime. Instead of traveling west and east (where the sun sets and rises), you can go north or south when possible.

#### **Increased Wildlife Activity**

- Many animals (like humans) come out of hibernation once the snow and ice melt.
   With the budding trees, most species begin the natural cycle of searching for food and mating.
- Increased animal activity means that all types of creatures are more likely to come in contact with your vehicle or cause a crash.
- When you're driving in wooded areas, use extreme caution. Slow down and be
  extremely aware. Heed the warnings of wildlife crossing signs. Also, remember
  that a lot of animals, such as deer, are more active during dawn and dusk, which
  could increase your chances of a run-in.

#### **Driving in Rainstorms**

- Heavy, wind-swept rains can significantly reduce visibility and flood out roadways in a matter of minutes.
- When the weather takes a turn for the worse, make sure you're prepared by checking your windshield wipers before you start driving to make sure they are functioning correctly.
- At first sight of raindrops, turn on your wipers and headlights.
- Slow down and keep a safe distance between your car and other drivers. If the rain is so intense that you're having a hard time seeing, pull over to the side of the road until the storm passes.

SOURCE: <a href="https://www.cdc.gov/nceh/features/springweather/index.html">https://www.cdc.gov/nceh/features/springweather/index.html</a>
<a href="https://www.trafficsafetystore.com/blog/the-top-6-dangers-of-spring-driving-and-how-to-stay-safe/">https://www.trafficsafetystore.com/blog/the-top-6-dangers-of-spring-driving-and-how-to-stay-safe/</a>

## Let's Stay Healthy and Safe!



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## May 2021

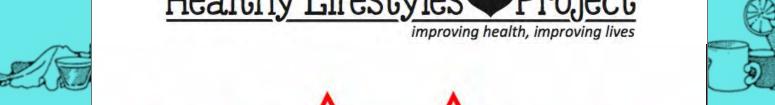
## Drink Up! Part 1



#### This is Part 1 of Drink Up!

- The number one importance regarding beverages is to drink water and stay hydrated.
- There are other common beverage options, but be sure to note what is healthy to drink frequently.
- Alcohol is best enjoyed in moderation for the health and safety of yourself and others.

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## **Hydration Benefits-Drink Water**

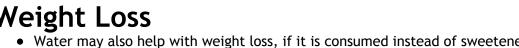
















- Cartilage, found in joints and the disks of the spine, contains around 80 percent
- Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.
- It also cushions the brain, spinal cord, and other sensitive tissues.

#### Saliva and Mucus

- Saliva helps us digest our food and keeps the mouth, nose, and eyes moist.
- This prevents friction and damage.
- Drinking water also keeps the mouth clean.
- Consumed instead of sweetened beverages, it can also reduce tooth decay.

#### Skin Hydration and Cooling

- With dehydration, the skin can become more vulnerable to skin disorders and premature wrinkling.
- Water that is stored in the middle layers of the skin comes to the skin's surface as sweat when the body heats up.
- As it evaporates, it cools the body.
- Some scientists have suggested that when there is too little water in the body, heat storage increases and the individual is less able to tolerate heat strain.
- Having a lot of water in the body may reduce physical strain if heat stress occurs during exercise.

#### **Digestive System**

- The bowel needs water to work properly.
- Dehydration can lead to digestive problems, constipation, and an overly acidic stomach.
- This increases the risk of heartburn and stomach ulcers.
- Water is also needed in the removal of urine and feces.
- The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.
- It makes minerals and nutrients accessible by dissolving these in water, which makes it possible for them to reach different parts of the body.



Water may also help with weight loss, if it is consumed instead of sweetened juices and sodas.



 "Preloading" with water before meals can help prevent overeating by creating a sense of fullness.

SOURCE: https://www.medicalnewstoday.com/articles/290814



# Best and Worst Drinks for Your Health

#### **BEST**

#### Water

- It's essential for your body.
- It prevents dehydration, constipation, and kidney stones.
- With no calories, it's the best beverage for your waistline.
- If you add 1 to 3 cups of water a day to your diet, you could end up taking in less fat, salt, sugar, and up to 200 fewer calories per day.
- Too plain for your taste buds? Add a squeeze of citrus, a few berries, or your favorite herbs, like mint.

#### Filtered Coffee

- Studies show it may protect against type 2 diabetes, liver disease, and lower your odds of heart disease.
- Three to five cups a day seems to be healthy, as long as you go easy on the cream and sugar.
- But if you're pregnant or breastfeeding, ask your doctor how much to sip.
- If you have high cholesterol, brew yours with a paper filter. It gets rid of a substance called cafestol that can raise LDL cholesterol.

#### Tea

- Green, black, and other kinds are full of antioxidants, which may protect you against some types of cancer, stroke, heart disease, and high blood pressure.
- Plus, unsweetened brews are low in calories.
- Whether you like it hot or iced, the healthiest kinds are the ones you brew at home -- without the added sugars that bottled tea can have.

#### GOOD

#### Milk

- It's a powerhouse of nutrients like calcium, vitamin D, and potassium, which keep your muscles, teeth, and bones healthy.
- A cup of milk has more protein than a large egg.
- To get more nutrition from fewer calories, look for low-fat and skim options.















 And some non-dairy milks -- soy, almond, and others -- have some of the same nutrients as cow's milk.

#### Sparkling Water

- It gives you a little fizz without the calories or artificial sweeteners of soda.
- But watch out for flavored seltzers that have added sugar.
- And remember, sparkling water is different from club soda, which has sodium, and tonic water, which has sodium and sugar.
- A safe bet is to add your own flavor, like a squeeze of lemon or lime, to plain seltzer or sparkling water.

#### **OKAY ON OCCASSION**

#### Fruit Juice and Smoothies

- If it's 100% juice, it has most of the vitamins of its original fruit. But all the fiber gets left behind.
- Without it, most of what you get from this drink is sugar. That adds calories to your diet without filling you up.
- A cup of no-sugar-added juice with breakfast or a snack is fine, but for kids and adults, it's best to eat fruit in its whole form, and limit how much juice you get.
- If you just enjoy the taste, add a splash or two to a glass of water.
- A typical store-bought smoothie has almost 400 calories and 75 grams of sugar.
- Instead, make them at home, and go light on sweetened add-ons, like flavored yogurt, honey, or agave.

#### **Sport Drinks**

- The electrolytes and sugar in these drinks make them ideal for athletes who need to replenish their bodies after an intense workout.
- But unless you're finishing an hour-long sweat session, you should skip these beverages.
- Many have almost as much sugar as a can of soda. All your body really needs to refuel is water.

#### Wine

- Drink the right amount of wine -- particularly red wine -- and you may improve your brain and heart health.
- This may be due to antioxidants like resveratrol that protect your cells from damage.
- But drinking more than a glass or two per day isn't good for your health, especially if you do it over the long term.

#### **WORST**

#### **Soft Drinks**

- They have no nutrients, and they're loaded with sugar
- People who drink one or two a day take in more calories and may have a higher body weight.
- You're also more likely to have type 2 diabetes, heart disease, and other health problems.

#### **Diet Soda**

- Yes, it's low in calories, but it may not be a good swap for regular sodas.
- Diet drinks are linked to health problems such as type 2 diabetes.
- And over time, some experts think their artificial sweeteners may make you gain weight by tricking your body into wanting more calories.







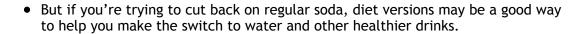












#### **Energy Drinks**

- They claim to give you a boost with big doses of caffeine -- equal to 4 to 5 cups of coffee -- and other ingredients like guarana, B vitamins, and ginseng.
- Most have loads of sugar or sweeteners, too. You may get a short bump in alertness, but don't believe the hype about more energy, strength, and power.
- What you'll really get is too many calories and too much caffeine, which can cause weird heart rhythms, anxiety, trouble sleeping, and digestive problems.

SOURCE: https://www.webmd.com/diet/ss/slideshow-drinks-and-your-health



## Safe Drinking Tips

It is federal law that anyone under the age of 21 does not consume alcoholic beverages. This is informational for people to use when deciding to legally drink.

#### **Alcohol Percentages**

- Alcoholic drinks have different amounts of alcohol in them.
- Beer is about 5% alcohol, although some beers have more.
- Wine is usually 12% to 15% alcohol.
- Hard liquor is about 45% alcohol.

#### **Alcohol Facts**

- Alcohol gets into your bloodstream quickly.
- The amount and type of food in your stomach can change how quickly this occurs.
   For example, high-carbohydrate and high-fat foods can make your body absorb alcohol more slowly.
- Certain types of alcoholic drinks get into your bloodstream faster. Stronger drinks tend to be absorbed faster.
- Alcohol slows your breathing rate, heart rate, and how well your brain functions.
- These effects may appear within 10 minutes and peak at around 40 to 60 minutes.
- Alcohol stays in your bloodstream until it is broken down by the liver. The amount of alcohol in your blood is called your blood alcohol level.
- If you drink alcohol faster than the liver can break it down, this level rises.

#### **Responsible Drinking**

- If you drink alcohol, it is best to do so in moderation.
- Moderation means the drinking is not getting you intoxicated (or drunk) and you
  are drinking no more than 1 drink per day if you are a woman and no more than 2
  if you are a man.
- A drink is defined as 12 ounces (350 milliliters) of beer, 5 ounces (150 milliliters) of wine, or 1.5 ounces (45 milliliters) of liquor.
- Never drink alcohol and drive a car.
- If you are going to drink, have a designated driver, or plan an alternative way





























- home, such as a taxi or bus.
- DO NOT drink on an empty stomach. Snack before and while drinking alcohol.

#### **Alcohol and Pregnancy**

- There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. There is also no safe time during pregnancy to drink. All types of alcohol are equally harmful to the baby, including all wines and beer.
- Not drinking alcohol is the safest option for breastfeeding mothers.
- Generally, moderate alcohol consumption by a breastfeeding mother (up to 1 standard drink per day) is not known to be harmful to the infant, especially if the mother waits at least 2 hours after a single drink before nursing.
- However, exposure to alcohol above moderate levels through breast milk could be damaging to an infant's development, growth, and sleep patterns.
- Alcohol consumption above moderate levels may also impair a mother's judgment and ability to safely care for her child.

#### **Calorie Count**

- Alcoholic drinks, like many other drinks, contain calories that can add up quickly.
- Going out for a couple of drinks can add 500 calories, or more, to your daily intake.
- Most alcoholic drinks have little to no nutritional value. If you are trying to lose weight or maintain a healthy weight, you will want to watch how much you drink.
- Cocktails mixed with soda, juice, cream, or ice cream can have especially high calorie counts.
- If you find you are having trouble cutting back on alcohol, talk with your health care provider.
- For a chart containing the calorie counts of different drinks, click here.

SOURCE: https://medlineplus.gov/ency/article/001944.htm https://www.cdc.gov/ncbddd/fasd/alcohol-use.html

## Let's Stay Healthy and Hydrated!







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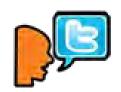


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## May 2021

## Drink Up! Part 2



This is Part 2 of *Drink Up*! While most of our hydration should come from simple water, here are some healthy beverage recipes that you can try as a special treat.

- Color changing lemonade slushies using Blue Pea Flower tea are a fun and bold option that's perfect for warm weather.
- Pineapple Green Smoothies are a great option as a breakfast replacement.
- Watermelon Cucumber Basil seltzer is a light summery option for someone who is craving something bubbly but still low sugar.

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### Color-Changing Lemonade Slushies





Prep Time (incl. freezing): 4 hrs 10 mins Servings: 4

#### Ingredients

- 4 teaspoons blue pea flower tea
- 2 cups boiling water
- 2 cups lemonade

#### **Directions**

- 1. Steep tea in boiling water for 8 minutes.
- 2. Strain into a 2-cup measuring cup.
- 3. Pour tea into an ice cube tray and freeze until solid.
- 4. Place the frozen tea cubes in a blender and crush.
- 5. Place 1/2 cup in each glass.
- 6. Pour 1/2 cup lemonade over the crushed ice and watch the magic!

#### **Nutrition Facts**

- Serving Size: 1 Cup
- Per Serving: 49 calories; protein 0.1g; carbohydrates 12.9g; sugars 12.3g; fat 0.1g; vitamin a iu 1.2IU; vitamin c 4.8mg; folate 1.2mcg; calcium 8.5mg; iron 0.2mg; magnesium 3.7mg; potassium 19.7mg; sodium 8.5mg; added sugar 12g.
- Exchanges: 1 Other Carbohydrate

**SOURCE:** <a href="https://www.eatingwell.com/recipe/262277/color-changing-lemonade-slushies/#nutrition">https://www.eatingwell.com/recipe/262277/color-changing-lemonade-slushies/#nutrition</a>



## Pineapple Green Smoothie





Prep Time: 5 mins

Servings: 1

#### Ingredients

- ½ cup unsweetened almond milk
- 1/3 cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds

#### **Directions**

- 1. Add almond milk and yogurt to a blender.
- 2. Add spinach, banana, pineapple, and chia.
- 3. Blend until smooth.

#### **Nutrition Facts**

- Serving Size: About 1 1/2 Cups
- Per Serving: 297 calories; protein 12.8g; carbohydrates 54.3g; dietary fiber 9.8g; sugars 29g; fat 5.7g; saturated fat 0.6g; cholesterol 3.8mg; vitamin a iu 3215.6IU; vitamin c 61.1mg; folate 113.4mcg; calcium 296.6mg; iron 2.5mg; magnesium 125.5mg; potassium 1037.7mg; sodium 144.7mg; thiamin 0.2mg.
- Exchanges: Fruit, 1 Low-Fat Milk, 1/2 Fat

SOURCE: https://www.eatingwell.com/recipe/251038/pineapple-green-smoothie/



## Watermelon Cucumber Basil Seltzer



Prep Time: 10 mins

Servings: 4

#### Ingredients

- Fruit concentrate
  - ½ cup diced watermelon
  - ½ cup diced cucumber
  - 6-8 fresh basil leaves
  - Juice of 1/2 lime
  - 1 cup water
- Simple syrup
  - 1 cup water
  - 1 cup sugar or honey
- Seltzer
  - 3 cups seltzer water

#### **Directions**

- 1. To make fruit concentrate: place watermelon, cucumber, basil, and lime in a pitcher or large jar and smash with a wooden spoon to release their juices. Stir in water. Let the mixture infuse in the fridge overnight, then strain.
- 2. To make simple syrup: combine water and sugar (or honey) in a small saucepan over medium heat. Simmer, stirring occasionally, until completely dissolved. Let cool.
- 3. To make soda: for each serving of soda, combine 1/4 cup fruit concentrate, 1 tsp. simple syrup and 3/4 cup seltzer water in a glass. Serve with ice if desired.

#### **Nutrition Facts**

- Serving Size: 1 Cup
- Per Serving: 18 calories; protein 0.3g; carbohydrates 4.6g; dietary fiber 0.2g;

- sugars 3.6g; fat 0.1g; vitamin a iu 164.2IU; vitamin c 3.7mg; folate 2.6mcg; calcium 7.4mg; iron 0.1mg; magnesium 5.1mg; potassium 49.9mg; sodium 2.5mg.
- Exchanges: Free Food

**SOURCE:** <a href="https://www.eatingwell.com/recipe/264179/watermelon-cucumber-basil-seltzer/#nutrition">https://www.eatingwell.com/recipe/264179/watermelon-cucumber-basil-seltzer/#nutrition</a>

## Let's Stay Healthy and Hydrated!



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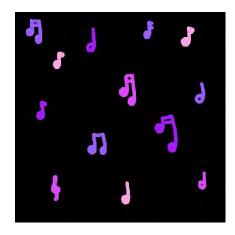
Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





### **June 2021**

## The Magic of Music Part 1



This is Part 1 of *The Magic of Music!* Listening to music is an extremely healthy hobby that everyone can enjoy in their day-to-day life.

- There are an incredible amount of health benefits to listening to music.
- Music helps us form and maintain social connections.
- Playing an instrument also has unique benefits over simply listening to songs.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

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# Physical & Mental Health Benefits of Music

#### Improve Cognitive Performance

- Research suggests that background music, or music that is played while the listener is primarily focused on another activity, can improve performance on cognitive tasks in older adults.
- One study found that playing more upbeat music led to improvements in processing speed, while both upbeat and downbeat music led to benefits in memory.
- Consider choosing instrumental tracks rather than those with complex lyrics, which might end up being more distracting.

#### **Reduce Stress**

- Listening to music can be an effective way to cope with stress.
- In one 2013 study, participants took part in one of three conditions before being exposed to a stressor and then taking a psychosocial stress test. Some participants listened to relaxing music, others listened to the sound of rippling water, and the rest received no auditory stimulation.
- The results suggested that listening to music had an impact on the human stress response, particularly the autonomic nervous system. Those who had listened to music tended to recover more quickly from stress.

#### Feel Full Faster

- One of the most surprising psychological benefits of music is that it might be a helpful weight-loss tool. If you are trying to lose weight, listening to mellow music and dimming the lights might help you achieve your goals.
- According to one study, people who ate at low-lit restaurants where soft music was played consumed 18% less food than those who ate in other restaurants.
- The researchers suggest that music and lighting help create a more relaxed setting. Since the participants were more relaxed and comfortable, they may have consumed their food more slowly and have been more aware of when they began to feel full.

#### Manage Pain

- One study of fibromyalgia patients found that those who listened to music for just one hour a day experienced a significant reduction in pain compared to those in a control group.
- At the end of the four-week study period, participants who had listened to music each day experienced significant reductions in feelings of pain and depression.
   Such results suggest that music therapy could be an important tool in the treatment of chronic pain.

- A 2015 review of research on the effects of music on pain management found that patients who listened to music before, during, or even after surgery experienced less pain and anxiety than those who did not listen to music.
- While listening to music at any point in time was effective, the researchers noted that listening to music pre-surgery resulted in better outcomes. The review looked at data from more than 7,000 patients and found that music listeners also required less medication to manage their pain. There was also a slightly greater, though not statistically significant, improvement in pain management results when patients were allowed to select their own music.

#### Improve Endurance & Performance

- While people have a preferred pace when walking and running, scientists have discovered that the addition of a strong, rhythmic beat, such as fast-paced musical track, could inspire people to move faster.
- Runners are not only able to run faster while listening to music; they also feel more motivated to stick with it and display greater endurance. The ideal tempo for workout music is somewhere between 125 and 140 beats per minute.
- While research has found that synchronizing body movements to music can lead to better performance and increased stamina, the effect tends to be the most pronounced in cases of low to moderate intensity exercise. In other words, the average person is more likely to reap the rewards of listening to music more than a professional athlete might.
- So why does music boost workout performance? Listening to music while working out lowers a person's perception of exertion. You're working harder, but it doesn't seem like you're putting forth more effort. Because your attention is diverted by the music, you are less likely to notice the obvious signs of exertion such as increased respiration, sweating, and muscle soreness.

SOURCE: <a href="https://www.verywellmind.com/surprising-psychological-benefits-of-music-4126866">https://www.verywellmind.com/surprising-psychological-benefits-of-music-4126866</a>



## Music Strengthens Bonds

#### **Cooperation with Others**

- Performing music involves coordinating of our efforts. According to researchers, when we try to synch with others musically—keeping the beat or harmonizing, for example—we tend to feel positive social feelings towards those with whom we're synchronizing, even if that person is not visible to us or not in the same room.
- Though it's unclear exactly why that happens, coordinating movement with another person is linked to the release of pleasure chemicals (endorphins) in the brain, which may explain why we get those positive, warm feelings when we make music together.
- Playing music in a band or singing in a choir certainly involves cooperation as well
   —whether in preparation for the performance or during the performance.
- Arguably, cooperation increases trust between individuals and increases one's chances of future cooperation—important factors in human evolutionary success and societal stability.

#### Oxytocin boost

• Oxytocin is a hormone made by the body that is known to play an important role

- in increasing bonding and trust between people. Now researchers are discovering that music may affect oxytocin levels in the body.
- Singing for 30 minutes was shown to significantly raise oxytocin levels in both amateur and professional singers, regardless of how happy or unhappy the experience made them. Perhaps this explains why new mothers often sing lullabies to their newborn babies: it may help encourage bonding through oxytocin release.
- Researchers have also found that listening to music releases oxytocin. In one study, patients undergoing coronary bypass surgery were asked to listen to experimenter-selected 'soothing' music for 30 minutes one day after surgery. When tested later, those who'd listened to music had higher levels of serum oxytocin compared to those who were assigned to bed-rest alone.
- It suggests that music directly impacts oxytocin levels, which, in turn, affect our ability to trust and act generously toward others—factors that increase our social connection.

#### Strengthens our Empathy

- Music has been shown to activate many areas of the brain, including the circuit that helps us to understand what others are thinking and feeling, and to predict how they might behave.
- In one study, scientists hooked up participants to an fMRI machine and had them listen to a piece of music that they were told was either composed by a human or by a computer (even though it was actually the same piece of music).
- When participants listened to music they believed was composed by a human, the areas od the brain that register empathy lit up, while it didn't under the computer condition. This suggests that our brain doesn't just process sound when we hear music, but instead tries to understand the intent of the musician and what's being communicated.
- In a more recent study, a group of primary-school-aged children were exposed to musical games with other children for one hour a week over the course of an academic year, while two control groups of same-aged children received either no games or games with the same purpose, but involving drama or storytelling instead of music.
- All of the children were given various empathy measures at the beginning and end
  of the year; but only the music group significantly increased their empathy scores,
  suggesting that music may have played a pivotal role in their empathy
  development.

SOURCE: https://greatergood.berkeley.edu/article/item/four\_ways\_music\_strengthens\_social\_bonds



# Benefits of Playing an Instrument

#### **Brain Health**

- Playing an instrument may be one of the best ways to help keep the brain healthy.
- It engages every major part of the central nervous system, tapping into both the right and left sides of the brain.
- For example, playing the violin which, like many instruments, requires the right hand to do something different than the left-- uses the peripheral nervous system, which controls movement of your fingers, as well as gross and fine motor skills.

- The brain's executive function which plans and makes decisions comes into play as a musician plays one part but keeps focus on what's coming next.
- Couple that with the total sensory input visual, auditory, emotional and all at the same time and it becomes a total "workout" for the brain.

#### **Produces Patience and Perseverance**

- The process of learning to play an instrument is not always easy. It involves not only your mind but also your body. You will have to learn fingerings and/or chord shapes, develop technique, and memorize new information.
- Slowly, with consistent practice, you will find yourself getting better. With each new milestone, you gain a small reward for your efforts and this will keep you motivated. Making music requires patience. Instead of getting immediate results, you will have to persevere.

#### **Cultivates Creativity**

- Music is a language, and the more "words" you learn the more you will be able to say.
- You will soon find yourself wanting to apply the information you've learned to create music of your own and express your own voice. Music is not just about knowing how to play specific songs, it is about expressing emotion through sound.
- Whether it is just playing your own version of a song, or creating an entirely new one, learning how to play an instrument enables you to use your creativity to say something original.

#### **Increases Memory Capability**

- In 2003, ABC Science included a study conducted among school students, half of whom had been musically trained, and half who had not. The test involved reading a list of words to the students and asking them to recall the words after a space of time had elapsed.
- The study found that the boys who had been musically trained had a significantly better verbal memory than the boys who had not. In addition, the more musical training they had, the more words they were able to remember.

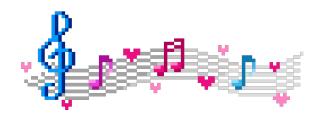
#### **Speeds Up Reaction Times**

- At the Université de Montréal in Canada, Dr. Simon Landry led a study comparing the reaction times of musicians who had at least 7 years of training with nonmusicians.
- Dr. Simon had the participating students place one hand on a mouse, the other on a device, and placed a speaker in front of them. If the students felt a vibration from the device, or heard a sound from the speaker, or sensed both happening at the same time, they were instructed to click the mouse.
- The results demonstrated that the musicians had significantly faster reaction times in all three ways they were stimulated.

**SOURCE:** <a href="https://www.pennmedicine.org/news/news-blog/2017/january/playing-an-instrument-better-for-your-brain-than-just-listening">https://pianopower.org/16-benefits-of-playing-an-instrument/</a>

## Let's Stay Healthy and Listen to

#### Music!



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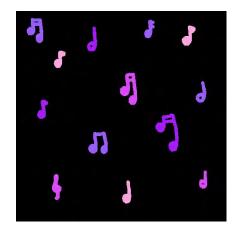
Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





### **June 2021**

## The Magic of Music Part 2



This is Part 2 of *The Magic of Music!* Listening to music is an extremely healthy hobby that everyone can enjoy in their day-to-day life.

- Music therapy can help you practice mindfulness and reduce stress.
- Music can be accessed easily and affordably through various music apps in addition to physical media.
- Listen to some of our curated playlists and let us know what songs we can add!

After you're done reading, don't forget to listen to our webinars

every Tuesday! You can find registration links and recordings here.

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## Music Therapy

#### What is Music Therapy?

- As a therapy, music is a proven way to reduce stress and to get into a mindful state of consciousness.
- Music therapy includes listening, communicating, and understanding. It is a
  popular method used in hospitals, educational institutions, and other clinical
  settings to ease clients and make them comfortable.
- Professor Suzanne Hanser of Berklee College of Music said that music therapy serves five significant purposes:
  - Shifting one's attention from problems to solutions.
  - Offering a rhythmic structure for relaxation and breathing.
  - Helping clients visualize positive imagery that evokes pleasure and happiness.
  - Helping them achieve a deep state of relaxation.
  - Changing mood.

#### Group Activity: "Draw What You Hear"

- Goals: To increase creative expression; self-awareness; communication skills
- Activity:
  - 1. Listen to 6 different instrumental songs of varying styles and sounds, each for approximately 3 minutes.
  - 2. Draw, write, or journal things that you hear within the music using one rectangle for each song.
- Suggestions: Consider choosing instrumental songs that are mainstream enough to capture your attention, but are not distracting or overly familiar. Some suggestions include score music from Disney Pixar movies and other familiar orchestral works like Gershwin's "Rhapsody in Blue", Copland's "Fanfare for the Common Man" and the like.
- Takeaway: Share what you came up with and discuss with the group. Have a
  conversation about how we each hear and perceive the same information
  differently. Discuss your listening skills and what you could do to be a stronger
  listener.

#### Group Activity: "Hand in My Pocket"

- Goals: To increase self-awareness, emotional expression, autonomy, self-esteem.
- Activity:
  - 1. This intervention relies heavily on a crowd-favorite, "Hand in My Pocket" by Alanis Morissette. Begin this session by asking participants to think of things they consider to be "in their control" and "out of their control".
  - 2. Give everyone a piece of paper with the shape of a blank hand.
  - 3. List the things that are in your control inside the hand, and things that are

- outside of your control outside of the hand.
- 4. Brainstorm a group version of this list and write it down on a whiteboard.
- 5. The lyrics of the song, "Hand in My Pocket", includes themes of acceptance, moving forward, change, and control. Give patients a lyric substitution worksheet and encourage them to think of their own version of a verse of the song, asking them to first identify something that is out of their control, and then something that is in their control as their way to cope.
- 6. "I'm broke but I'm happy" might be re-written as "I'm hurt but I'm coping". Be sure to stress that they write the challenge first and then the way in which they're coping with that challenge ("I'm broke but I'm loved"). Here is an example of a group's substitutions.
- Takeaway: Patients leave with a sense of self-worth and are often extremely proud of the group collaboration on their lyric substitution. It also challenges them to consider things that are within their control and aspects of their life they have the ability to change.

## Lyric Substitution Sheet



**SOURCE:** https://www.education.com/magazine/article/music-therapy-techniques-home/

https://musictherapytime.com/2016/07/11/mental-health-session-ideas-2/



## Music Apps

#### **Music Apps**

- You can always listen to physical media such as records, cassettes, and CDs, but these days most people are switching to digital means to listen to their favorite tunes.
- There are many free and paid apps that can be used to listen to music.
- It mainly comes down to personal preference what you might like to use!

#### **Spotify**

- Spotify has the best music discovery algorithms and the best user interface.
- It helps you to find new artists and old favorites, based on what you've already liked and listened to on the app.
- The free tier, with advertisements, defaults to a low-quality streaming
- For \$10 a month, the Premium tier ditches ads entirely and streams up to 320 Kbps, which is the standard streaming quality these days.

• If you turn on social sharing, you can see what your friends have been listening to and create sessions where a group simultaneously streams a playlist.

#### **Apple Music**

- Apple Music also will create playlists and help find new music, but it's often not as helpful as Spotify.
- Like Spotify, you can see what your friends are listening to if they've turned on social sharing.
- There's also a tab showing all your favorited songs, artist by artist, so if you want to listen to AC/DC on your drive home, it'll play all the AC/DC songs you've liked across all their albums.
- There are no free tier, just one plan for \$10 a month that streams up to 256 Kbps, which isn't noticeably different from Spotify's 320 Kbps.
- You're limited to 100,000 songs in your library, but there are no limits to how many you can put in each playlist.

#### **Tidal**

- Tidal started out leaning heavily on hip-hop, but that's not the case these days. Its catalog of more than 70 million songs draws from the same broad swathe of genres as its competition.
- There are three pricing tiers. Tidal Access is free and lets you play curated channels, but you can't search for music or skip songs. The Premium tier is \$10 a month and plays audio at up to 320 Kbps.
- The real draw is the HiFi tier for \$20 a month. It plays everything at lossless sound quality, up to 1,411 Kbps. There are tracks you can play at "Master" quality (up to 9,216 Kbps), but they're few and far between. It supports Dolby Atmos Music and 360 Reality Audio too.
- Most people don't have the ears or equipment to discern lossless audio quality and will do fine without it, but if you do have the right gear, Tidal will provide the absolute best in audio quality.

#### YouTube Music

- YouTube Music's interface is slick and well laid-out. The song queue and lyrics pop up in a vertical window within the app, which makes navigating quicker and easier. You can also easily switch from listening to a song to watching the music video (if one is available).
- The service has more than 60 million songs in its catalog, and its suggestions are pretty good.
- You can keep 100,000 songs saved in your library, and you can create and share playlists with your buddies.
- YouTube Music combines Apple Music's and Spotify's best artist-tracking features: You can see your "liked" songs by artist, and you can subscribe to an artist to see their entire catalog and new releases.
- The free tier has a major downside—on the smartphone app, the music stops playing when you turn your screen off or jump to another app.
- The only way to get around this is to pay up for YouTube Music Premium (\$10 a month), which also cuts out the ads and lets you download songs for offline playback.
- The desktop app doesn't have this issue, so you can use that for free easily if you don't mind ads.
- Note: If you watch a lot of YouTube, it's worth paying for YouTube Premium instead for \$12 per month. It gets rid of ads on YouTube and offers up unlimited access to YouTube Music Premium.

#### **Meditation and Calming Sounds**

• If you are looking for an app with relaxing sounds or guided meditation, try checking out the website below.



These 7 Apps Will Deepen Your Meditation Practice

Our editors independently research, test, and recommend the best products; you can learn more about our review process here. We may receive commissions on purchases made from our chosen links. The 7 Best Meditation Apps of 2021 What are you...

Read more

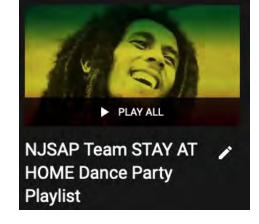
www.verywellmind.com

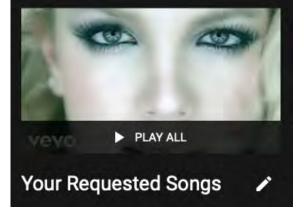
**SOURCE:** https://www.wired.com/gallery/best-music-streaming-apps/https://www.verywellmind.com/best-meditation-apps-4767322



# Requests & Playlists

Check out our curated Youtube Playlists and Talent Show videos for some ideas on what to listen to! You can also fill out our Song Survey and let us know what you like and we'll add it to our Requested Songs Playlist!





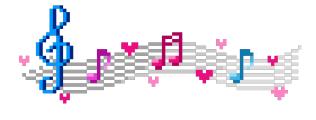




# Submit a Song

Source: <a href="https://www.arcnj.org/programs/njsap/videos.html">www.arcnj.org/programs/njsap/videos.html</a>

# Let's Stay Healthy and Listen to Music!



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## **July 2021**

# Summer Safety: Water Activities Part 1



This is Part 1 of Summer Safety! The summer months are an exciting time of the year with many activities and events you can't enjoy during any other season. But it is still important to stay safe in the sun and summer fun!

- Swimming at the beach is an iconic part of summer, but make sure to practice swim safety.
- Pools and hot tubs are fun, too- but there are different precautions to keep in mind.
- It is important to recognize when it is unsafe to swim, so take note of these special signs and symptoms.

After you're done reading, <u>don't forget to listen to our webinars</u> every Tuesday! You can find registration links and recordings here.

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.

# Beaches & Oceans



#### Hazards and Weather

- Being water competent in the ocean requires stronger and different skills than in a pool. Whenever you are at the beach, ocean or other open water environment, watch and prepare for:
  - Changing tides and fast-moving currents and waves, even in shallow water.
  - Drop-offs that unexpectedly change water depth.
  - Unexpected changes in air or water temperature.
  - Hazards, such as underwater obstacles, rocks and debris.
  - Vegetation, marine animals and fish.
  - Other people's activities in the same waters, such as boating.

#### Establish Rules and Safe Behaviors

- Enter the water feet first for your safety!
- Always enter unknown or shallow water cautiously.
- Only dive in water clearly marked as safe for diving, at least 9 feet deep with no underwater obstacles. Never dive head first into surf!
- Do not enter the water from a height, such as a bridge or boat.
- Be careful when standing to prevent being knocked over by currents or waves.
- Always swim sober.
- Supervise others sober and without distractions, such as reading or talking on or using a cell phone.
- Swim with a buddy even in lifeguarded areas.

#### **Additional Water Safety Steps**

- To keep small children safe: employ barriers to prevent access to water, life jackets, and close supervision to prevent drowning.
- Ensure everyone who wants to go in the water learns to swim so they at least achieve skills of water competency:
  - Able to enter the water, get a breath, stay afloat, change position, swim a distance, and get out of the water safely.
- Know what to do in a water emergency and how to call for emergency help and CPR.

#### **Rip Current Safety**



**SOURCE:** https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/beach-safety.html



# Pools and Hot Tubs

#### Secure Your Pool When Not in Use

- Completely surround your pool with fencing with a self-closing and self-latching gate that is out of the reach of a child.
- A four-sided isolation fence (separating the pool area from the house and yard) reduces a child's risk of drowning 83% compared to three-sided property-line fencing.
- For above-ground pools, secure, lock or remove steps, ladders and anything that can be used for access (such as outdoor furniture and toys) whenever the pool is not being actively supervised by an adult.
- Install a secondary barrier, such as:
  - Door alarms and locks that are out of the reach of a child on all doors and windows with direct access to the pool or spa area
  - Lockable covers

#### **Establish Rules and Safe Behaviors**

- Do not enter head first unless in a pool that has a safe diving area.
- Stay away from drains and other openings that cause suction.

- Swim with a buddy or when supervised.
- Swim sober.
- If you are supervising someone who is swimming, do so without distractions, such as reading or talking on or using a cell phone.
- Do run near the pool, especially when the area is wet.

#### Keep the Water Clean

- Between 2000 and 2014, outbreaks from treated pools and hot tubs were linked to more than 27,000 infections and eight deaths in the United States.
- When hot tubs aren't cleaned well, their moist environment is the perfect breeding ground for bacteria.
- Pseudomonas, one type of bacteria that thrives in hot tubs, causes infections of the hair follicles and skin. Symptoms include red, itchy bumps on the belly and areas covered by your bathing suit.
- These bumps can pop up anywhere from a few hours to a few days after you take a dip. The same bacteria cause an infection known as swimmer's ear.
- If at a hotel or gym, ask how often they clean their pool/hot tub, and whether they keep the pH and chlorine concentrations at levels the CDC recommends (a pH of 7.2-7.8, and a free chlorine concentration of at least 3 parts per million).
- If the water looks murky or slimy, don't get in.

#### **Hot Tub Safety**

- Hot tubs might not be safe for pregnant women because they increase body temperature and this can affect the baby.
- Be cautious when using a hot tub if you have heart disease. When you soak in hot
  water, your body can't sweat. Your blood vessels instead need to widen to cool
  you off. This makes your blood pressure drop. In response to falling blood
  pressure, your heart rate speeds up.
- Stay away when a hot tub is full. More people equals more germs. About half of people say they don't shower before they swim.
- Turn down the heat. A temperature of 100°F should be safe for healthy adults. Anything over 104° could be dangerous. Turn it down another couple of degrees if you have a medical condition.
- Limit your time. Don't stay in the hot tub for longer than 10 minutes. If you feel dizzy, overheated, or unwell, get out right away.
- Watch where you sit. Don't sit too close to the heat source. Keep your head, arms, and upper chest out of the water to avoid overheating.
- Stay hydrated. Drink water while in the hot tub to cool off your body. Avoid alcohol, which can dehydrate you.
- Don't go from hot to cold. Don't jump straight from the hot tub into the pool to cool off. The cold water could shock your system and spike your blood pressure.
- Wash off afterward. Take off your bathing suit and shower with warm water and soap as soon as you finish.

**SOURCE:** <a href="https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/home-pool-safety.html">https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/home-pool-safety.html</a>



When to Stay Out of The Water

#### Thunder and Lightning

- If you notice thunder & lightning, leave the water immediately, if swimming off shore.
- If you're out in a boat, head back to shore as quickly as possible.
- If you're unable to get to shore, lie down in the bottom of the boat or shelter in the cabin if available.

#### Signs Say the Swim Area is Closed

- This may be due to high levels of germs in the water which make it unsafe for swimming.
- There will not be life guards available to help in an emergency.
- Don't ignore signs and rules if it is not safe to swim.

#### Germs and Algae

- Cloudy water can be a warning that there are more germs in the water than normal. Discolored or smelly water could mean there is a harmful algal bloom (HAB) in the water.
- Heavy rain picks up anything it comes in contact with. This rainwater can drain into the swim area, making the water cloudier.
- Harmful algae blooms in the water can make humans and animals sick.

#### **Sewage Concerns**

- Note if you see any pipes draining into or around the water.
- Water in pipes can pick up animal or human waste and bring germs into the swim area, especially after heavy rains or rainfalls after long periods of drought.

#### If You Are Sick/Hurt

- Germs in diarrhea can get in the water and make other swimmers sick if they swallow the contaminated water.
- Don't swim if you have an open cut or wound (especially from a surgery or piercing). If you do go in the water while a cut or wound is still healing, use waterproof bandages to completely cover it. Germs in the water can get into open cuts or wounds and cause infections.

**SOURCE:** https://www.cdc.gov/healthywater/swimming/oceans-lakes-rivers/visiting-oceans-lakes-rivers.html

# Let's Stay Healthy This Summer!



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## **July 2021**

# Summer Safety: Water Activities Part 2



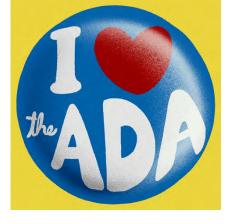
This is Part 2 of Summer Safety! The summer months are an exciting time of the year with many activities and events you can't enjoy during any other season. But it is still important to stay safe in the sun and summer fun!

- There are many accessible beaches in NJ, but you should research ahead of time to see what options are available in your area.
- There are so many incredible summer activities to discover in NJ, even if you've lived here your entire life!
- Vacationing out of state or abroad can be an amazing experience but there are some safety precautions to keep in mind.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.

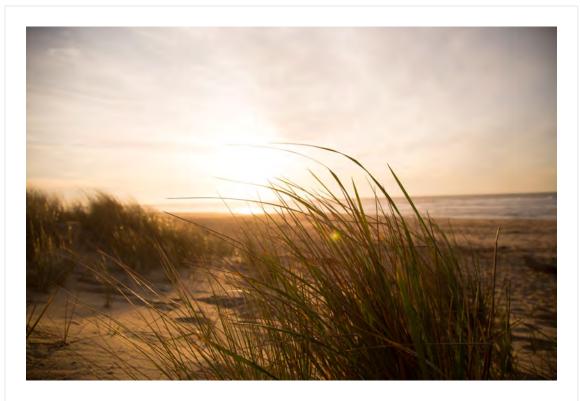
# Accessible Beaches



#### Where To Find Accessible Beaches

- It can be exhausting to search each beach you're interested in, make the phone calls, and compare options to see what best fits your family.
- Click below for an easy to read/compare chart, or scroll down to search by beach.
- It covers beaches in New Jersey, Delaware, Maryland, Virginia, and North Carolina.

# Spreadsheet Download



Most Accessible Beaches - Wonders Within Reach

Ever wondered which beach is the best choice for hitting the shore on wheels? Look no further! It can be exhausting to search each beach you're interested in, make the phone calls, and compare options to see what best fits your family. This time...

#### Read more

wonderswithinreach.com

#### **Beach Wheelchairs**

- If you use a wheelchair for mobility, you can still have fun at the beach!
- Standard wheelchairs, battery-powered or manual, are not the best options to ride on sand. Sand requires wheelchairs with wider tires (all-terrain tires) for a smoother ride.
- Many NJ beaches offer beach wheelchairs for free, and some even have wheelchairs you can use to swim in the water!





**SOURCE:** https://wonderswithinreach.com/2020/07/most-accessible-beaches/https://www.northjersey.com/story/news/new-jersey/2021/05/27/nj-shore-towns-offer-beach-surf-wheelchairs/7446474002/



## Summer Fun in NJ

#### Lighthouses

- A reminder of New Jersey's rich maritime heritage, historic lighthouses along the coastline are not only picturesque — they're pieces of American history.
- Take a tour of <u>Sandy Hook Lighthouse</u> (Highlands), the oldest working lighthouse in the country, built in 1764, or take your pick from one of the many other <u>lighthouses</u> in <u>New Jersey</u>.

#### **Beaches and Boardwalks**

- With more than 130 miles of coastline, New Jersey has <u>every type of</u> <u>beach</u> you could want — from quiet and serene, to family-friendly and the social scene.
- Bordering the beaches are the world-famous <u>boardwalks</u>: pedestrian walkways lined with restaurants, shops, open-air bars, kid-approved attractions and beachfront hotels.

#### Go Wine Tasting

- Escape to the Garden State's countryside to discover rolling hillsides covered in grape vines at one of the many wineries and vineyards.
- You can enjoy <u>wine tasting</u> in one of the charming tasting rooms throughout the state, and then take in the beautiful views with a vineyard tour.

#### Hot Air Balloon

- Want the best views around? Cruise above the pastoral landscapes of New Jersey on a hot air balloon ride, offered throughout the state.
- The annual <u>38th New Jersey Lotto Festival of Ballooning</u> in Readington was July 23-25, 2021. <u>Watch a video here!</u>

#### **Explore New Jersey's State Parks**

- Go on an outdoors adventure this summer with the many things to do at <u>state parks in New Jersey</u>, from swimming and boating to hiking and mountain biking.
- Many state parks, such as <u>Monmouth Battlefield State Park</u> (Manalapan) and <u>Long Pond Ironworks State Park</u> (Hewitt), also have important American history sites.

#### Go Bike Riding

- Whether you have a mountain bike or a beach cruiser, there's no shortage of places to take in the warm weather on two wheels.
- Enjoy a morning ride on the Ocean City boardwalk or an all-day excursion on the <u>Henry Hudson Trail</u>. Find even more <u>great places to ride bikes</u>.

#### Have a Camping Adventure

- There's nothing that says summer like the crackling of a campfire beneath a starry sky. Get away from the city with a weekend at one of New Jersey's <u>campgrounds and RV parks</u>.
- Here are just a few campsites with gorgeous scenery.

#### **Living History Villages**

- It's one thing to <u>visit a historic site</u>, but it's completely different to experience it as it was in its heyday.
- Try visiting a history village such as <u>Fosterfields Living Historical</u> <u>Farm</u> (Morristown), where they can experience what farm life was like from 1918-1927.
- At <u>Howell Living History Farm</u> in Lambertville, visitors can take part in early 1900s field, barn and craft programs or just explore the grounds on a selfguided tour.

#### Amusement and Water Parks

- New Jersey is a thrill seeker's paradise, with dozens of <u>amusement parks</u> and water parks throughout the state.
- Take your pick from daring <u>roller coaster rides</u> at top spots like <u>Six Flags</u> <u>Great Adventure & Safari</u> in Jackson, or opt for destinations that have roller coasters and water parks, such as <u>Morey's Piers & Beachfront Waterparks</u> in Wildwood or Keansburg Amusement Park & Runaway Rapids Water Park.

#### **Fishing**

- Take your pick from more than 400 publicly accessible lakes, ponds and reservoirs in New Jersey not to mention the many secluded rivers and streams when you're looking for your next fishing trip.
- If you're ready to reel in the trophy fish, book a <u>charter fishing boat</u> to go deep-sea fishing.

SOURCE: <a href="https://visitnj.org/itinerary/10-essential-summer-experiences-new-jersey">https://visitnj.org/itinerary/10-essential-summer-experiences-new-jersey</a>



# Vacation Safety Tips

#### Most Common Travel Risks & Hazards

- Problems with flights, trains, taxis or any other type of transportation can cause a chain reaction that leads to more complex problems. You could end up with considerable unplanned expenses or stuck without luggage and lodging.
- Many, many travelers have their personal items lost or stolen luggage loses its way in the handling process; phones, wallets and books are often left behind in Ubers and trains. Pickpocketing and other petty thefts are also a concern.
- When you travel internationally you're not prepared for food, spices, and sanitary issues. Unfamiliar food and and plants can cause allergies and illness.
- Since we tend to relax the rules of everyday living while we're on vacation, accidents and injuries happen, too.

#### What To Do Before You Leave

- Don't overcomplicate transportation plans. Make your travel routes as simple as possible. The more connections you have, the more places you can lose things.
- Do all the compartments on your bags close securely? Does it all stand up well to rough handling? Are all of the handles, wheels and tags in good repair? If the answer to any of these questions is no, then consider upgrading your luggage. If your bag opens and loses contents during handling, or if the handle bearing the bag's destination tag falls off, there's a good chance you'll never see your stuff again.
- Pack your checked bag as if you'll never see it again. Keep all of your truly important items in your carry-on bag. Make a checklist of necessities like medication, keys, identification, money and credit cards, glasses, phone and charger, and keep them on you during travel.
- Lock up before you take off. A visibly empty house is a welcome sign for burglars, so make sure to lock up and have a friend or neighbor keep an eye on things.
   Make it look like someone's home by using lighting, asking someone else to bring in your mail, and maybe leaving a car in the driveway. Don't forget to arm the home security system.
- If going abroad, check your cards and currency. Contact your bank to verify whether or not your card will be accepted in your destination, if there are foreign or international transaction fees, and to place a travel notification on your account.

#### Communication

- Language barrier? Grab a few copies of your hotel's business card.
- Communicating to drivers and asking for directions is much harder when you can't pronounce the name of your destination. Keep a card in easy reach so you can ask for help without pulling out your phone or wallet.
- For more complex conversations, the Google Translate mobile app (free for iOS and Android) can translate text, voices and even images in dozens of different languages. It's not as good as being a fluent speaker, but it will certainly help you communicate.

#### **Know Your Resources**

- Know where the nearest hospitals are and learn the emergency number (911 equivalent) in the country you're visiting
- Write down the location and contact information of the nearest U.S. consulate or embassy, which provides assistance to U.S. citizens traveling abroad.

SOURCE: <a href="https://www.safety.com/vacation-safety-tips/">https://www.safety.com/vacation-safety-tips/</a>

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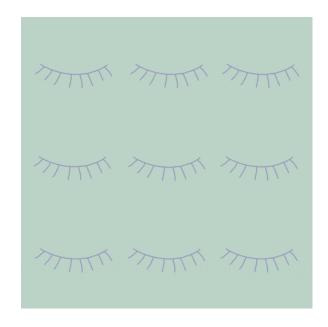
Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





### August 2021

# Eyes and Vision: Part 1



This is Part 1 of *Eyes and Vision*! We'll be discussing eye health, vision history, and vision related terms.

- There are many small steps you can take to keep your eyes healthy.
- Many people take vision for granted, but do not know how eyes or eyeglasses function.
- Visual impairments exist in many forms, so we should be aware of these disabilities in order to be more inclusive.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.

# Eye Health Tips



#### Eat Well

- Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts.
- To get them, fill your plate with:
  - Green leafy vegetables like spinach, kale, and collards
  - Salmon, tuna, and other oily fish
  - Eggs, nuts, beans, and other nonmeat protein sources
  - Oranges and other citrus fruits or juices
  - Oysters and pork
- A well-balanced diet also helps you stay at a healthy weight. That lowers your odds of obesity and related diseases like type 2 diabetes, which is the leading cause of blindness in adults.

#### **Quit Smoking**

- Smoking makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration, among many other medical problems.
- If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed. Ask your doctor for help.

#### **Wear Sunglasses**

- The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.
- Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive, but don't necessarily offer added protection.
- If you wear contact lenses, some offer UV protection. It's still a good idea to wear sunglasses for an extra layer.

#### **Use Safety Eyewear**

- If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles.
- Sports like ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with will

shield your eyes.

#### Look Away From the Computer Screen

- Staring at a computer or phone screen for too long can cause eyestrain, blurry vision, trouble focusing at a distance, dry eyes, headaches and neck, back, and shoulder pain.
- To protect your eyes make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.

#### Visit Your Eye Doctor Regularly

- Everyone needs a regular eye exam, even young children. It helps protect your sight and lets you see your best.
- Eye exams can also find diseases, like glaucoma, that have no symptoms. It's important to spot them early on, when they're easier to treat.
- Depending on your eye health needs, you can see one of two types of doctors:
  - Ophthalmologists are medical doctors who specialize in eye care. They can provide general eye care, treat eye diseases, and perform eye surgery.
  - Optometrists have had 4 years of specialized training after college. They provide general eye care and can diagnose treat most eye diseases. They don't do eye surgery.
- A comprehensive eye exam might include:
  - Talking about your personal and family medical history
  - Vision tests to see if you're nearsighted, farsighted, have an astigmatism (a curved cornea that blurs vision), or presbyopia (age-related vision changes)
  - Tests to see how well your eyes work together
  - Eye pressure and optic nerve tests to check for glaucoma
  - External and microscopic examination of your eyes before and after dilation

SOURCE: https://www.webmd.com/eye-health/good-eyesight



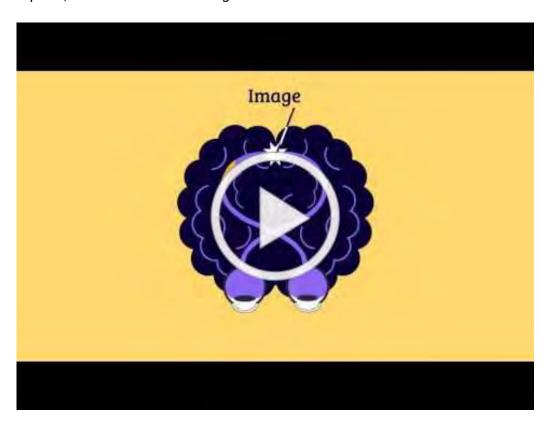
# Vision and Vision Correction

#### **How Our Eyes Work**

- Our earliest optometric pioneers discovered that how light bends as it enters the eye is key to how well we see.
- Light must pass through the pupil and the curved transparent outer surface of the eye called the cornea, which together shrink and curve incoming images to focus them onto the eye's back surface, the retina, which is also curved.
- Our brain sees what our retinas receive.
- If your pupil and cornea adjust all incoming light to focus clearly on your curved retina, you enjoy perfect vision.
- Nearsightedness (myopia) occurs when the eyeball is too long, relative to the focusing power of the cornea and lens of the eye. This causes light rays to focus at a point in front of the retina, rather than directly on its surface.
- Farsightedness (hyperopia), occurs when light rays entering the eye focus behind the retina, rather than directly on it. The eyeball of a farsighted person is shorter

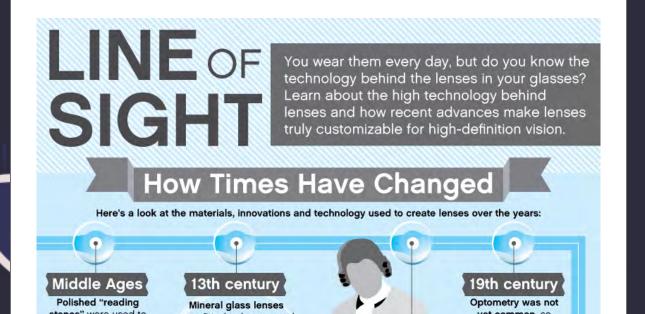
than normal.

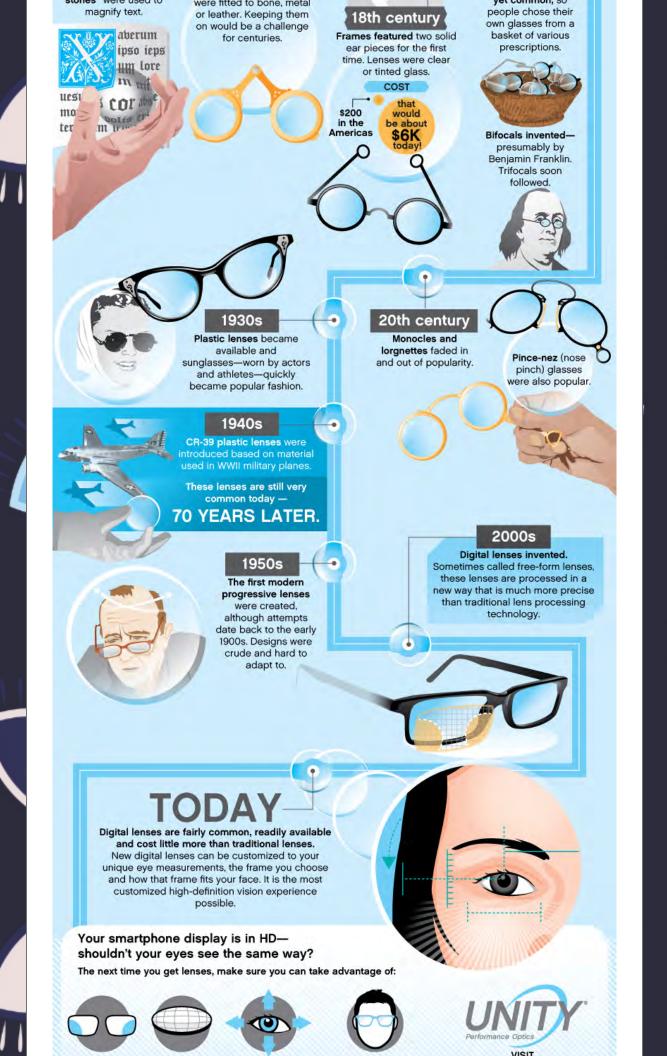
• If the cornea itself is misshaped, it can blur our vision by forming a second focal point, a condition we call astigmatism.



#### The History of Eyeglasses

- Back in the 13th century, Italian glassblowers discovered that they could create crude glass lenses of different thicknesses that would add or subtract from the eye's focusing power to compensate for vision problems.
- As they came to understand the physics behind vision, three types of handblown lenses evolved:
  - Concave lenses: Thick at the perimeter and thin at the center, the concave shape moved the eye's focus back toward the retina screen to correct nearsightedness (myopia).
  - Convex lenses: Like a magnifying glass, these lenses are thickest at the center, moving the eye's focus forward from behind the retina to correct farsightedness (hyperopia).
  - Cylindrical lenses: The thicker/thinner portions of these lenses are asymmetrical, designed to correct astigmatisms.





**SOURCE:** <a href="https://www.allaboutvision.com/eyeglasses/how-glasses-work/">https://www.allaboutvision.com/eyeglasses/how-glasses-work/</a> https://columbiaeyeclinic.com/traditional-vs-digital-eyeglass-lenses/



# Vision and Disability

#### Vision Disability

- Visual impairment or vision disability is a decreased ability to see to a degree that causes problems not fixable by usual means, such as glasses or medication.
- Eye disorders which can lead to visual impairments can include retinal degeneration, albinism, cataracts, glaucoma, muscular problems that result in visual disturbances, corneal disorders, diabetic retinopathy, congenital disorders, and infection. Visual impairment can also be caused by brain and nerve disorders, in which case it is usually termed cortical visual impairment (CVI).
- 285 million people are estimated to be visually impaired worldwide: there are 39 million people who are blind and 246 million people who have low vision.

#### **Vision Terms**

- There are some different terms used to describe levels of vision disability. These terms include, 'Partially-Sighted,' 'Low-Vision,' 'Legally Blind,' and, 'Totally Blind.'
- Remember person first language: when describing a person with a disability, refer
  to the person first, unless they request otherwise. Rather than saying or writing
  "blind man" or "afflicted with blindness" refer to "a person with visual impairment"
  or "a person who is blind."
- Partially-Sighted means the person has some form of visual disability that may require special education.
- Low-Vision usually is used to refer to persons who experience a more severe loss of vision that is not necessarily limited to distance vision. Persons with low-vision may be unable to read a newspaper at an average distance with eyeglasses or contacts, and may need large print or Braille.
- Persons who are legally blind have less than 20/200 vision in their better eye, or a very limited field of vision, often 20 degrees at its widest point.
- Persons who are totally blind are unable to see and often use Braille or other nonvisual forms of media.

#### **Color Blindness**

- Approximately one in twelve men, and one out of every two-hundred women, experience a form of colorblindness.
- One misconception that many people have is that persons with colorblindness see only black and white. In actuality, there are many types and degrees of colorblindness.



# Let's Stay Healthy!



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## **New Jersey Self-Advocacy Project**

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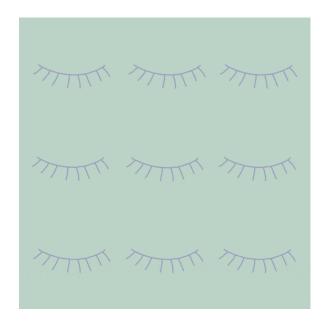
Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





### August 2021

# Eyes and Vision: Part 2 Accessibility



This is Part 2 of *Eyes and Vision*! We'll be discussing vision and accessibility in daily life.

- For people who are blind, braille is a unique way to read using the sense of touch.
- Technology has evolved in such a way to make online

- communications accessible to people who are blind or have low-vision, and with a little extra effort all websites can be accessible.
- Service dogs can also be a huge help to people who are blind, providing support in many areas of daily living.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.

#### BRAILLE

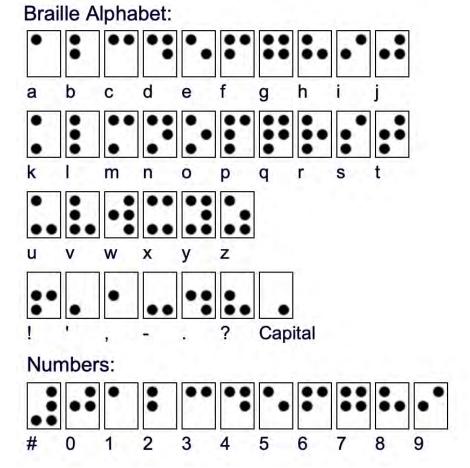
### **Braille**

#### What is Braille?

- Braille is a system of raised dots that can be read with the fingers by people who are blind or who have low vision.
- Braille is not a language. Rather, it is a code by which many languages—such as English, Spanish, Arabic, Chinese, and dozens of others—may be written and read.
- Braille is used by thousands of people all over the world in their native languages, and provides a means of literacy for all.

#### What Does Braille Look Like?

- Braille symbols are formed within units of space known as braille cells.
- A full braille cell consists of six raised dots arranged in two parallel rows each having three dots.
- The dot positions are identified by numbers from one through six. Sixty-four combinations are possible using one or more of these six dots.
- A single cell can be used to represent an alphabet letter, number, punctuation mark, or even a whole word.



#### How Is Braille Written?

- When every letter of every word is expressed in braille, it is referred to as uncontracted braille. Some books for young children are written in uncontracted braille although it is less widely used for reading material meant for adults.
- However, many adults who are newly blind find uncontracted braille useful for labeling personal or kitchen items when they are first learning braille.
- The standard system used for reproducing most textbooks and publications is known as contracted braille. In this system cells are used individually or in combination with others to form a variety of contractions or whole words.
- Just as printed matter can be produced with a paper and pencil, typewriter, or printer, braille can also be written in several ways.
  - The braille equivalent of paper and pencil is the slate and stylus.
  - Braille is also produced by a machine known as a braillewriter. The six main keys are numbered to correspond with the six dots of a braille cell.
  - Software programs and portable electronic braille devices allow users to save and edit their writing, have it displayed back to them either verbally or tactually, and produce a hard copy via a desktop computer-driven braille embosser.

SOURCE: https://www.afb.org/blindness-and-low-vision/braille/what-braille

# Accessible Websites



#### **Online Accessibility**

- The Internet is tremendously important in our daily lives, including the lives of people who are blind or visually impaired.
- Not every website, however, is optimally designed for use by people with visual impairments. When a website is built without regard to proper web design, they become inaccessible https://www.afb.org/consulting/afb-accessibility-resources people with vision loss who use access technology.
- The same good techniques that make web pages accessible to those of us who use
  access technology benefit users of other devices as well. For example, people
  with slower Internet connections and those using devices such as cell phones or
  tablets that have smaller screens.

#### **Relative Font Sizes**

• Use relative font sizes expressed in percentages or ems, rather than absolute font sizes expressed in points or pixels. This practice allows users to make the text larger or smaller as desired—an important feature for users with low vision.

#### Provide Alternative Text for Images

- It is absolutely necessary to provide text equivalents for all meaningful graphics. If the graphic includes text, be sure that the alternative text (often referred to as an "alt tag") supplies all of the words.
- That said, providing "alt" text for spacers or placeholding graphics subjects the speech user to meaningless information. Note that you should never completely omit the alt tag, even for placeholding graphics. This omission subjects the speech user to hearing the file name of the image.

#### Name Links Carefully

- Users often move through a page by tabbing from link to link. Never use "Click here" or "Learn More" as the text for your links.
- "Download SuperSoftware 4.8" is self-explanatory.

#### **Explicitly State Information**

- Do not use indentation or color alone, for example, to convey meaning.
- Indicating required fields in a form by making them bold is bad.Indicating required fields by using a phrase such as "required" is good.

#### **Label Forms Properly**

- Create a predictable, consistent interface for your users. For example, make sure the question or description is consistently on the same side of its control.
- Ideally, place the question or label on the same line as the input field itself.

#### **Provide Skip Links**

• Skip links allow the speech software or braille user to bypass information that is repeated on every page, such as navigation bars. Speech and braille users

- generally read the page from top to bottom, and consequently are subjected to repeated information before reaching the heart of the page.
- Skip links allow these users to jump past the repetitive navigation links to get to the main content on the page.

#### Learning About Accessible Web Design

- If you are serious about making your web site accessible, the most valuable resource available is the website of the Web Access Initiative (WAI), part of the World Wide Web Consortium. There you'll find guidelines for making web pages along with explanations and techniques. The content guidelines are found at www.w3.org/TR/WCAG20/.
- You will also find valuable help in this web accessibility on the American Foundation for the Blind website: <a href="https://www.afb.org/consulting/afb-accessibility-resources">https://www.afb.org/consulting/afb-accessibility-resources</a>

SOURCE: <a href="https://www.afb.org/consulting/afb-accessibility-resources">https://www.afb.org/consulting/afb-accessibility-resources</a>



# Service Dogs

#### **Service Dogs**

- Humans have a long history of using animals in creative ways to solve problems. In more recent years, we have taken to using animals in more specialized ways.
- Dogs in particular have been used for all kinds of tasks which they are uniquely capable of and today they are used to help those who have disabilities that require support for everyday life.
- Animals used in this way are called service animals and they are highly trained to help make the lives of their owners vastly improved. One of the most common uses for service animals is as seeing-eye dogs which help people with vision impairments enjoy a newfound independence by helping them safely navigate through unfamiliar locations and around other people.

#### How Can a Service Dog Help?

- Service dogs for people with vision impairments are trained to guide their master safely around obstacles such as other people, potholes, and telephone poles.
- A seeing-eye dog is generally equipped with a specialized vest and short leash-like handle that allows the owner to feel when the dog is trying to navigate around something or stop. They lead their master safely around and remain alert for anything that could put their owner in danger such as a car running through a stop sign.
- Service dogs use their intelligence and keen senses to help blind people go about their daily lives in safety and confidence. They are able to provide their owners with the ability to go about their lives without worrying about walking into something or going somewhere dangerous.
- In addition to the services they provide, service dogs provide their owners with companionship that can make people feel more at ease when in unfamiliar places or doing new things. Service animals also tend to encourage other people to interact more freely with the owner thanks to the disarming nature of a friendly

#### What Breeds are Best?

- Service dogs can come in all shapes and sizes depending on what specific needs they are required for; however, seeing-eye dogs tend to be on the larger side of medium-sized dogs.
- This is due to the fact that these service dogs need to be large enough to press against their owner's legs to nudge them in a direction or stop them from walking into something
- Another consideration for service dogs is their intelligence and personality traits.
   Due to these aspects, most seeing-eye dogs tend to be Labrador Retrievers,
   Golden Retrievers, German Shepherds, or Labradoodles.
- Additional considerations for service dogs are their social skills and how well they
  deal with busy places, loud noises, and the presence of other animals. Service
  dogs are expected to remain calm and perform their duties regardless of what's
  going on around them.
- They should also be healthy breeds with a pedigree of healthy parentage because the training they require is expensive and time-consuming.

#### How Much is a Service Dog?

- Anyone who has owned an animal is aware of the fact that they can be quite expensive at times. This is doubly true for service animals which come with the expected costs of owning any animal such as food and general care requirements.
- Budgeting for an animal also needs to take into consideration the fact that they
  may get ill or injured and could require veterinary care aside from standard
  health checkups and vaccinations. The cost of an animal is drastically increased
  when it is a service animal.
- Service dogs are expensive for numerous reasons. Primary among these is the fact that the training which a service dog must undergo is extensive and can take quite a long time.
- Service dogs can cost anywhere from \$15,000 to \$70,000. This cost is due to the training they require and the need for them to be healthy animals with a long history of healthy and friendly parentage. A pedigreed dog with a strong line of healthy parents can easily be a couple thousand dollars or more even without the intensive service dog training.
- Obtaining financial assistance for the purchase of a service dog is possible through various avenues. Grants are a very appealing option but can often involve long waitlists due to the popular demand for funds used towards purchasing a service dog. Personal loans are a reasonable option, but a lot of research should be conducted prior to signing anything in order to ensure the terms of the loan are agreeable.

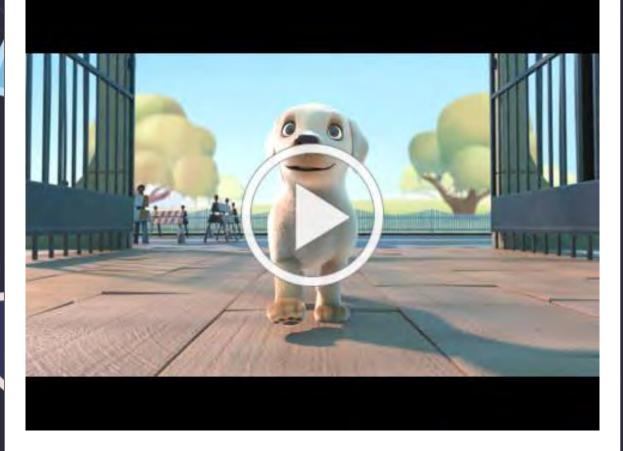
#### How Do You Get a Seeing Eye Dog?

- Getting a service dog requires the written permission of your doctor. Physicians can write prescriptions for service dogs that are given to people with disabilities which are deemed severe enough to limit their ability to perform regular tasks throughout their daily lives on their own.
- Once it has been agreed upon by the patient and their doctor that a service dog is a good option for the patient, the patient can then begin the process of finding the right animal.
- Contact an organization such as <u>The Seeing Eye</u> to begin steps to obtaining a service dog for people who are blind or have a vision-related disability.

#### Pip - A Short Animated Film

- This short animated film tells the tale of a small dog with a big dream—to become a Southeastern Guide Dog.
- It's a brief, heart-warming look at what kind of training these dogs undergo.





SOURCE: <a href="https://usserviceanimals.org/blog/service-dog-for-the-blind/">https://usserviceanimals.org/blog/service-dog-for-the-blind/</a>

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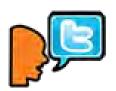


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## **New Jersey Self-Advocacy Project**

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### September 2021

# Change of Seasons: Part 2 Dealing with Change



This is Part 2 of *Change of Seasons*! We'll be discussing how we deal with the change of seasons and change in our lives in general.

- Less sunlight and cooler days can make the adjustment from summer to fall difficult.
- Change can be good, bad, or even neutral but it can take some adjusting before we feel comfortable.
- Try mapping out the changes in your life to think through your feelings and gain a sense of control in your life.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.



## Change of Seasons

#### Seasonal Affective Disorder (SAD) • If shorter days and shifts in weather zap your energy and make you feel blue, you've got classic symptoms of a seasonal mood disorder. • Seasonal affective disorder (SAD) is a form of seasonal depression triggered by the change in seasons that occurs primarily in winter. • Why do some people get SAD? Experts aren't certain, but some think that seasonal changes disrupt the circadian rhythm: the 24-hour clock that regulates how we function during sleeping and waking hours, causing us to feel energized and alert sometimes and drowsy at other times. • Even if you do not have SAD, you might find yourself a little less energetic in the fall and winter and some of the tips below can help. Try Light From a Box • Light therapy boxes give off light that mimics sunshine. The light from the therapy boxes is significantly brighter than that of regular light bulbs, and it's provided in different wavelengths. • If you sit in front of a light box for about 30 minutes a day it will stimulate your body's circadian rhythms and suppress its natural release of melatonin. Most people find light therapy to be most effective if used when they first get up in the morning, according to researchers at the University of Michigan Depression Center in Ann Arbor. A study published in 2014 in the Journal of Affective Disorders found that one week of light therapy may be as effective as two, though most people continue light therapy throughout the entire season that they're affected. **Dawn Simulators** Dawn simulators can help some people wake up easier. These devices are alarm clocks, but rather than waking you abruptly with loud music or beeping, they produce light that gradually increases in intensity, just like the sun. Different models of dawn simulators are available, but the best ones use fullspectrum light, which is closest to natural sunlight. **Get Moving** • Exercise can help boost your mood. Outdoor exercise would be most helpful if you need sunlight, but if you can't exercise outside because it's cold or snowy, choose a treadmill, stationary bike, or elliptical machine close to a window at the gym. • Exercise can also help offset the weight gain that is common when you are less happy. Maintain a Schedule • Maintaining a regular schedule improves sleep, which can help alleviate symptoms of seasonal depression. Keeping a regular schedule will also expose you to light at consistent and predictable times and eating at regular intervals can help you watch your diet and not overeat. SOURCE: https://www.everydayhealth.com/depression/treatment/ways-to-ease-seasonaldepression/ How to



## Deal with Change

## Acknowledge It

- Sometimes we get so caught up in fighting change that we put off actually dealing with it.
- Denial is a powerful force, and it protects us in many ways. However, stepping outside of it and saying to yourself, "Things are changing, and it is okay" can be less stressful than putting it off.

## **Even Good Change Can Cause Stress**

- Sometimes when people go through a positive life change, such as graduating or having a baby, they still feel a great deal of stress—or even dread.
- Keep in mind that positive change can create stress just like not-so-positive change. Stress is just your body's way of reacting to change.
- It's okay to feel stressed even when something good has happened—in fact, it's normal. (If you've just had a baby, talk to your doctor about whether you may be experiencing postpartum depression.)

## Try to Eat Healthy

- When change happens, a lot of us tend to reach for carbs—bread, muffins, cake, etc. This may be because eating carbs boosts serotonin—a brain chemical that may be somewhat depleted when you undergo change (stress).
- It's okay to soothe yourself with comfort foods—in moderation.
- One way to track what you are eating is to write it down. You can either do this in a notebook or use an app. When you see what you are eating, it makes you take a step back and think about whether you want to eat that second muffin or not. (If you have a history of eating disorders, it is not recommended that you write down what you are eating.)
- Also notice if you are exepriencing an increased use of alcohol or other substances; your use can sneak up on you when you are under stress.

## Seek Support

- No one gets through life alone. It is okay to ask for help; that's a sign that you know yourself well enough to realize you need some assistance.
- Think of your trusted friends or family members. Chances are that they are happy to help if you need them to watch your kids while you run some errands, or if you just need some alone time.
- There may a neighbor who has asked you for help in the past—now maybe you can ask them for help.
- Apps like NextDoor can be helpful for connecting with neighbors.

## **Stay Positive**

- Maybe due to this change in your life you have met new people. Maybe you started practicing healthier habits. Maybe you became more politically active. Maybe you became more assertive. Maybe the change helped you prioritize what is most important in your life.
- Change presents us with the opportunity to grow, and it's important to

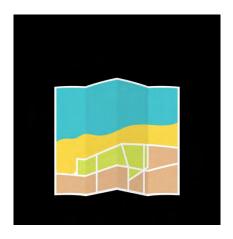
acknowledge how things have become better as a result. **Get Proactive** action. you are in good health. positive impact on the world. Vent (But to a Point) contagious. contagious as well. never really disappears.

- Being proactive means taking charge and working preventatively. This means you figure out what steps you need to take before something happens.
- Being reactive means you wait until something has happened and then you take
- Being proactive means you make an appointment with your doctor for a physical because you know something stressful is coming up and you want to make sure
- It means becoming active with groups that help you realize that you can make a
- Having a support group to whom you can vent can be helpful—to a point.
- If you and your support group are solely venting, that feeling of frustration can be
- Try gearing the conversation toward action: What can you do to make things better? When people brainstorm together, their creativity and hopefulness can be

## **Back Away from Social Media**

- When you go through change, you may gravitate toward social media—maybe posting to your friends on Facebook what is going on in your life. First, make sure you are in a calm state when you post—and keep in mind that whatever you post
- Also, if you are comparing your life to your friends' lives on social media, remember that most people post only the "highlight reel" of their lives, not the stressful moments. This can give you a skewed view that everyone else's lives are going just fine. Everyone has battles they are fighting; it's just different battles with different people.
- Step away from social media if you are starting to compare your life to others.

SOURCE: <a href="https://www.psychologytoday.com/us/blog/here-there-and-">https://www.psychologytoday.com/us/blog/here-there-and-</a> everywhere/201701/10-ways-cope-big-changes



## Art **Activity:** Map Out Change

## Mapping Out Change

- This art therapy activity was created by Dr. Deah Schwartz.
- September is a month that for many is fraught with changes. Change can be great for many people and welcomed with open mind, hearts, and feelings of excitement and anticipation. But too much change may be overwhelming and result in feelings of anxiety and loss of control. Feeling out of control may



instigate some impulsive actions in order to regain a sense of control. It is helpful to have a "map" of what changes are ahead and to identify ways to manage the changes that are not self-destructive or ineffective.

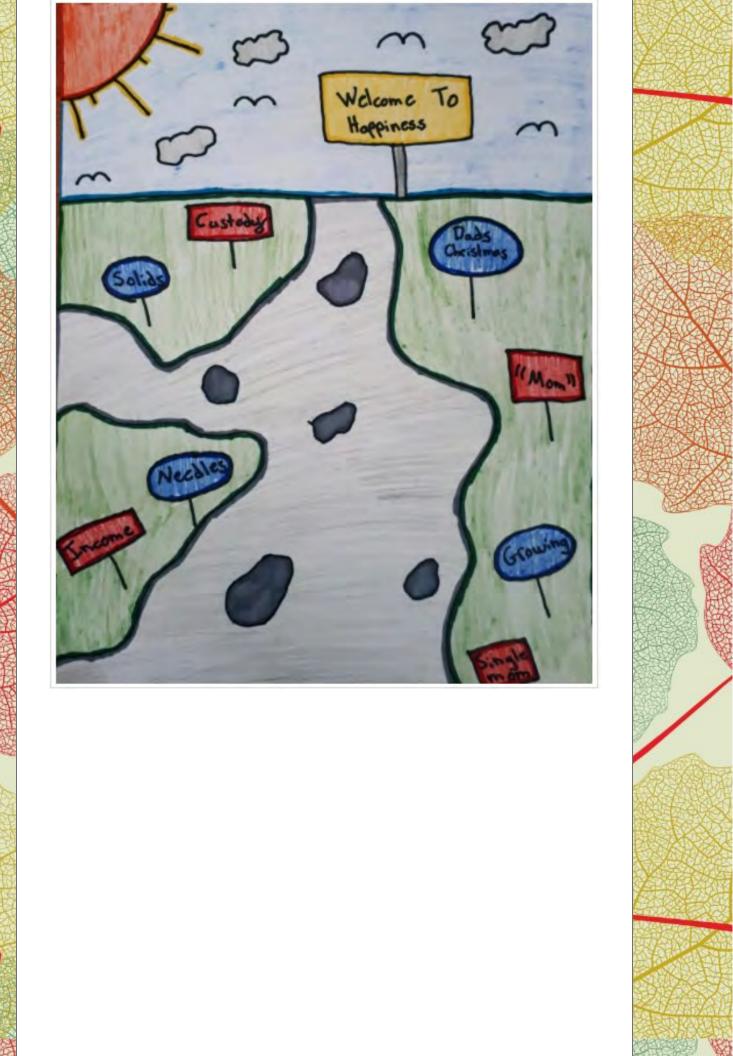
• If you are feeling overwhelmed by change, try the activity below.

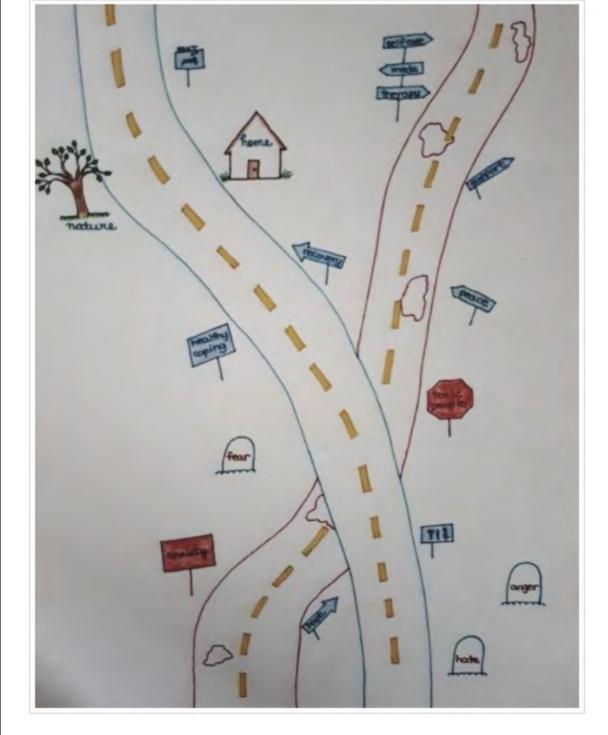
#### **Materials:**

- Large sheet of drawing paper
- Markers or colored pencils
- (Optional) magazines, scissors, glue sticks

#### How To:

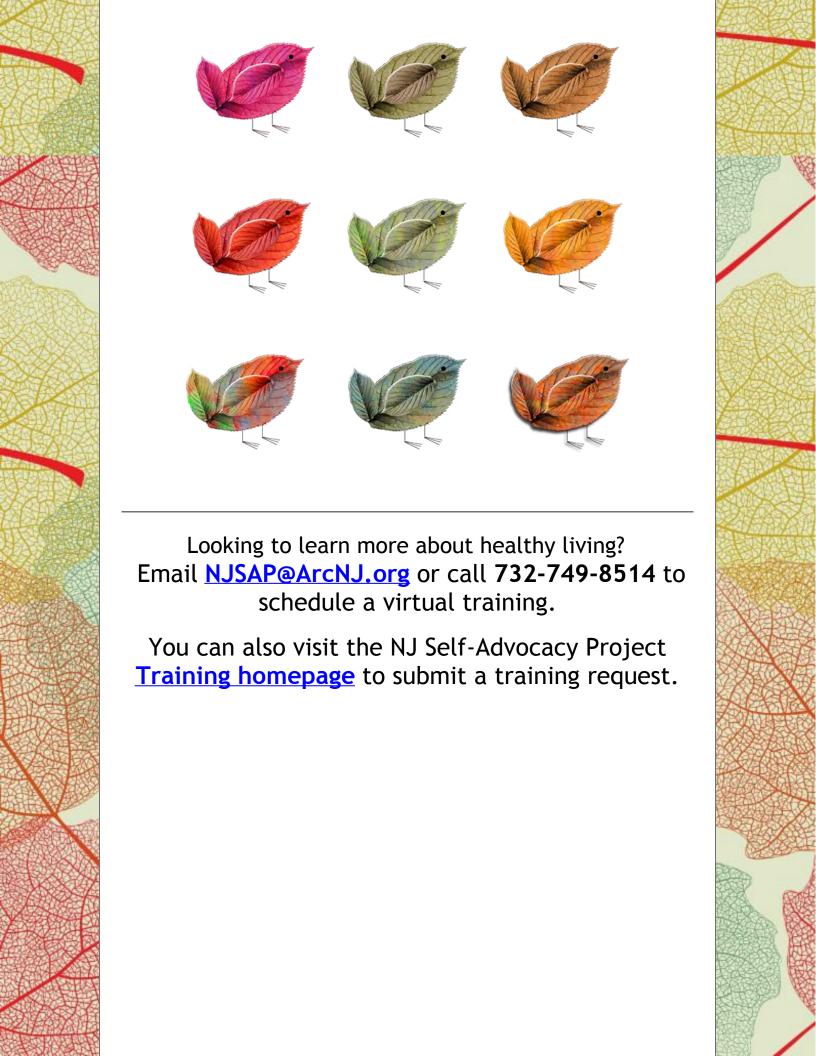
- 1. Make a list of changes that are coming down the road in your life.
- 2. Color code them in terms of difficulty with red being the most challenging and or anxiety provoking, and blue being welcomed and easier to adjust to.
- 3. Incorporating the color coding, draw a road map with each change being a "stop" on the map route.
- 4. Brainstorm on what road side assistance or services will be helpful for managing the changes and show them on the map as well. For example, on a road trip it is important to know where you can get gas or meals along the way; or where to build in a rest stop or a time for some scenic viewing.
- 5. Using this analogy helps to view the changes ahead as part of life's journey and to instill a sense of control over the circumstances that lie ahead.





https://recoveryartstudio.wordpress.com/2018/03/01/personal-road-map-finding-my-way-through-change/

## Let's Stay Healthy!





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## September 2021

# Change of Seasons: Part 1 Fall Safety



This is Part 1 of *Change of Seasons*! We'll be discussing Fall facts and safety.

- We experience it every year in New Jersey, but there are some facts about fall that you may not know.
- The change of seasons can bring about some actions you should take to stay safe and comfortable in your home.
- Fall leaves and less daylight means you should focus on staying safe outside as you enjoy the crisp autumn weather.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.

FUN! FUN! FALL!

## **Fall Facts**



#### Fall vs. Autumn

- Americans typically refer to this time of year as "fall," while the British use the word "autumn."
- Historically, Fall was called "harvest" because of the "harvest moon" that occurs close to the autumn equinox.

## Why It Gets Colder

- Fall Is caused by the Earth's tilt, not the distance from the sun.
- When the northern hemisphere tilts towards the sun, we get warmer.
- When it tilts away, we get colder. Fall and spring are the times of transition.

## Fall Weight Gain

- Weight gain around this time of year may not be from all the food.
- Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage.
- The lack of sunlight may cause the extra weight gain, though over eating will contribute.

## **Pumpkin Spice**

- Pumpkin spice is actually the spice mix used for pumpkin pies, and does not contain pumpkin.
- It is made from 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1  $\frac{1}{2}$  teaspoons ground allspice and 1  $\frac{1}{2}$  teaspoons ground cloves.
- You can make it at home or buy it pre-mixed at the grocery store.

#### **Fall Colors**

- Fall colors are caused by the amount of sugar in leaves.
- The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant.
- Evergreens don't change because their leaves have a thick wax covering that protects the chlorophyl (green) in the leaves.

### Falling in Love

- More people go from "single" to "in a relationship" or "engaged" in fall than any other season.
- That may be because both men and women experience a higher level of testosterone in the colder months.
- We don't have a great answer as to why that is, but more babies are conceived in cold months than any other time of year.
- Children born in the fall are statistically better students and live longer.
- According to the UK Department of education and the University of Chicago, Fall is the best time to be born.

#### Halloween Costumes

- The Celtic tradition believed that ghosts roamed the earth on Halloween.
- Wearing a disguise would help you ward off these spirits.

#### **Travel**

- Whether traveling from one state to another, from North America to South America (Swainson's Hawk, 14,000 miles), or from the North Pole to the South Pole (Arctic Tern, 44,000 miles), many birds spend this season traveling to mating grounds or finding food.
- Fall tourism, aka "leaf peeping," brings in big money for New England states.
- The seasonal change bring around \$3 billion to the small region.



## Fall Safety Inside

#### Service Your Furnace

- Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace.
- A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks.

## **Use Fireplace Safely**

- Keep that fire in its proper place by using a fireplace screen to keep sparks from flying out of the fireplace.
- Never leave a burning fire unattended and make sure a fire in a fireplace is completely out before going to bed.

## **Use Caution with Space Heaters**

- A space heater can be an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it.
- If your space heater requires venting, make sure you have vented it to the outdoors.
- Never use your stove or oven to heat your home; only use space heaters that are approved for this purpose.
- Always allow at least three feet of empty area around space heaters.

#### **Exercise Candle Caution**

- Candles are a great way to give a room that warm glow, but they can also cause fires.
- According to the National Candle Association, almost 10,000 home fires start with improper candle use.
- Never leave candles burning if you go out or go to sleep. Be sure to keep your candles away from pets and kids.

## **Change Smoke Alarm Batteries**

- Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Saving Time.
- Make sure to check the alarms with the new batteries installed.
- Check and replace any home fire extinguishers that have expired.

SOURCE: <a href="https://safety.lovetoknow.com/Fall\_Season\_Safety\_Tips">https://safety.lovetoknow.com/Fall\_Season\_Safety\_Tips</a>



## Fall Safety Outside

## Reconsider Leaf Burning

- According to information from the Environmental Protection Agency, burning leaves produces dangerous and cancer-causing chemicals. For this reason, homeowners should avoid disposing of leaves this way.
- If you decide to burn leaves, wear a protective mask.
- Burning leaves should only be attempted far away from a house or other structures on a homeowner's property.
- Always check the weather forecast before starting to burn leaves. This activity should not be attempted in windy conditions.

## Fall Driving

- Falling leaves, while beautiful, can obscure your vision, as can rain and fog.
- Shorter days are part of the fall season, making it more difficult to see children playing or people walking and riding bicycles.
- Be aware of limitations in your visibility and slow down if you can't see well. Use your dimmed headlights in bad weather with decreased visibility.
- When sunrise occurs later in the morning, it can also present challenges for drivers.
- Have a pair of sunglasses in the vehicle to wear when the sun is bright is a good strategy. If it becomes too difficult to see because of bright sunlight or glare, a good strategy is for the driver to pull over until he or she can see again.

## **Look Up Before Pruning Trees**

- If you have decided that your yard needs to be spruced up by trimming your trees, be sure to look up and survey the area carefully before you start.
- Make careful note of where power lines are located before you set up your ladder so that it is positioned away from them.

## Clean Up Fallen Leaves

- Keep your driveway and walkway clear of falling leaves.
- Wet leaves can create a hazard for pedestrians in the fall by making sidewalks slippery.
- Later in the season, snow may mix with leaves to increase the risk of falling.
   Homeowners should mulch or rake up fallen leaves and dispose of them according to local bylaws.

SOURCE: <a href="https://safety.lovetoknow.com/Fall\_Season\_Safety\_Tips">https://safety.lovetoknow.com/Fall\_Season\_Safety\_Tips</a>

## Let's Stay

# Healthy! Looking to learn more about healthy living? Email NJSAP@ArcNJ.org or call 732-749-8514 to schedule a virtual training. You can also visit the NJ Self-Advocacy Project Training homepage to submit a training request.



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The Horizon Foundation for New Jersey

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Your monthly dose of advice on healthy living

## October 2021

No Bones About It:
Part 1
Bone and Joint Health



This is Part 1 of *No Bones About It*! We'll be discussing our skeletal system!

- The human skeleton is full of different types of bones that serve various purposes.
- There are certain diseases that can affect our bones and joints.
- Certain precautions in every day life can help keep your bones and joints in tip top shape!

After you're done reading, don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.

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## "The Human Bones Song"

Take a listen to "The Human Bones Song", a

science music video by Jam Campus. It contains a ton of fun facts about the bones in our bodies with the bonus of having a catchy tune!



SOURCE: https://www.youtube.com/watch?v=h5dYvPruBFY



## Bone and Joint Disease

Even among bone diseases, the symptoms you experience, specialists you see and treatment you receive are quite varied. Common bone diseases in adults and children include the following:

### **Osteoporosis**

 One of the most prevalent bone conditions, osteoporosis involves bone loss, leading to weakened bones that are more likely to break. Osteoporosis is an invisible condition, often doing its damage without people realizing they have it.

#### **Metabolic Bone Diseases**

• Osteoporosis is one of several metabolic bone diseases. These are disorders of bone strength caused by mineral or vitamin deficiencies (such as vitamin D, calcium or phosphorus) that result inabnormal bone mass or structure.

#### **Fractures**

- Acute fractures are usually due to trauma, although they can be related to bone cancer. Children's bones are more flexible and resilient, and fractures heal more quickly.
- Stress fracture, also called overuse fractures, are more common in active people like runners.

#### **Scoliosis**

• Abnormal, side-to-side curvature of the spine, resulting in an S- or C-shaped appearance when seen from behind, is called scoliosis. It's commonly diagnosed in infants or children, but can persist into adulthood.

#### **Arthritis**

- Arthritis is a leading cause of disability worldwide.
- By 2040, nearly 80 million U.S. adults will have some form of arthritis diagnosed, according to the Centers for Disease Control and Prevention.
- Arthritis falls into two basic categories: osteoarthritis and autoimmune joint disease. They have contrasting causes and symptoms and require different care.

#### **Osteoarthritis**

• The most common type, osteoarthritis is the "wear-and-tear" form that increases with age. Adults in their 50s and older are more likely to develop this chronic, progressive disease, and women are more vulnerable.

#### Rheumatoid arthritis

- Rheumatoid arthritis is an autoimmune condition affect the lining of the joints. Cells of the immune system that normally don't belong in the joints accumulate there in large numbers.
- It causes ever-increasing inflammation, with eventual damage and destruction of cartilage and bone.

### Juvenile idiopathic arthritis

• Also known as juvenile rheumatoid arthritis, JIA is the most common chronic joint condition in kids. In this autoimmune condition, the child's immune system attacks the body's own healthy tissue.

#### Gout

- This type of arthritis most often affects the joint connecting the big toe to the rest of the foot. In gout, excess uric acid a waste product in the blood forms crystals in the joints.
- Gout flare-ups, which are extremely painful, frequently strike in the middle of the night.

**SOURCE:** <a href="https://health.usnews.com/conditions/bone-and-joint-disease">https://health.usnews.com/conditions/bone-and-joint-disease</a>

Tips to Keep

## **Strong**



## Maintain a Healthy Weight

- This sounds simple, but for many people, staying at a healthy weight is difficult.
- Because our joints are weight-bearing maintaining an optimum weight is important to our mobility and overall health.
- Along with high blood pressure, diabetes risk, heart problems and all the other things we know come with carrying excess weight, it also puts extra strain on our knees, hips, spine, etc.

#### Eat Well

- Eating a well-balanced diet is important for maintaining your overall health, as well as for your bone, joint and muscle health.
- Ensure that you have plenty of vegetables, fresh fruits, lean proteins and whole grains, and limit your intake of foods that are processed or high in sugar, salt, fat or carbohydrates.
- Although scientists aren't sure why, eating a healthy diet can sometimes reduce the risk of arthritis.

### Load Up the Calcium

- As we age our bones are susceptible to osteoporosis, the thinning of our bones, which makes them more susceptible to fractures.
- Calcium in your diet and through vitamins is one of your most important weapons against osteoporosis.
- Dairy products such as milk, cheese, and yogurt, along with dark leafy greens and broccoli and certain types of fish such as salmon give you the calcium that's so critical for bone strength.
- Look for calcium supplements with Vitamin D.

## Get Vitamin D in your Day

- Vitamin D works hand-in-hand with calcium to keeps our bones strong
- It helps our bodies absorb calcium more efficiently.
- As adults we typically need 1,000 to 2,000 IU of Vitamin D in addition to our calcium.
- Spending time in the sun can also help us get more Vitamin D.

## Get Up and Move

- The key to continued mobility as we age is staying active, sometimes even when we don't feel like it.
- Just as important is knowing our bodies and its limitations.
- We boost our bone strength with exercises that "load" or compress them, but those activities are harder on our joints.
- Before starting on a serious exercise regimen, check with your physician to know what would be best for you.

SOURCE: https://hcamidwest.com/blog/entry/aging-bone-joints

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## October 2021

No Bones About It:
Part 2
Fun Skeleton Activities



This is Part 2 of *No Bones About It*! We'll be discussing some fun skeleton themed activities, perfect for Halloween.

- Feeling crafty? Try making a skeleton out of straws for a quick, easy activity!
- Add some spooky fun to your meals with a Veggie Skeleton recipe.
- Dress up as a skeleton using black clothes, Duct tape, and simple shapes.

After you're done reading, don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.

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CRAFT: Straw Skeleton



## **Supplies**

- Paper straws
- Black cardstock
- Googly eyes, small-medium size
- White marker
- Scissors
- Glue stick

#### Instructions

- 1. Begin by cutting the paper straws. Depending on the size cuts, you will need 3 paper straws per skeleton.
- 2. Straw 1 Cut in half. Cut those halves in half again, one side just slightly smaller than the other. These are the legs.
- 3. Straw 2 Cut about a  $\frac{1}{2}$ " piece off the end. Then, cut the remainder in half and cut those halves in half again, one end slightly smaller than the other. These are the arms.
- 4. Straw 3 Cut in half. Cut one of those halves into eight 1/2" pieces. These are the spine and ribs.
- 5. Now, begin gluing pieces in place. Form legs in position and glue spine. And form arms in position, too, then continue with ribs.
- 6. Use the white marker to draw 5 lines for fingers and simple lines for the feet.
- 7. Draw a skull shape. Make marks for teeth and two holes for nostrils.

SOURCE: <a href="https://www.ourkidthings.com/paper-straw-skeleton-craft/">https://www.ourkidthings.com/paper-straw-skeleton-craft/</a>

Recipe:



## Veggie Skeleton



## Ingredients:

- For the head
  - 8 ounces of ranch dressing (in a small bowl)
  - 1 olive (sliced for the eyes)
  - 2 to 3 pieces of romaine lettuce and 1 endive for the hair.
- For the body
  - 1 English cucumber to make the spine
  - 1 bell pepper for the ribs
  - 5 or 6 white mushrooms for the pelvis.
- For the limbs
  - 4 baby carrots for the arms
  - 4 pieces of broccoli for the hands and feet
  - 3 celery stalks (halved) for the shoulders and legs
  - 2 cherry tomatoes for the knees.

## Tips for Making this Recipe

- Preparation Tips You can substitute in or out any of the veggies in this recipe. For instance, if you don't have lettuce, use some fresh herbs for the hair or use cauliflower pieces instead of the mushrooms.
- Recommended Tools Serve this on a large cutting board or appetizer board, or on two pieces of parchment paper.
- Storing Tips This recipe can safely sit outside the fridge for 4 hours. If it sits out longer for that, do not save either the ranch dip or the veggies. If it's been out for less than 4 hours, you can save leftovers for up to 5 days.
- Diet/Allergy Alternatives If you would like this recipe to be vegan or dairy-free, substitute hummus in place of the ranch dressing.

SOURCE: <a href="https://thishealthytable.com/blog/veggie-skeleton/">https://thishealthytable.com/blog/veggie-skeleton/</a>



# Costume: Duct Tape Skeleton



## **Supplies**

- Black clothing
- White duct tape
- Cutting mat
- Craft knife

#### Instructions:

- 1. First dress in black clothing. Cut duct tape into strips and stick to the shirt as ribs. Run a long narrow strip down the center of the shirt separating the ribs.
- 2. Cut thin strips and stick to the shirt for arms, shoulder blades and legs.
- 3. Cut elongated triangles for the hip bones.
- 4. Add a mask or face paint for extra spookiness!

SOURCE: <a href="https://craftsbyamanda.com/duct-tape-skeleton-costume/">https://craftsbyamanda.com/duct-tape-skeleton-costume/</a>

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## November 2021

# Smart Shopping: Part 2 Holiday Shopping



This is Part 2 of *Smart Shopping*! We'll be discussing how to make practical purchases during the holiday season and beyond!

- There are some safety risks that arise during big holiday shopping days like Black Friday and the days approaching Christmas.
- Retail stores have may tricks they use to get you to spend more, but if you are aware you can avoid these traps.
- Holiday shopping creates a lot of waste but you can be mindful of this and help the environment in small ways.

After you're done reading, <u>don't forget to listen to our webinars</u> every Tuesday! You can find registration links and recordings here.

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## Safe Shopping

## Safe Shopping

- From fistfights to identity theft, shopping at Black Friday sales brings a few safety risks.
- Keep your purse close to your body or your wallet in an inside coat pocket or front pants pocket.
- Don't argue or fight over an item.
- Don't take your money out until asked and don't flash a lot of cash.
- Use only one credit card. Data breaches have occurred in the past at major retailers and credit card companies. Should something similar occur, you can reduce the risk of having multiple cards compromised.
- Save your receipts and monitor your credit card activity by reviewing your bill immediately or periodically checking the online app.
- Ask for help moving and loading large items if needed.
- If shopping with a group, select a central location to meet in case you are separated. Ask a security guard or employee for help if you're lost.

## **Car Safety**

- With so many people out and about, you may encounter aggressive drivers on the road. Remember to drive defensively and don't allow road rage to rise.
- Be patient when looking for a parking space. Don't speed up to catch that empty (or soon-to-be empty) spot, and be cautious of other drivers who do.
- Park your vehicle in a well-lit area.
- Don't leave anything valuable in your car and lock your vehicle.

- Make a mental note of where you parked.
- Have your keys in hand when walking back to your vehicle.
- Look around and under your vehicle before approaching it.
- Store shopping bags out of plain sight, in your trunk if possible.
- Look for other cars or people, and back out slowly.

## **Online Shopping**

- You need to be on the lookout for holiday scams and identity theft.
- Stick to retailers you know and, preferably, have shopped with before.
- Research a business you haven't purchased from before by checking customer reviews or complaints with the Better Business Bureau.
- Never commit to a deal that seems too good to be true.
- Avoid using a debit card since dispute reimbursements may be less than credit cards.
- Refrain from using public Wi-Fi to make purchases, or use a VPN to avoid hackers intercepting your information.
- Check a webpage's security by looking for the lock icon in the URL field, and making sure the URL starts with "https", not just "http". The "s" means the site is safer and more secure.

**SOURCE:** https://www.statefarm.com/simple-insights/family/black-friday-shopping-safety-list



# Be Aware of Retail Tricks

## Gigantic Sales Signs

- When stores put giant sales signs in their windows, it attracts your eyes.
- You'll wonder what's on sale exactly and go in to scope it out.
- There, you may buy something on sale or you may buy something at full price.
   Either way, they got you inside and made you spend money.

## **Shopping Carts at the Entrance**

- At grocery stores this makes sense but at retail stores it may not be necessary.
- In the 1930's, they started putting them near the entrace to inspire you to make larger purchases.
- You're less likely to buy a large, expensive item if you have to go find something or someone to carry it for you.

## Profitable Items are Put on Eye-Level

- Looking up and down in every aisle the entire time you're out shopping is something most people just don't do.
- It's about time you start even if it's tedious and time consuming.
- Stores will put the more desirable and profitable items at eye level so that you'll see them easier. This increases your chances of buying the more profitable items.
- They also do this at the eye level of kids so that they'll try to talk you into buying even more things.

## Sample Stations Slow Your Shopping

- Sample stations give away free samples ostensibly to expose you to new products. That is actually true but it's also meant to slow you down.
- If you're rushing through a store to pick up a few things, some free food gets you to stop, stand still for a moment, and look around.
- This increases your chances of spotting something you want to buy.

## **Everything is in Reach**

- Studies have shown that people who touch things are more likely to buy them than those who do not touch things.
- This is especially true in clothing stores. You put your hands on a shirt and feel the fabric.
- You may pick up something in a store to look at it. All these things help you make your decision to buy something.
- That's why very few stores have things that are out of reach. If you can touch everything, that's higher odds that you'll buy at least some of it.

#### **Fun Music**

- People who are having fun are also spending money. That's why stores will often play music inside of their stores.
- It puts you in a better mood (assuming you like the music) and encourages you to buy things.

## **Huge Buildings**

- Crowded stores make people uncomfortable. It's no fun trying to shop when you're shoulder to shoulder with dozens of other people.
- Everything gets hot, it's stifling, and you can't really see everything.
- Stores put their locations in huge buildings so that everyone can fit.
- It also lets them fit a larger inventory which improves the number of choices you have. That also happens to improve your chances of buying something.

## Every Holiday is a Huge Sale

- Holidays are happy times. People are off of work, they're having fun, and they may have gotten a bonus at work.
- They use holidays to create huge sales events so that they can take advantage of your good mood. Holidays make people happy and that means they're primed to spend money.
- The sales are meant to get you and your happy self into the stores and spending that paycheck on discounted stuff and maybe some non-discounted stuff, too.
- You also may feel an obligation to make holiday purchases.

#### **Customer Rewards Cards**

- Lots of different places use these. Gas stations, restaurants, and retail stores all use this tactic. You may pick up a rewards card, swipe it at checkout, and you get points.
- Those points seem like a good idea but what they are really meant to do is inspire you to continue shopping at that one store chain. After all, if you spend all your money there, you'll get rewards points which you can redeem for other stuff.
- As it turns out, by the time you get enough points for those nice things, you've already spent so much money that they've made a good profit off of you.
- Be sure you are not spending more than you would normally just to "earn" rewards.

## Small Bills Add Up

• Sources have said that people are actually more likely to spend \$100 when

- they're broken up in smaller bills (\$1, \$5, \$10, and \$20 bills) than if they were carrying a single \$100 bill.
- The reason why things like magazines and candy are at the checkout lines are because they cost a dollar (sometimes less) or a little over that. When you're forking out \$0.75 for a candy bar, you don't really feel like you're spending any money. However, you likely won't break a \$20 to buy that candy bar.
- Stores know this and that's why they only put these items at the checkout line. You're going to spend money anyway so why not spend an extra buck? That's a buck you probably wouldn't have spent with a \$20 in your pocket if you'd seen that candy somewhere else in the store

**SOURCE:** <a href="https://www.lifehack.org/articles/money/15-sneaky-retail-tricks-that-make-you-spend-more-stop-falling-for-them.html">https://www.lifehack.org/articles/money/15-sneaky-retail-tricks-that-make-you-spend-more-stop-falling-for-them.html</a>



## Green is the New Black

Take this Black Friday as a chance to begreen and help the environment rather than adding to holiday waste.

## REDUCE, Reuse, Recycle

- Even better than recycling and reusing is not purchasing something you don't need in the first place.
- Think about if you really need that \$5 "doorbuster deal" that will sit languishing in your closet.

## The Gift of Experience

- Studies show that people remember things they DO better than stuff they GET.
- Think of the best day you had this year, spent with someone you love. Now try to remember three material items you received as presents.
- Instead of a plastic toy for your niece or nephew this year, how about tickets to the movies or the zoo? Then make plans to take them.

## Secondhand Shopping

- When you visit vintage, antique and second-hand shops for gifts, you'll find things that the big box retailers just can't offer.
- Better yet, most of the time you'll be supporting a small business.
- Diversify what you buy, and ease the load on our natural resources.

### Make, Give, Eat

- Consumable gifts you make yourself show you care.
- Bake a loaf of bread, whip up a batch of snack bars, or layer a Mason jar with all

- the dry ingredients for cookies and tie it with a bow.
- Share the recipe and the gift can keep on giving!

## Recycle Right

- Think of it as a gift to Mother Nature herself.
- Understand what goes into your recycling can—and what doesn't—and make it your mission to educate everyone else in your household.
- Gifts create a lot of waste so make sure all that paper and packaging gets properly recycled.

#### Be Thankful

- Do you want more meaning and less stress this season? Write it out.
- Grab a notebook and set about your task: Telling the one you love, in writing, why you're thankful for them.
- This can be a more meaningful gift than any purchase.
- If you love gifting, a handwritten card can serve the same purpose!

#### **Waste Less Food**

- The holidays have us cooking in abundance but try not to throw out all that food after the party is over.
- Plan your meals, purchase only what you need, and eat leftovers until they're gone—or send them home with guests!

SOURCE: https://www.goallingc.org/10-black-friday-tips/

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## November 2021

# Smart Shopping: Part 1 Groceries

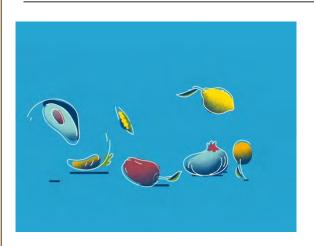


This is Part 1 of *Smart Shopping*! We'll be discussing how to make good decisions when shopping for groceries!

- There are a few tips and tricks to keep in mind while you are shopping in the grocery store.
- Healthy shopping starts with a healthy shopping list.
- You can use physical templates or digital apps to create your healthy shopping list.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.



# Grocery Shopping Tips

## Shop with a List

- It's always a good idea to write down exactly what you plan to buy.
- One study even found that those who always shopped with a list overall had a healthier diet and lower BMI than those who did not.
- If you know what you're going to buy, you won't end up adding whatever catches your eye into your cart.

## Don't Shop Hungry!

- One study found that those who shopped when they were hungry felt the desire to just acquire more, including non-food items.
- As you know, the grocery store is filled with other household items, and it seems like shopping on an empty stomach can make you spend more money.
- Not only is this bad news for your wallet, but if you end up stocking up on other items you don't really need and don't buy enough actual food or the foods you want to eat, you're going to end up calling for takeout or stopping by the drivethru.
- When you're hungry, you're not thinking as clearly.

## Don't Be a Distracted Shopper

- If you happen to be on your phone while you're shopping, this means you're obviously not giving your full attention to the task at hand.
- Not only will you end up spending more, but you might end up getting reeled in by unhealthy, processed foods.
- It's no secret that high-calorie junk foods often are more eye-catching and these images are distracting.
- You're more likely to be drawn to them if you're not focused, and that can lead to

a cart full of not-so-great options.

#### Do Your Research

- You want to make sure you're not being fooled by seemingly healthy foods that are actually bad news.
- Spend some time reading the nutrition labels on the food you want to buy.
- You can also look up nutrition information online at home before you head to the store.
- One study found that women who read nutrition labels were more likely to have a lower BMI than those who did not.

## Avoid Frozen Ready-Made Meals

- Not all frozen foods are bad news—frozen fruits and veggies are great to stock up on, and they last for quite some time.
- But frozen pizzas and dinners that are ready in minutes are a no-go, as they're often high in calories and loaded up with sodium and fat.
- Consumption of these ready-made meals has been linked to an increased risk of obesity.

#### Be Mindful of Sales

- Snagging an item at a discounted rate is a great feeling.
- When it comes to the grocery store, you want to make sure you're not getting tricked into buying unhealthy options just because they're being offered up for a cheaper price.
- Research shows that junk foods are, on average, twice as likely to be on sale. And
  if you see those bags of chips are "buy one get one free," that makes them all the
  more enticing.
- Do your best to resist the urge to fall for these traps.

## Try Perimeter Shopping

- Perimeter shopping is a great way to emphasize fresh foods while minimizing your exposure to packaged and processed items.
- The perimeter of most grocery stores usually includes fruits, vegetables, healthy proteins and dairy.
- Though interior grocery aisles include many healthy options, such as canned and dried beans, grains, spices and olive oil, this is also where most grocery chains stock highly processed foods like candy, soda and chips.
- Minimizing your time in the interior of the grocery store can reduce your exposure to these unhealthy foods, reducing your chances of being tempted to purchase them.

#### Plan Ahead

- Having the ingredients necessary to prepare tasty meals all week long is an excellent way to maintain a healthy diet.
- Having an empty fridge, freezer or pantry can lead you to rely on fast food or takeout, especially when you have a packed schedule. That's why it's so important to stock your shelves with nutritious options.
- Studies have shown that people who plan their meals in advance have a healthier overall diet and lower body weight than those who don't.
- Making a point of planning your meals for the week may help you avoid making poor choices and help you create a grocery shopping list more efficiently.
- An excellent way to start planning your meals is to create a recipe board detailing the meals you would like to eat for the week, including breakfasts, lunches, dinners and snacks.
- After figuring out what ingredients you will need to create your meals, add these to your grocery list, being sure to include the amount of each food you will need.

SOURCE: https://www.eatthis.com/worst-grocery-shopping-habits/



# Healthy Shopping List

## Keep a Running Grocery List

- Rather than scrambling to remember which favorite pantry staple you recently ran out of, keep a running list of the items you need to buy during your next trip to the grocery store.
- Dry erase boards or magnetic to-do lists that hang on your fridge are excellent ways to keep tabs on your kitchen inventory.
- Keeping track of the foods you use, as well as the new and healthy foods you want to try, will make compiling your weekly shopping list that much easier.

#### Be Realistic

- When you're creating a healthy grocery list, it's important to be realistic about the foods you will actually consume.
- Although you may want to try lots of new and different foods when you're first beginning a more nutritious way of eating, try to choose just a few new healthy foods each week.
- When you're grocery shopping without a list, it's easy to become sidetracked by items that appeal to you.
- This may cause you to purchase more food than you can realistically consume in a week, or lead you to choose items that you *should* be eating but don't necessarily like.
- For example, if you are trying to incorporate more green, leafy vegetables like kale, arugula and spinach into your diet but don't know which ones you would like, try out one new leafy green each week until you narrow down a few favorites. Before you know it, you will be able to create a fresh grocery list every week, filled with nutritious foods that you actually enjoy eating.

## **Organize Your List**

- Separating your grocery shopping list by category is an excellent way to save time and keep your shopping trips stress-free.
- You can organize your list by food category or the layout of your favorite grocery store.
- To start, divide your list into sections based on food types. Possible categories include:
  - Vegetables
  - Fruits
  - Protein
  - Carbohydrates
  - Healthy fats
  - Dairy or dairy substitutes
  - Condiments
  - Beverages

- If you are trying to cut back on snacking or don't want to keep sweets in the house, avoid creating space on your list for snacks or desserts.
- If you are familiar with your grocery store's layout, try separating your list based on the sections where your foods are located. For example, if you usually begin your shopping trip in the produce aisle, list your fruits and vegetables first.
- This way, you can streamline your shopping trip and avoid having to circle back to a particular section. This narrows the chances of being tempted by unhealthy items while you're wandering around the grocery store in search of foods on your list.

## Healthy Examples to Get You Started

- When adding items to your grocery list, it's best to emphasize fresh, whole foods.
- Though having a treat now and then is perfectly normal and healthy, keep sweets and snack foods to a minimum when creating your shopping list.
- Eating highly processed foods like sugary cereals, candy, soda, chips and baked goods too often can offset your weight loss goals and cause you to gain pounds.
- Here are some examples of healthy, nutritious foods that deserve a spot in your cart.
  - Non-starchy vegetables: Broccoli, beets, cauliflower, asparagus, onions, carrots, bell peppers, spinach, kale, arugula, mixed greens, radishes, green beans, zucchini, tomatoes, Brussels sprouts, mushrooms.
  - Fruits: Berries, bananas, apples, grapes, grapefruit, oranges, lemons, limes, pears, cherries, pineapple, pomegranate, kiwis, mangoes.
  - Proteins: Eggs, shrimp, fish, chicken, fresh turkey breast, tofu, bison, beef.
  - Carbohydrates: Sweet potatoes, potatoes, oats, butternut squash, quinoa, brown rice, beans, lentils, chia seeds, buckwheat, barley, whole grain bread.
  - Healthy fats: Olives, olive oil, avocados, avocado oil, coconut, coconut oil, nuts, seeds, almond butter, peanut butter, cashew butter, tahini, pesto, ground flaxseeds.
  - Dairy and non-dairy products: Greek yogurt, cheese, cottage cheese, almond milk, coconut milk, goat cheese, kefir, unsweetened milk.
  - Condiments: Salsa, apple cider vinegar, balsamic vinegar, spices, herbs, stone-ground mustard, horseradish, nutritional yeast, sauerkraut, hot sauce, raw honey, stevia.
  - Beverages: Unsweetened seltzer, sparkling water, green tea, coffee, ginger tea, unsweetened iced tea.
- To simplify your shopping, organize your list by what makes the most sense to you.
- For example, avocado is technically a fruit, but most people associate it with being a delicious source of healthy fat.
- No matter how you prepare your list, be sure it is organized and easy to read so you can have a stress-free shopping experience.

SOURCE: https://www.healthline.com/nutrition/healthy-grocery-list



## Templates and Apps

NJSAP Grocery Template

• Download this grocery list template to help you keep track of the items you need to buy on your next trip!

Shopping	List
Fruits & Vegetables	Baking Needs
	Spices/Herbs
Dairy or Dairy Substitute	Canned Goods
Meats/Protein	Beverages
Breads/Grains	Household Supplies
Frozen Foods	Toiletries
Other	
	Horizon.   Foundation for New Jersey

If you prefer a digital approach, try some of these grocery shopping list apps!



These Shopping List Apps Make Buying Groceries Faster...

The easiest way to grocery shop is with one of these shopping list apps. These iPhone and Android apps make it simple to share a list with multiple people, find deals and special coupons, locate items in the story, reorder favorite products, and...

#### Read more

www.goodhousekeeping.com

**SOURCE:** https://www.goodhousekeeping.com/food-recipes/g26255008/best-grocery-shopping-list-apps/

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Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities





Your monthly dose of advice on healthy living

## December 2021

# Health Advocacy: Part 1 At The Doctor's Office



This is Part 1 of *Health Advocacy*! We'll be discussing how you can play an active role in your own health care. We will also talk about going to see your primary care physician.

- There are a few things to keep in mind before your visit.
- You should be aware of questions to ask and notes to take during your visit.
- Be ready to take steps after your doctor's visit to make sure you can improve or maintain your health.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.



## Before Your Visit

### Make a List

- Make a list of what you want to discuss. For example, do you have a new symptom
  you want to ask the doctor about? Do you want to get a flu shot? Are you
  concerned about how a treatment is affecting your daily life?
- If you have more than a few items to discuss, put them in order and ask about the most important ones first.
- Don't put off the things that are really on your mind until the end of your appointment—bring them up right away!

#### Take Information with You

- Some doctors suggest you put all your prescription drugs, over-the-counter medicines, vitamins, and herbal remedies or supplements in a bag and bring them with you.
- Others recommend you bring a list of everything you take and the dose.
- You should also take your insurance cards, names and phone numbers of other doctors you see, and your medical records if the doctor doesn't already have them.

### Stay Up to Date

- You'll need to let your doctor know what has happened in your life since your last visit
- If you have been treated in the emergency room or by a specialist, let your doctor know
- Think on any changes you have noticed in your appetite, weight, sleep, or energy level. Also tell the doctor about any recent changes in any medications you take or the effects they have had on you
- Do your homework: organize your questions and information before talking with your doctor.

## Be Ready to Communicate

- Be sure you can communicate as well as possible. Many people use glasses or need aids for hearing. If you use these, make sure to bring them to the doctor's visit.
- Let the doctor and staff know if you have a hard time seeing, hearing, or understanding. For example, you may want to say: "My hearing makes it hard to understand everything you're saying. It helps a lot when you speak slowly and face me when you're talking."
- If the doctor you selected or were referred to doesn't speak your language, ask the doctor's office to provide an interpreter. Even though some English-speaking doctors know basic medical terms in Spanish or other languages, you may feel more comfortable speaking in your own language, especially when it comes to sensitive subjects. Call the doctor's office ahead of time, as they may need to plan for an interpreter to be available.
- Always let the doctor, your interpreter, or staff know if you do not understand your diagnosis or the instructions the doctor gives you. Don't let these barriers stop you from asking questions or voicing your concerns.

SOURCE: https://www.nia.nih.gov/health/how-prepare-doctors-appointment



## During Your Visit

### You Don't Need to Be Alone

- Bring a family member or staff to help you remember what you and your team discuss.
- Try to play an active role in listening and responding to the doctors and nurses, so you are aware of your health needs.
- If you are want to discuss a topic with the doctor alone, you have the right to ask any family or staff to leave the room.

## Share the Information You Prepared

- Share your health questions, problems, and concerns at the beginning of your visit.
- Tell your doctor about your past illnesses/hospitalizations, medications, and any problems you may be experiencing.

#### **Your Preferences**

- Tell your doctor about your needs and preferences for treatment and your health.
- Work with your doctor to create a treatment plan that meets your needs and be involved in making decisions about your care.
- Know your medications and why you take them, and ask for written instructions and information to take home with you.
- Ask your doctor to clarify anything that's confusing, and speak up if you have concerns or think something is wrong.
- Ask when and how you will get test results and additional treatments, if needed.

## **Stay Focused**

- Although your doctor might like to talk with you at length, each patient is given a limited amount of time
- To make the best use of your time, stick to the point. For instance, give the doctor a brief description of the symptom, when it started, how often it happens, and if it is getting worse or better.

#### **Be Honest**

- It is tempting to say what you think the doctor wants to hear, for example, that you smoke less or eat a more balanced diet than you really do. While this is natural, it's not in your best interest.
- Your doctor can suggest the best treatment only if you say what is really going on.
   For instance, you might say: "I have been trying to quit smoking, as you recommended, but I am not making much headway."
- If you are LGBTQ+, it may be important to come out to your doctor if this is relevant to your health concerns.

## Share your Point of View About the Visit

- Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer to return for a second visit to discuss your concerns.
- Try to voice your feelings in a positive way. For example, you could say something like: "I know you have many patients to see, but I'm really worried about this. I'd feel much better if we could talk about it a little more."

## **Answering All of Your Questions**

- Even the best doctor may be unable to answer some questions.
- Most doctors will tell you when they don't have answers. They also may help you find the information you need or refer you to a specialist.
- If a doctor regularly brushes off your questions or symptoms, think about looking for another doctor.

SOURCE: https://www.nia.nih.gov/health/five-ways-get-most-out-your-doctors-visit



## After Your Visit

## Follow the Plan

- Follow any instructions, and fill any prescriptions you were given.
- Schedule a follow-up visit, if you need one. Write down the appointment where you'll remember it.
- Review your Explanation of Benefits, and pay your medical bills. After your visit, you may get an Explanation of Benefits in the mail from your insurance company. This is an overview of the total charges for your visit and how much you and your health plan will have to pay. Be sure to pay your bills on time, and keep any paperwork.

### **Later Questions**

- If you are uncertain about the doctor's instructions after you get home, call the office. A nurse or other staff member can check with the doctor and call you back.
- Health care providers may offer more telehealth services. Ask if they have an email address or online health portal you can use to send questions.

## Follow-Up

- Tell someone if you have problems following your care plan and need assistance.
- If you have special dietary needs and do not do your own shopping and cooking, make sure they are known to whoever does this for you.
- If there is a change in your conditions or health, make sure to tell your doctor at your next visit. If your health gets worse, make sure to see them right away.

#### More Information

- If you receive a new diagnosis or long term treatment plan, you may want to gather more information on this topic.
- Get written or recorded materials. Ask if your doctor has any brochures, DVDs, or other materials about your health conditions or treatments
- For example, if your doctor says that your blood pressure is high, he or she may give you brochures explaining what causes high blood pressure and what you can do about it. Ask the doctor to recommend other sources, such as websites, disease management centers, nonprofit organizations, and government agencies that may have written or recorded information you can use.

SOURCE: https://www.nia.nih.gov/health/five-ways-get-most-out-your-doctors-visit https://www.healthcare.gov/blog/steps-after-doctors-appointment/https://www.healthcare.gov/blog/steps-after-doctors-appointment/

## Let's Stay Healthy!



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## Positive Pulse

Your monthly dose of advice on healthy living

## December 2021

# Health Advocacy: Part 2 Resources



This is Part 2 of *Health Advocacy*! We'll be discussing how you can play an active role in your own health care. We will talk about some resources that will help with your health care needs.

• Try downloading some helpful worksheets to keep track of what

- information you should bring to your medical appointments.
- There are also many apps to make virtual doctor's appointments or stay on top of your appointments.
- If you have a guardian, you may have questions on what that means regarding your role in your medical care.

After you're done reading, <u>don't forget to listen to our webinars</u> <u>every Tuesday! You can find registration links and recordings here.</u>

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. Register here.



## Helpful Worksheets

For your convenience, use these worksheets from the National Institute on Aging to organize your questions, family and medical history, and information when talking with your doctor. You can download, print, and copy the worksheets.

This information was collected for seniors, but can be helpful to someone of any age.



At your first visit and perhaps subsequent visits, your doctor will likely ask you about your family shealth history. A family medical history can identify people with a higher-than-usual chance of having common disorders, such as heart disease, high blood pressure, stroke, certain cancers, and diabetes. These disorders are caused by a combination of genetic factors, environmental conditions, and lifestyle choices. A complete family medical history should include information about your grandparents, uncless and autics, cousins, parents, sisters, and brothers. This form can help you organize your thoughts about conditions und illnesses that have affected your family members. You can download more copies of this form at twentian in govingalith/wyst-workshiests.

Family Medical History			
Family Member	Disease or Condition		





When choosing a new doctor, answers to the following questions can help you decide. You can

BASICS				
Question	Answer			
Will language be an obstacle to communication? Is there someone in the office who speaks my language?				
Do I prefer a group practice or an individual doctor?				
Does it matter which hospital the doctor admits patients to?				
Does it matter whether the doctor supports clinical research?				
LOG	SISTICS			
Question	Answer			
Is the location of the doctor's office important?				
Is there parking? What does it cost?				
Is the office on a bus or subway line?				



Tell your doctor about any changes in your life since your last appointment. The list below can help you think of what to mention. Of course, all the things on this list won't apply at every visit! Tear out his form and make a copy of the blank list so you will always have a clean copy to use. Or you can download additional copies of the form at www.nia.nii gowhealthtwyd-worksheets. Then, take a minute to think about each of these possible topics. Jof down when you first noticed each change. Use the last column to note any additional information that may be helpful for the doctor to know.

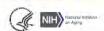
		our Physical Health
Topic	Date	Notes
Recent hospitalizations or emergencies		
Bone/Joint pain or stiffness		
Bowel/Bladder problems		
Chest pain/Shortness of breath		
Headaches/Feeling dizzy or lightheaded		
Vision/Hearing changes		
Skin changes		
Your J	Medicatio	ns, Mental Health, and Lifestyle
Alcohol use		
Weight changes		



At each visit, your doctor will likely ask about your concerns. It's a good idea to think about what you'd like to talk about before the actual visit. This form can help you organize your thoughts.

Tear out this form and make a copy of the blank form so you will always have a clean copy to use. Or download additional copies from NIA's website at www.nia.nih.gov/health/twyd-worksheets. Then, after you make an appointment, take a minute to write down the name of the doctor and the appointment details (for example, the date, time, and address). Use the form to make a list (in order, from most important to least important) of the concerns you want to discuss.

Article Co.	-
Address:	Phone:
Appointment	Details (Most Important to Least Important)
t.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	





You may be taking many different medicines as well as numerous vitamins and over-the-counter drugs. It can be confusing to keep track of everything! This form can help. Because your medication regimen may change over time, tear out this form alor make a copy of the blank form so you will always have a clean copy to use. Or you can download additional copies from NIA's website at www.nia.nih, gov/heath/twyd-worksheets. Try to bring a completed and updated copy of this form to every doctor appointment.

Name of Medication	What It's For	Date Started	Doctor	Color/ Shape	Dose	When and How Often



SOURCE: <a href="https://www.nia.nih.gov/health/talking-with-doctor-worksheets">https://www.nia.nih.gov/health/talking-with-doctor-worksheets</a>

## HealthCare Apps



## What are Healthcare Apps?

- Health and wellness apps fall under the category of healthcare. Even though both are very similar, they do have very distinct differences.
- A health app is categorized by the FDA as mobile software that diagnoses, tracks, or treats disease.
- A wellness app is a mobile software that enhances or tracks the overall health of the user. These apps can address mental, physical, social, environmental, or even spiritual factors that relate to overall health.
- There are apps for many different areas of health, below are a few examples.

## Benefits of Healthcare Apps

- Digital health trends reveal that patients are turning to their smartphones more than ever for health advice, video call examinations, prescriptions, and to track their overall health.
- Healthcare apps provide convenience that patients value.
- The innovations in mobile healthcare technology offer patients reduced costs, immediate access to individualized care, and the opportunity to have more control over their health.

#### Teladoc - 24/7 access to a doctor

- Teladoc connects patients to a board-certified doctor 24/7 through the convenience of phone or video visits. This app provides patients with quick and easy communication with doctors who are ready to listen and resolve their issues.
- If medically necessary, doctors can also quickly prescribe medication and connect with the pharmacy of choice. Teladoc integrates Apple HealthKit to enhance user experience. This seamless integration enables providers to form a better diagnosis and import the patient's most recent medical details.

## **Better Help** - Online Counseling

- This mobile healthcare app is a trailblazer in counseling. BetterHelp allows patients to have quick, inexpensive, easy access to mental health professionals. BetterHelp is a convenient way to get professional help from licensed therapists and counselors online.
- With over 14,000 positive reviews, patients enjoy individualized private care through video chat and messaging. The reviews highlight patients who feel more satisfied with their online therapy sessions. Online counseling is man option that provides a safe space for all.
- There are over 3000 trained, experienced and accredited counselors covering a wide range of areas from depression and anxiety to family and couples therapy. This mobile healthcare app individualizes the experience and connects patients with counselors who best meet their needs. They also have group webinar offerings fostering community and support for patients.

**Heal** - House Calls

- Heal was founded on the principle idea that improving health outcomes starts by meeting patients where they're most comfortable: at home.
- Doctors can assess a patient's social determinants of health, like food security and social support, as well as their physical health.
- With flexible appointment availability, no waiting rooms, and increased doctorpatient face time, Heal provides better primary care with fewer hoops to jump through for the people who need it most.

SOURCE: <a href="https://www.rootstrap.com/blog/healthcare-apps/">https://www.rootstrap.com/blog/healthcare-apps/</a>



## Guardianship & Medical Care

If you are a person with a Guardian, or you are someone's Guardian, you may have questions about what that means regarding medical information.

The page below answers many questions about Guardianship and its role in medical decisions in New Jersey.



What Medical Decision(s) is a Guardian Allowed to Make

A guardian may not make medical decisions on behalf of an incapacitated person who remains capable of making medical decisions for themself. Let's dive deeper into this discussion. New Jersey Courts have ruled that where feasible and appropriate, ...

Read more www.hnwlaw.com

**SOURCE:** https://www.hnwlaw.com/elder-law/new-jersey-guardianship/what-medical-decisions-is-a-guardian-allowed-to-make/

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