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1-866-540-1LHS (1-866-540-1547)

*Happy Thanksgiving*



### Greetings!

This month marks many observances with the finale being Thanksgiving. As we rapidly approach the end of 2009, all of us at Liberty would like to extend particular gratitude towards those who work in hospice (National Hospice/Palliative Month) as well as those who work with Alzheimer's patients (National Alzheimer's Disease Awareness Month). You have made a huge difference in many of our patients' lives and we are very grateful. To all of whom read our monthly newsletter, we ask that you kindly consider those who are less fortunate during the beginning of our holiday season. Thank you so much for all of your support with heartfelt appreciation.

Warm Regards,

Kevin Zepp  
President, Liberty Healthcare Services

### *Giving Thanks & Giving Back*



As the holidays approach it's time to start thinking about giving back to those who are less fortunate than ourselves. Visit the links below to find different ways to give back throughout New Jersey.

[Community Food Bank of New Jersey](#)

[Trenton Area Soup Kitchen](#)

[One Warm Coat](#)

*Monthly Observances*

### National Alzheimer's Disease Awareness Month



Twenty five years ago, November was designated as National Alzheimer's Disease Awareness Month. At the time, fewer than 2 million Americans had Alzheimer's. Today, as many as 5.2 million Americans are living with Alzheimer's disease. Alzheimer's can occur as young as age 35, and is currently the sixth leading cause of death in the country. By 2050, 11 to 16 million people will likely have Alzheimer's.

"While there is much we don't yet know about Alzheimer's disease, tremendous progress has been made since 1983," said James Wessler, President and CEO of the Alzheimer's Association MA/NH Chapter. "In November we focus on raising awareness of Alzheimer's disease and shedding light on the importance of finding breakthroughs in diagnosis, prevention, treatments and, eventually, a cure."

## Get Involved!

Join hands with the Alzheimer's Foundation of America and local organizations across the country.

### November 15, 2009

AFA's National Commemorative Candle Lighting - learn more at [www.candlelighting.org](http://www.candlelighting.org)

### November 17, 2009

AFA's National Memory Screening Day - learn more at [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org)

## Officials: Stay Calm on Swine Flu Vaccine

The H1N1 swine flu vaccine demand/supply gap is closing, two top administration officials said today.

The promise came in a joint appearance by Department of Homeland Security Secretary Janet Napolitano and Health and Human Services Secretary Kathleen Sebelius, held to soothe U.S. frustrations over the slow rollout of the H1N1 swine flu vaccine program.

Read the full WebMD article [here](#).

[Flu Deaths Higher Among Seniors with Dementia](#)

[New Jersey Holds Off on Declaring Swine Flu Emergency](#)

Even Older Americans Get Failing Grade on Their Knowledge About Long-Term Care

[National Hospice/Palliative Month](#)

[Lung Cancer Awareness Month](#)

[American Diabetes Month](#)

[National Family Caregivers Month](#)

[Pancreatic Cancer Awareness Month](#)

[COPD Awareness Month](#)

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Older Americans are really not very knowledgeable about long-term care, according to a survey that questioned people age 40 to 70. The MetLife Long-Term Care IQ Survey, found only 21 percent achieved a score of 70 percent or higher.

Read the full study [here](#).

## Have a Healthy Thanksgiving

Do you know that the average Thanksgiving dinner has over 2000 calories? It can be a real challenge if you are watching your waistline. [Click here](#) for eating tips so that you can still look good and be healthy after the Thanksgiving dinner without having to deprive yourself.



[AllRecipes.com Tips & Tricks](#)

## Find a Liberty

## Near You!

[www.LibertyHealthNJ.com](http://www.LibertyHealthNJ.com)

### **Mercer County**

2333 Whitehorse-Mercerville Rd.  
Suite B  
Hamilton, NJ 08619  
609.890.0311

### **Ocean County**

75 Lacey Rd.  
Suite 4  
Whiting, NJ 08759  
732.849.1116

### **Atlantic County**

321 Shore Rd.  
Suite 2A  
Somers Point, NJ 08244  
609.927.4959

### **Bergen County**

495 Boulevard  
Suite 1A  
Elmwood Park, NJ 07407  
201.254.3076