

SHORE HEALTH NEWSLETTER

The Long Beach Island Health Department Newsletter

JANUARY: NATIONAL EYE CARE MONTH



The beginning of the New Year is the best time to develop new healthy habits. Annual eye exams are often overlooked as being less concerning than other routine health screenings. Many people do not seek an appointment for an eye exam until they begin to experience some vision loss.

Did you know? Vision loss ranks among the top ten causes of disability in the United States.

According to the Center for Disease Control and Prevention (CDC), "more than 3.4 million Americans aged 40 years and older are blind (having a visual acuity of 20/200 or less or a visual field on 20 degrees or less) or visually impaired (having a visual acuity of 20/40 or less)." "The major causes of vision loss are cataracts, age-related macular degeneration, diabetic retinopathy, and glaucoma."

However, there are many ways to protect your vision!

1. Get a dilated eye exam. Even if your eyes feel healthy, you could have a problem and not know it. That's because **many eye diseases don't have any symptoms or warning signs. A dilated eye exam is the only way to check for many eye diseases early on, when they're easier to treat.**
2. Find out if you're at risk for eye diseases. Risk factors include:
 - Age (as we age our risk increases)
 - Overweight or obese
 - Family history of eye disease
 - African American, Hispanic, or Native American
 - Health conditions, like diabetes or high blood pressure that can lead to eye or vision problems.
3. Know your family's health history.
4. Take care of your health by eating healthy foods and staying active which will lower your risk for health conditions.
5. Protect your eyes: wear sunglasses and wear protective eyewear.
6. Give your eyes a rest from electronic devices by taking a break every 20 minutes.

<https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>

Be sure to get an eye exam once a year!

Schedule an eye exam with your primary physician or eye specialist today!

List of local eye specialists:

<https://lbihealth.com/wp-content/uploads/2023/12/eye-care-specialists.docx>

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The Long Beach Island Health Department is the branch of local government responsible for the health of residents of Long Beach Township, Beach Haven, Ship Bottom, Surf City, Harvey Cedars, and Barnegat Light.

2119 Long Beach Blvd. 1st Floor
Ship Bottom, NJ 08008
(609) 492-1212

Monday - Friday
9am - 4pm



**LONG BEACH ISLAND
HEALTH DEPARTMENT**
"SERVING THE ENTIRE ISLAND"



Public Health
Prevent. Promote. Protect.

WEBSITES OF INTEREST:

lbihealth.com

cdc.gov

fema.gov

njquitline.org

covid19.nj.gov/

registerready.nj.gov

MAKINGS FOR A HEALTHY WINTER



Get some Exercise!

High impact fitness with lower impact exercise such as walking, medication, yoga, stretching, and balancing can enhance mind-body awareness. 30 min of walking 5x a week lowers your cardiovascular risk and can bring mental clarity into your day. Use an activity tracker to keep you motivated, focused, and inspired.



Stay connected!

The colder and darker days can be part of what leads to Seasonal Affective Disorder (SAD). Be social, keep in touch with friends and family. Set a date on the calendar to get together. Seek out opportunities like a book club, community classes, craft or writers guild. Consider volunteering for that organization you always wanted to help. Lending your time and support to a meaningful cause fosters new relationships but also is a way to give back to yourself by helping others.



Get your Routine Health Exams Scheduled for 2024!

Annual physicals, vision, and dental appointments provide a great picture of total health and support the early prevention and detection of illnesses. Get up to date on your vaccines annually.



Travel safely!

Do a self-check before getting behind the wheel - are you feeling well enough to drive, are you fatigued? Monitor your health status before, during and after any traveling. Consider Covid-19 testing if not feeling well before or after travel for yourself and protect others around you.

WHAT IS SEASONAL AFFECTIVE DISORDER (SAD)?

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.

LBIHD Services Offered:

COVID-19 VACCINE

Visit our website at

<https://lbihealth.com/covid-19-vaccine/>

SAFE SYRINGE DISPOSAL

Call (609-492-1212) to schedule an appointment.

Syringes must be in a hard container with taped lid (Coffee can, Detergent bottle)

MONTHLY FREE BLOOD PRESSURE SCREENING

For monthly schedule, visit:

<https://lbihealth.com/special-events-and-programs/>

Resources:

NJ Covid-19 Vaccine Hotline for Seniors 75+: Call (856)-249-7007

NJ toll-free Covid-19 Vaccination Hotline: 1-(855)-568-0545

Ocean County Senior Service Call Center: 1-(732) 929-2091

NJ Poison Control Center: 1-800-222-1222

NJCEED provides outreach, educational and screening services for breast, cervical, colorectal and prostate cancers. To find out if you are eligible for a free cancer screening call: (732)-557-3202.

NIXLE keeps you up-to-date with relevant information from your local public safety departments and schools. To opt in, go to www.nixle.com or text your zip code to 888777

HOLIDAY FOOD SAFETY TIPS:

The most wonderful time of the year is already here. Some of us stay home for the holidays; others travel to visit relatives or friends. Regardless of the destination, food is always part of the celebration. Ensure the food you prepare and serve to your friends and family is safe and your holiday season won't be remembered for the wrong reason - food poisoning.

There are 4 important steps to food safety to remember:



1. **Clean** your hands for 20 seconds with soapy water. Always serve food on clean plates and avoid reusing plates that previously held raw meat and poultry.
2. **Separate** raw and cooked foods so you don't cross contaminate.
3. **Cook** using a food thermometer to make sure food reaches a safe minimum internal temperature.
4. **Chill** leftovers within two hours of cooking. Keep track of how long items have been sitting on the buffet table and discard anything that has been out longer than two hours.

There are a wide variety of traditional dishes and family recipes that require specific preparations. When cooking these delicious party foods, make sure to cook them to the correct internal temperatures to destroy food poisoning bacteria.

- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F. For reasons of personal preference, you may choose to cook meat to higher temperatures.
- Cook all raw ground beef, pork, lamb and veal to an internal temperature of 160°F.
- Cook all poultry to a safe minimum internal temperature of 165°F as measured with a food thermometer.

If you are traveling to visit relatives or friends, be sure to keep hot foods hot (140°F or above), by carrying them in insulated containers. If you're transporting cold food, keep it cold (40°F or below), by carrying it with cold sources such as ice or frozen gel packs.

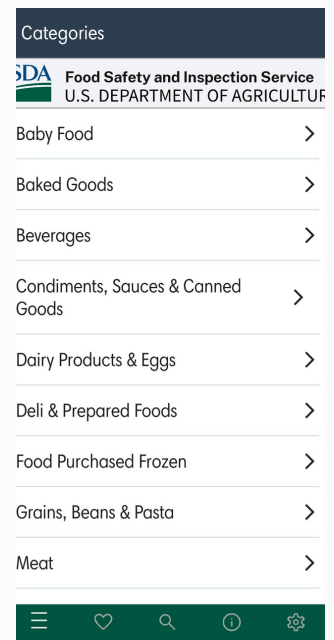
<https://www.cdc.gov/foodsafety/index.html>

FoodKeeper App



“The FoodKeeper helps you understand food and beverages storage. It will help you maximize the freshness and quality of items. By doing so you will be able to keep items fresh longer than if they were not stored properly.”

It was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute.



It is also available as a mobile application for [Android](#) and [Apple](#) devices.

<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>

RSV VACCINE

The New Jersey Department of Health (NJDOH) states “while RSV can impact people of all ages, older adults are at higher risk of severe illness and hospitalization.” Additionally NJDOH points out on their website “there are two RSV vaccines licensed by the U.S. Food and Drug Administration for use in adults aged ≥ 60 years. The CDC recommends that adults aged ≥ 60 years receive a single dose of the RSV vaccine. The decision to vaccinate a patient should be based on a discussion between the health care provider and the patient based on the patient’s risk for severe illness. Even if you have had RSV in the past, receiving the RSV vaccination can help prevent future respiratory disease from RSV.

The RSV vaccine is not available at LBIHD. Check with your local pharmacy or physician to receive the RSV vaccine. For more information visit:
<https://www.cdc.gov/vaccines/vpd/rsv/> #HealthierNJ #RSV

LBIHD UPCOMING EVENTS:

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FLU & COVID-19 CLINIC

Protect yourself and others this holiday season by staying up-to-date on your vaccines.

When? Tuesday & Wednesday
9am - 3pm

Where? LBI Health Department
(2119 Long Beach Blvd, Ship Bottom)

How? By appointment only.



Call to make an appointment.
(609-492-1212)

For more information, visit www.lbihealth.com



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