

A PUBLICATION FROM MONMOUTH MEDICAL CENTER, SOUTHERN CAMPUS

# HEALTHY AGING

SUMMER 2017

## SAFE SUMMER FUN

THE 411 ON  
CAR SEATS

WHY  
GRANDPARENTS  
SHOULD  
BABYSIT

BOUNCING  
BACK FROM  
STROKE



SUPPORT  
FOR  
PATIENTS  
AND  
CAREGIVERS



## HEALTHY HABITS

**23,000**

The number of emergency room visits each year caused by the adverse health effects of dietary supplements.

*New England Journal of Medicine*



## DRESS WITH CARE

Time to banish the blue cheese and instead grab the vinegar when dressing your greens. A recent study found that people with type-2 diabetes had lower blood sugar levels if they consumed about 2 tablespoons of vinegar right before they ate a high-carb meal.

Arizona State University



## TAKE OFF YOUR SHOES!

Walking barefoot minimizes the pressure on your knees by as much as 12 percent, which is great news for the 27 million older Americans who have osteoarthritis.

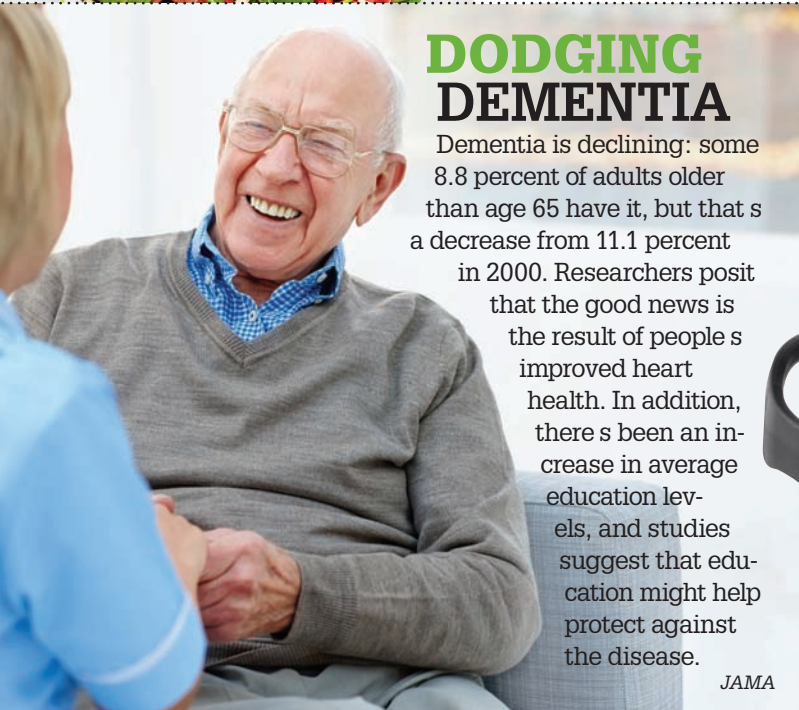
Rush Medical College, Chicago



## DODGING DEMENTIA

Dementia is declining: some 8.8 percent of adults older than age 65 have it, but that's a decrease from 11.1 percent in 2000. Researchers posit that the good news is the result of people's improved heart health. In addition, there's been an increase in average education levels, and studies suggest that education might help protect against the disease.

JAMA



# Hit the Road Safely

VISIT OUR CAR SEAT INSPECTION STATION TO KEEP GRANDKIDS SAFE.

One of the joys of spending time with grandkids is taking them on trips to get ice cream or to the local park. But before grandkids ride with you, it's important to remember that they must be safely buckled into car seats. Road injuries are the leading cause of unintentional deaths to children in the United States. The proper use of car seats can reduce the risk of death by as much as 71 percent, according to Safe Kids Worldwide, a nonprofit dedicated to children's safety.

There are four types of car seats that children progress through as they age. Weight limits for seats are not standard, so be mindful of the age and weight limits on the seats you purchase. Wondering which seat to buy? See the box at right.

Make sure the car seat is properly installed. Consult the instructions that came with the seat as well as your car manual. All car seats sold in the last decade have the LATCH system, which connects the seat to the car seat anchors in your vehicle.

If you need help installing the seat, make an appointment to visit the Community Health Education Department at Monmouth Medical Center, Southern Campus, where we have two certified car seat safety technicians, Kelly DeLeon and Claire Verruni. Our experts will install the seat for you and can also inspect a seat that you've installed to make sure you've done it correctly. Find out more by calling **732.597.6075**.

### Infant Seat

You don't have to remove the baby from these rear-facing seats great if the child is sleeping.

### Rear-facing Convertible Seat

This seat should be used rear-facing until the child is 2 years old, at which point you can turn it around.

### Front-facing Convertible Seat

When you turn the seat around, harness slots should be at or above the child's shoulders. Use this seat until the child is 40 pounds.

### Booster Seat

This seat uses the car's seat belt to hold the child in but boosts the child so the seat belt hits at the right spot.





# BABYSITTING is good for grandparents

SPENDING TIME WITH YOUR CUTE GRANDKIDS  
MIGHT BE JUST WHAT THE DOCTOR ORDERED.

**H**as your son or daughter been begging you to watch your grandchildren? You might want to say yes and there's a growing body of research that suggests it may actually be good for you! According to a study published in the journal *Evolution and Human Behaviour*, looking after your grandkids can add five years to your life. To arrive at that conclusion, researchers analyzed data collected between 1990 and 2009 on the lifespans of more than 500 people from Germany and Switzerland between the ages of 70 and 103 years old. They noted that the study only shows an association between caring and a longer life without proving a cause and effect relationship, but it's still pretty encouraging news. And a 2014 study carried out by the Women's Health Aging Project in Australia suggested that babysitting grandchildren could lower a woman's risk of developing Alzheimer's and other cognitive disorders. Plus, research published that same year in the journal *The Gerontologist* revealed that a strong adult grandchild-grandparent relationship lowered the risk of depression for both parties.

## Keeping kids safe

While looking after your adorable grandchildren sounds like a mutually beneficial way to spend the summer, there are safety considerations you should be mindful of. Remember, kids need constant supervision around water. Think about your surroundings—is there a koi pond in the backyard? A swimming pool on a neighbor's property? A kiddie pool that you forgot to drain in the driveway? Always watch young kids carefully, as drowning is the leading cause of death for children ages 1 to 4. If you're a boater, don't forget lifejackets each time you

and your loved ones go out on the water.

Also practice sun safety. Kids don't have to be at the beach or pool to get burned—it can happen while playing in the backyard. Remember to always apply sunscreen with an SPF of at least 15, say dermatologists, and try to get children to wear hats to keep the sun off of their face and sunglasses to protect their eyes. If possible, plan indoor activities for midday, when the sun is at its strongest, and encourage kids to wear lightweight long sleeve shirts and pants if they do go outside.

Finally, make sure you protect the kids from mosquitoes and ticks, which can transmit diseases like West Nile virus and Lyme disease. Apply insect repellent containing DEET to children over two months of age, and make sure you check yourself and children for ticks after playing outside.

## Beyond bonding time

With a few simple precautions, you can have a safe and fun time babysitting your grandkids—and reap the benefits of a sharper mind and a happier outlook on a longer life.

To learn more about keeping the young ones out of harm's way, the Community Health Education Department at Monmouth Medical Center, Southern Campus (MMCS) offers Safe Kids—a program that offers support and other resources to assist in achieving one common goal: keeping kids safe. MMCS is the lead organization for Safe Kids in Monmouth and Ocean counties. Find out more by calling **732.886.4731**.



**SAFE  
KIDS**  
MONMOUTH/  
OCEAN

# KEEP SUMMER fun

WHEN THE HEAT IS ON, USE CAUTION AND COMMON SENSE TO STAY SAFE AND OUT OF THE EMERGENCY ROOM.

Most of us love summer's carefree days—but carefree shouldn't mean careless. Without taking some precautions while you're outside, summer can end up being a real pain. Monmouth Medical Center, Southern Campus (MMCSC) wants to remind you to follow these tips to ensure that avoidable health problems don't take the fun out of your summer.



**Swim Smarts:** Jump into the pool for some good low-impact exercise but be mindful of hazards. Always swim with a friend because slips, dizziness and cramps can occur—making leaving the water a challenge. Even someone in the best of health shouldn't be in the pool or lake alone. And always watch your step: Wet surfaces around pools will be slippery and might be filled with water toys (especially if you're watching the grandkids!).



**Beat the Bugs:** From bees to mosquitoes, stings and bites are a nuisance. Even if you're not allergic, tell someone if you've been stung by a bee—he or she will know to call 911 if serious symptoms do develop. Use mosquito repellent (particularly at night) to help reduce the risk of getting bit by a mosquito, which may carry West Nile virus.



**Safe Gardening:** Poison ivy can cause itching, and the rash from contact can also be painful. Keep your hands

protected with gardening gloves or use an over-the-counter skin barrier. Taking an oatmeal bath is one way to relieve poison ivy irritation. Also, keep track of time. Consider gardening during the morning or evening hours when the sun is not at its peak.



**Sun Safety:** Protect your skin and eyes from those harmful UV rays. Apply a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher before you get dressed and head outdoors. Think about wearing loose, light-colored clothing made of natural fibers (cotton works great!) and don't leave the house without a hat and sunglasses. Too much sun exposure can irritate eyes and reduce one's vision.



**Heat Defense:** The ability to conserve water decreases as you get older, so stay hydrated, especially on hot and humid days. Drink water often and pack extra bottles if you're heading out on a day trip. And be able to recognize the signs of heat exhaustion or heat stroke (see sidebar). Avoid those dangers by staying cool—you can find air conditioning (and a relaxing activity) at shopping malls, movie theaters and libraries.



## BEAT THE HEAT

Heat stroke is a heat-related illness that occurs when the body becomes unable to control its temperature.



Body temperatures will rise to 106 degrees Fahrenheit or higher within 15 minutes and can be fatal if emergency treatment is not provided. The following are symptoms of heat stroke:

- High body temperature (above 103 degrees Fahrenheit)
- Red, hot and dry skin with no sweating
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

*Centers for Disease Control and Prevention*

# A grateful patient's story

AFTER SUFFERING A STROKE, 86-YEAR-OLD JOE GRYSKO IS BACK ON HIS FEET THANKS TO TOP-NOTCH CARE FROM MMCSC.



When Joe Grysko suffered a stroke a few days short of his 86th birthday, he had no idea what was going on. While cooking dinner, his legs collapsed underneath him and he couldn't get his feet to move. Luckily his friend Johanna Quinn was there to call 911.

I'm so grateful that Monmouth Medical Center, Southern Campus (MMCSC) is close to my home, says Joe. I received outstanding care quickly when time was of the essence.

Joe was evaluated in the Emergency Department upon his arrival and given the clot-busting medication tPA (tissue plasminogen activator), which works by breaking up blood clots and allowing blood to flow to the brain, ultimately preventing paralysis. He then spent a few days in the Intensive Care Unit, where his stroke-related issues like unsteadiness, slurred speech and vision loss were addressed and evaluated.

At that point, Charles Markowitz, M.D., felt that Joe was an ideal candidate for rehab since he had strength in his limbs. Eventually, Joe was transferred to a regular nursing

floor, where his medical care continued along with the physical therapy and speech rehabilitation Dr. Markowitz had recommended.

During my stay, I found out that all the rooms at MMCSC are private, the food is great and the nurses, doctors and therapists are all so kind and understanding, Joe recalls. And although I initially came here because it was close to home, I would now recommend MMCSC to anyone. Having the benefits of a strong healthcare system like RWJBarnabas Health at a local hospital ensures the very best health care at all times.

One month after being transferred to a subacute facility for more rehabilitation, Joe was home functioning independently and speaking and swallowing normally. Now, just a few months after the incident in his kitchen, Joe is walking his dog around the lake near his home and enjoying time with friends. He's even starting to drive again.

I'm 86, so I want to be able to enjoy my time, Joe says. Monmouth Medical Center, Southern Campus has made that possible.



Though Joe Grysko suffered a stroke before his 86th birthday, he is now enjoying an active lifestyle thanks to the help of his friend Johanna Quinn and Charles Markowitz, M.D., of Monmouth Medical Center, Southern Campus.

# COMMUNITY COMES TOGETHER

HUNDREDS WERE OFF TO SEE MMSCS HONOR ITS 2017 HUMANITARIANS.



More than 300 guests took a trip to Oz at the recent Monmouth Medical Center, Southern Campus (MMSCS) Annual Humanitarian Gala, which featured a Wizard of Oz theme. Held at Eagle Oaks Country Club in Farmingdale, the event provided an evening of emerald green dresses and red shoes with appearances by Dorothy, Tin Man, Cowardly Lion and Scarecrow all while attendees enjoyed dinner, drinks and dancing for a good cause.

Proceeds from the gala benefit MMSCS and the programs and services it provides to the community.

At the gala, the MMSCS Foundation presented the 2017 Humanitarian Awards to Andrew Harrison, M.D., and Charles Markowitz, M.D. Special recognition was also given to community partner, Bikur Cholim.

Dr. Harrison, who is board certified and sports fellowship trained, is the chief of orthopedics and a member at large of the executive committee at MMSCS. He has extensive experience in basic orthopedics as well as sports and work-related injuries, including knees, shoulders, elbows and ankles. He has served as the team physician for the Lakewood BlueClaws, a minor league affiliate

of the Philadelphia Phillies, the New Jersey Shore Cats Basketball League and Ocean County College.

Dr. Markowitz is the medical director of rehabilitation for MMSCS. He oversees inpatient and outpatient rehabilitation services, and provides care-planning guidance for the geriatric inpatient unit. He also played an integral role in developing the outpatient Oncology Rehabilitation Program and the inpatient Mobility Program. Dr. Markowitz previously served as chief of physical medicine and rehabilitation for MMSCS for 27 years.

Founded in 1991, Bikur Cholim of Lakewood was created to assist members of the Lakewood community going through medical challenges. Bikur Cholim now services most of the NJ area hospitals. It assists with the physical and spiritual well-being

of patients and their families with food pantries that are restocked daily, as well as comfortable Shabbos accommodations for patient s families directly across the street from area hospitals including MMSCS. Last year, Bikur Cholim partnered with MMSCS and Monmouth Medical Center in Long Branch to provide patients, visitors and guests shuttle bus transportation to and from each hospital.

We are proud to recognize this year s award recipients for their dedication and commitment to Monmouth Medical Center, Southern Campus and our community, said Denice Gaffney, vice president of Monmouth Medical Center, Southern Campus Foundation. We praise these compassionate and thoughtful individuals for going above and beyond their job and impacting so many lives.



# THE MIGHTY watermelon

THIS JUICY GIANT CAN QUENCH YOUR THIRST, SATISFY YOUR SWEET TOOTH AND CONTRIBUTE TO A HEALTHY DIET.

**H**ave you ever wondered how much of a watermelon is water? The delectable fruit's name, it turns out, is no lie—it's 92 percent. (By contrast, you're only about 50 to 65 percent water.) But many of us find it 100 percent delicious. The summertime staple was first harvested nearly 5,000 years ago in Egypt. Today, luckily, you can find it in just about any food store.

## POWER UP

Hydration is watermelon's best nutritional asset, but the sweet-tasting fruit also provides a healthy dose of vitamins. A two-cup serving supplies your body with 30 percent of your daily value of vitamin C and 25 percent of vitamin A. It also contains vitamin B6, potassium, magnesium and phosphorus. Eating watermelon is a guilt-free way to satisfy your sweet tooth too. Its water content makes it quite filling, and it can boost your energy while

reducing your risk of kidney problems and heart disease.

## DID YOU KNOW?

Watermelon is the most consumed melon in the country in terms of weight, and the U.S. ranks fifth among nations in watermelon production. (China's the runaway champ, and among U.S. states Florida is the leader.) The U.S. was also home to the heaviest watermelon ever, according to the Guinness World Records. In 2013, Chris Kent of Sevierville, Tennessee, grew a colossal watermelon that weighed in at an incredible 350.5 pounds!

COREY DONETZ

## COMMUNITY CALENDAR

The following groups and programs hold ongoing meetings that will be of interest to seniors.

### ALL CANCERS SUPPORT GROUP

Mondays, 12:30 to 2 p.m.  
Cancer Support Community,  
199 Prospect St.,  
Lakewood  
Open to individuals who are facing any type of cancer, this free, professionally run support group provides a safe place for open discussion. Registration required; call 732.923.6090 to reserve your space.

### GENTLE YOGA

Mondays, 2 to 3 p.m.  
Cancer Support Community,  
199 Prospect St.,  
Lakewood  
The proven benefits of yoga include increased

flexibility, range of motion, energy and relaxation. Free gentle yoga classes are offered to men and women of all ages who are affected by cancer. Registration required; call 732.923.6090.

### EXERCISE FOR STRENGTH

Mondays, 3:15 to 4:15 p.m.  
Cancer Support Community,  
199 Prospect St.,  
Lakewood  
Individuals who have been affected by cancer can participate in this free interactive work-out group. Sessions are designed to improve energy as well as increase endurance and

flexibility. Due to the physical nature of the program, sneakers and medical clearance are required. Registration required; call 732.923.6090.

### GUIDED RELAXATION

Mondays from 4:30 to 5 p.m.  
Cancer Support Community,  
199 Prospect St.,  
Lakewood  
Those who attend this free group will be provided ways to balance their energy and increase self-care techniques, as well as methods to better focus and relax. Medical clearance is required for those currently undergoing active

cancer treatment. Registration required; call 732.923.6090.

### CAREGIVERS SUPPORT GROUP

Tuesdays, noon to 2 p.m.  
Wednesdays, 12:15 to 2:15 p.m.  
3rd Floor Conference Room, MMCSC, 600 River Ave., Lakewood  
This free weekly support group is open to anyone who is caring for a person age 60 or older and living in Ocean County. The group will offer support and education for caregivers to enhance their coping skills and develop strategies for maintaining balance in their lives.

### GRANDPARENTS RAISING

### GRANDCHILDREN SUPPORT GROUP

Wednesdays, 10:30 a.m. to 12:30 p.m.  
198 Prospect St.,  
Lakewood (located in MMCSC parking lot)  
Are you a grandparent in the Ocean/Monmouth area? This free weekly support group helps address many challenges faced by grandfamilies, including financial and relational issues. Monthly family dinners will provide support and educational programs for grandparents and children under their care.

# We believe geriatricians, pharmacists and tai-chi instructors should be under one roof.

## Introducing the James & Sharon Maida Geriatrics Institute.

We designed the Maida Geriatrics Institute to be the region's most comprehensive and easiest to access. It's why you can speak with your pharmacist or physical therapist, take a tai-chi class and see your geriatrician all in the same location. Let's work together so you can spend less time traveling, and more time focused on your health. To learn more, call 732-886-4700 or visit [rwjbh.org/monmouthgeriatrics](http://rwjbh.org/monmouthgeriatrics)

## Monmouth Medical Center Southern Campus

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**RWJBarnabas**  
HEALTH

Let's be healthy together.

