



Bergen ME/CFS-FM Support Group Newsletter

Meeting

September found our members at the new location – Englewood Hospital & Medical Center (EHMC.) Our first speaker of the season was Pat Mazzola, a nurse practitioner and yoga instructor with the Center for Integrative Healing at EHMC. Pat began by telling us she had been reading about ME/CFS/FM so she would be sure she understood the limitations of the members. Bravo to Pat for taking the time to learn about these illnesses. She spoke of the need for effective relaxation and guided us through some relaxation techniques to reduce pain. It was very restful.

Please note - there will **NOT** be a meeting in October since meeting day coincides with the NJCFSA Conference. We hope some of you will be able to attend. It is an opportunity to meet others with this illness and to hear some of the latest medical findings. Conference information can be found at the end of this newsletter.

NJ Family Care

<http://www.njfamilycare.org/index.html> Some of our readers with families may be eligible.

What is it?

NJ FamilyCare is a federal and state funded health insurance program created to help New Jersey's uninsured children and certain low-income parents and guardians to have affordable health coverage. It is not a welfare program. NJ FamilyCare is for families who do not have available or affordable employer insurance, and cannot afford to pay the high cost of private health insurance.

If you are interested in NJ FamilyCare please look at the "[Who is covered?](#)" section to see if NJ FamilyCare could be for you. To view income eligibility limits for various family sizes, go to [Income Eligibility and Cost](#)

Who is covered? - Who is eligible for NJ FamilyCare?

Children 18 and younger may apply for the program, as well as certain low-income parents.

The income eligibility level for children's coverage is 350% of the federal poverty level. For example, children in a family of four with a monthly income of up to \$6,432 could be eligible for coverage. For parents, the income eligibility level is 200% of the federal poverty level, or \$3,675 for a family of four.

Eligibility is based on family size and monthly income. Family size includes children under 21, adoptive and natural parents and their spouses. If a child is living in a household with a grandparent, guardian, or caretaker, that person is not included in the family size, and their income is not taken into consideration when calculating eligibility for NJ FamilyCare, unless the guardian is also requesting coverage.

Only monthly income, not assets, is considered for eligibility.

To view income eligibility limits for various family sizes, go to [Income Eligibility and Cost](#). The blue line shows the maximum income (annual and monthly) that families of various sizes can have in order to be eligible to apply for parent coverage. The bottom line of the chart shows the maximum income for coverage for children.

What if my family makes too much money to qualify for NJ FamilyCare?

Parents at higher income levels can purchase health insurance for their children at reasonable rates through the NJ FamilyCare ADVANTAGE program administered by Horizon NJ Health if they qualify. The cost is \$143 per month for one child; \$286 per month for two children; and \$429 per month for three or more children. To learn more, please visit <http://www.horizonnjhealth.com/members/advantage.html> or call 1-800-637-2997.

Other insurance?

Applicants will be eligible for NJ FamilyCare only if they have been uninsured for a period of three months or more. However, there are exceptions to this rule, such as if you lost your insurance because your place of work went out of business or you were laid off. Depending on income, other exceptions may apply for families privately paying for health insurance or for COBRA benefits. Call 1-800-701-0710 and speak with a Health Benefits Coordinator to find out if any exceptions apply to you.

Premiums, co-payments?

For many families, NJ FamilyCare will be free. Other families will pay a monthly premium based on their income and small co-payments for some services. To view premiums, go to [What It Costs](#).

How do I apply?

It is easy! Download an application from this website, or apply online, or call toll-free **1-800-701-0710** to request an application or to receive more information. If you are not sure you or your children could be eligible, please call. [See website for more details.]

Tips to Help Memory

<http://www.intelihealth.com/IH/ihtIH/EMIHC277/22030/68995/491317.html?d=dmContent>

Medical Content Reviewed by the Faculty of the **Harvard Medical School**

6 Ways to Boost Your Memory

Like the rest of your body, your brain needs exercise to keep fit.

Most research on brain health can only show that certain behaviors are associated with beneficial results. In other words, it appears that people who do crossword puzzles have better memories. But scientists can't prove that doing crossword puzzles is responsible. People who do puzzles might have better memories because of other habits or their genetics. Still, it's worth doing all you can to stay clear-headed, incisive, clever and quick.

Be a Social Butterfly

Research shows that staying socially active helps maintain brain function. If you're retired and spend time alone, consider a part-time job or volunteer at an organization you support. Join a club — there's one for everything these days, from aikido to zither playing. (OK, maybe there isn't one for zither playing — but you could start one.)

Solve It

The brain isn't a muscle, but the more you use it, the better off you'll be. Crossword puzzles, word-find games, jigsaw puzzles and other games (like cards) are great ways to keep your brain active. See, that weekly poker game is good for more than just gossip.

Never Stop Learning

Attend lectures or take a class on something you've always wanted to know more about. Visit museums and art galleries. Reading and listening to the radio are great too — but reading aloud activates more of your brain, so find someone to share a story with you, like those cute grandkids.

Move Your Muscles

Physical exercise helps your heart and lungs — and it may help your brain. You don't need a high-intensity workout. A study of people aged 58 to 78 found that those on a six-month program of brisk walking improved their heart and lung fitness, and increased function in certain parts of the brain. Walkers were able to focus on tasks and pay attention better than the folks who didn't go walking.

Retrain Your Brain

Changing your routine uses parts of your brain that are usually quiet. Rearrange your furniture or button your shirt with one hand. Close your eyes before you spread jam on your toast. (You can clean up the mess later.) Move your computer's mouse so you have to operate it with your other hand.

Feed Your Head

The old adage that "fish is brain food" may be true. Fish contains omega-3 fatty acids, which appear to protect brain cells. (If you don't like fish or don't eat enough of it, you might want to take an omega-3 fatty acid supplement.)

Here are some other foods to make your brain happy:

•**Blueberries** - This fruit, like many others, contains antioxidants, which neutralize the nasty effects of free radicals. A free radical is a molecule that "steals" an electron from another molecule. The other molecule then

become a free radical, and now it's searching for an electron. All this "electron stealing" can damage a cell. Antioxidants can give up an electron and remain stable, so they're useful for taking the punch out of free radicals.

- Green leafy vegetables** - Every "healthy eating" article touts the benefits of green leafy vegetables. We like them because they contain high levels of folate, a vitamin that helps break down homocysteine. High levels of homocysteine have been linked to an increased risk of Alzheimer's disease.
- Broccoli and cauliflower** - These "cruciferous vegetables" appear to help maintain brain power. Results from the Nurses' Health Study show that women who ate these veggies most frequently staved off memory loss better than women who ate them the least frequently.
- Fruit juice** - One study found that people who drank at least 3 glasses of juice a week had ¼ the risk of Alzheimer's disease, compared with people who drank less than one glass per week. Take your pick — apple, grape, cranberry — and start guzzling.
- Fat** - More than half your brain is fat; you need it to stay sharp. But stick with "good" fats, those found in nuts, fish, canola oil and olive oil. Avoid saturated fats (from meat and dairy) and trans fats (from margarine and many processed foods).
- Alcohol** - Moderate alcohol consumption — 1 drink a day for women; 1 or 2 for men — appears to help keep the brain healthy.
- Vitamins** - Remember, it's always better to eat healthful foods than to take a vitamin. One multiple vitamin per day won't hurt you, but high doses of any vitamin aren't recommended.

Last updated August 29, 2006

Study

We received a request seeking possible participants. We are passing it along to our readers.

<http://www.utexas.edu/nursing/html/research/news/09/cancer.html>

This study is for cancer survivors with pre-existing functional impairments due to any physical and emotional disabling conditions such as fibromyalgia, polio, multiple sclerosis, spinal cord injury, and depression. This study, looking at health-promoting behaviors and quality of life among persons, who because of a pre-existing medical condition, may explain how cancer diagnosis and treatment is affecting their on-going challenges.

After finishing the survey, money order worth \$25 will be delivered by mail.

I think it is really important to understand how people who have functional limitation dealt with additional load. We would like to share the result as much as possible when we finish the study and develop intervention. However, we are having hard time finding the participants. It will be very helpful if you could help us continue our study.

If there's anyone whom you know could help us with the study, please let us know.

I am attaching the flier which has the inclusion criteria.

Thank you for your consideration. I look forward to your response.

Sook Jung Kang, MS, RN, FNP-C
Graduate Research Assistant, doctoral student,
The University of Texas at Austin, School of Nursing
1700 Red River, Austin, Texas, 78701
Office: 512)232-3492

[Flier – next page]



THE UNIVERSITY OF TEXAS AT AUSTIN SCHOOL OF NURSING

Are you a cancer survivor who had limitations in activities of daily living prior to your cancer?

I invite you to participate in a study to help us understand how cancer survivors who had a functional limitation or disability prior to being diagnosed with cancer take care of their health. You can earn up to \$ 25 by completing a questionnaire packet. If you are over the age of 21, and interested in participating in this study, please complete the information requested on this page, fold it so the envelope on the back is showing, and mail it back to me. You can also fax it to 512-475-8755 or call 1-800-687-8010 (free), 512-232-3492. You must have completed active treatment to participate.

Heather Becker, Ph.D.
The University of Texas at Austin
School of Nursing
heatherbecker@mail.utexas.edu

What is your cancer diagnosis? _____

Have you completed active treatment? ____ yes ____ no

Are you limited in any way in any activities because of physical, mental, or emotional problems? ____ yes ____ no

Did this functional limitation exist PRIOR to your cancer diagnosis?
____ yes ____ no

Name _____ Email _____

Address _____

City/State/Zip _____

Phone _____ Date of Birth ____/____/____

[NJCFSA Conference](#)

NEW INITIATIVES IN TREATMENT, DIAGNOSIS, AND DISABILITY FOR CHRONIC FATIGUE SYNDROME (ME/CFS)

ME/CFS CHRONIC FATIGUE SYNDROME CONFERENCE

Sunday, October 18, 2009 11:30 am - 4:45 pm

NJCFSA Fall 2009 Conference Cosponsored By Monmouth Medical Center

At Sheraton Eatontown Hotel Conference Center Eatontown, New Jersey

11:30 –12:30 pm Registration, exhibits and buffet lunch

12:30 – 12:45 pm **Kenneth Friedman, PhD**, Introduction and Welcome

Malcolm Schwartz, DO, Moderator.

12:45 – 1:45 pm **Derek Enlander, MD, MRCS, LRCP**, “**Treating Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia by Targeting the Methylation Cycle.**”

Questions and answers in last 15 minutes.

1:45 – 2:45 pm **Susan Levine, MD, FACP**, “**The Diagnosis of Chronic Fatigue Syndrome (ME/CFS) with Some New Research Insights.**”

Questions and answers in last 15 minutes.

2:45 – 3:00 pm Coffee, tea, and beverage break

3:00 – 4:00 pm **Jason Newfield, Esq.** , “**Professional Advocacy by Objective Documentation and Active Intervention on Behalf of the Chronic Fatigue Syndrome Patient.**”

Questions and answers in last 15 minutes.

4:00 - 4:15 pm Presentation of Awards

4:15 - 4:45 pm Question and Answer Panel Session—all speakers.

Monmouth Medical Center relies upon faculty in its CME Program to provide educational information that is objective and as unbiased as possible. In accordance with the nationally accepted guidelines, faculty is asked to indicate any commercial relationship that might be perceived as a real or apparent conflict of interest.

ABOUT NJCFSA

NJCFSA is a non-profit organization that supports patients and their families with the following: HelpLine, website, physician and attorney referrals, current medical information, NJCFSA Journal, support groups, lending library, medical conferences, fundraisers, funding for ME/CFS research, medical school and high school student scholarships, public education, publicity and media coverage, public policy and advocacy.

Please support the activities of NJCFSA by becoming a member

The annual fall conference of the New Jersey Chronic Fatigue Syndrome Association, Inc. (NJCFSA) is co-sponsored by Monmouth Medical Center. It will provide information on Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia for primary care physicians; specialists in endocrinology, immunology, infectious diseases, and pediatrics; nurses, and other health care providers. ME/CFS/FM patients and their families will benefit from up-to-date information on research and treatment, as well as from an opportunity to network with advocates in the patient and medical communities.

ADMISSION: Register by October 4th: \$35

Register on Conference day: \$45

NJCFSA Information Help Line: 888-835-3677

Registration includes buffet lunch, program handouts, and free parking. For health considerations, this conference is fragrance-free, smoke-free and pet-free.

Directions to the Sheraton: Garden State Parkway to exit 105, Route 36 East to Route 35 South to Industrial Way East. The Sheraton is 5 minutes from the Garden State Parkway exit.

ABOUT THE SPEAKERS

Derek Enlander, MD, MRCS, LRCP, was born in Belfast, Northern Ireland. He graduated medical school at the age of 17 and was offered a fellowship to Stanford University Medical School. He has been Assistant Professor of Medicine at Columbia University and

Associate Director of Nuclear Medicine at New York University (NYU). He became interested in Myalgic Encephalomyelitis (ME/CFS) when it was a virtually unknown illness. Dr. Enlander is presently in private practice in Manhattan specializing in treating those with ME/CFS and Fibromyalgia.

Susan M. Levine, MD, FACP, is a Board Certified Infectious Disease Specialist with a primary interest in Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia. Dr. Levine was a contributing author to *A Consensus Manual of the Primary Care and Management of Chronic Fatigue Syndrome*, created by the NJCFSA. She has been involved in several clinical research projects with the US Centers for Disease Control, the NJ Dept. of Health and with various laboratory investigators.

Jason A. Newfield, Esq., is a partner of Frankel and Newfield, P.C., in Garden City, NY. He devotes his practice to disability insurance claims and litigation, including ERISA, private and governmental policies. He has authored numerous articles for medical journals and advocacy groups, including *The CFIDS Chronicle* and *Interstitial Cystitis Newsletter* and is a member of the Chronic Fatigue Syndrome Advisory Committee. Mr. Newfield is admitted to practice law in the states of NY, PA, and CT.

Malcolm Schwartz, DO, FACOP, an Endocrinologist, specializes in the treatment of diabetes, thyroid conditions and hormone deficiencies in infants, children and adolescents. He diagnoses and treats those with ME/CFS. He holds board certifications in pediatrics and pediatric endocrinology and is an Associate Professor of Pediatrics at The Drexel College of Medicine.

NJCFSA FALL 2009 CONFERENCE

REGISTRATION FORM

Please fill out and detach this form /copy form for additional attendees

Conference registration: \$35 \$ _____

NJCFSA membership: \$30 \$ _____

(Optional)

TOTAL \$ _____

Please make check payable to:

NJCFSA, Inc.

Your returned check will be your receipt.

Mail check and this form to:

NJCFSA Fall 2009 Conference

P.O. Box 477

Florham Park, NJ 07932

Name _____

Address _____

City/State/Zip _____

Daytime phone _____

Accommodations at the Sheraton:

To reserve a room at a discounted rate of \$129 per night at the Sheraton Eatontown Hotel, please call 732-542-6500 by September 12th and refer to the NJCFSA Fall 2009 Conference.

Other hotels in the area:

Holiday Inn, Tinton Falls 800-HOLIDAY

Red Roof Inn, Tinton Falls 800-REDROOF

Days Inn, Neptune 800-DAYS-INN

This newsletter is intended for CFS & FM patients in the area of this support group. The purpose is to share information and support. If you have questions about meetings please contact: Pat LaRosa at pcl.njcfsa@gmail.net, Nancy Visocki at ngv.njcfsa@verizon.net, Judy Machacek at judymachacek@msn.com or leave a voice message at the NJCFSA HelpLine 888-835-3677 during business hours.

WEATHER – *In the event of bad weather, or other emergency, we encourage you to check your email before leaving for Englewood. If it has been decided that a meeting will be canceled, an email will be sent via the yahoogroups list. The "Y" will also be notified of the cancellation. The email posting also applies to a cancellation of the First Wednesday of the Month lunch gathering. This is an informal gathering, an opportunity for people to gather and chat with other members.*