

## Fall Prevention - A Matter of Life or Death



Falls are the leading cause of injuries, both fatal and non-fatal, for older Americans. Falls threaten safety and independence for seniors and generate enormous economic and personal costs.

According to the US Centers for Disease Control and Prevention:

- One fourth of Americans 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall and every 19 minutes, an older adult dies from a fall.
- In 2015, the total cost of fall injuries was \$50 billion and this financial toll is expected to increase as the population increases reaching as high as \$67.7 billion by 2020.

But falling is not an inevitable result of aging – the number of falls by seniors can be substantially reduced through practical lifestyle adjustments, medication and exercise changes, and falls preventions programs.

1. Begin your fall prevention program by a visit with your doctor and have him/her review your medical conditions and medications/supplements that may increase your risk of falling. Details of any falls you've had recently can help your doctor identify specific fall prevention strategies.

2. Physical activity can go a long way toward fall prevention. Consider walking, tai chi, or water workouts to improve your strength, balance, coordination and flexibility.

3. Remove fall hazards in your home such as loose rugs and electrical cords, keep high traf-

fic areas clear and repair loose floorboards and carpeting.

4. Keep your home brightly lit to avoid tripping on objects.

5. Consider changing your footwear to properly fitting, sturdy shoes with nonskid soles.

6. Assistive devices such as handrails, grab bars in the shower, a raised toilet seat, a shower chair or even a cane or walker might be helpful.

Don't become a statistic – take precautions now! An investment in fall prevention is an investment in your independence.

- from *National Council on Aging Fact Sheet*, 2018, "Healthy Aging", Mayo Clinic 10/4/2019



North Fork Senior Connections Annual Holiday Party. Join us at the Blue Sage Performance Center in Paonia as we celebrate our successes in 2019 and look forward to the New Year. Dinner and no host bar is provided with a surprise for your entertainment. Invitations will go out soon and we need your **RSVP by November 27th**. So mark the date - **December 5th** - on your calendar and be prepared for a wonderful evening with your friends at NFSC!

## Movies in the Morning

The movie is a week early this month, November 7th, 10 am - noon, but you won't want to miss "On the Town", a musical starring Gene Kelly and Frank Sinatra. Call to reserve your space on the All Points Bus today! See you there!

November 2019



NEWS

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November Birthdays



Happy Birthday to:

Sarah Bishop - 11/2	Lyn Howe - 11/9
Tess Backhus - 11/5	Randy Campbell - 11/15
Kathy Baes - 11/5	Sheila Maki - 11/17
A. Paul Douglas - 11/5	Luke Finley - 11/22
Katie Gnauck - 11/6	Bernie Canape - 11/23
Steve Smith - 11/8	Jean Flotho - 11/26
Judy Lafferty - 11/9	

Calendar

- **Service Saturday**  
November 2nd, 8:30 am - Noon. Meet at Apple Valley Park
- **Movies in the Morning at the Paradise**  
Thu., Nov. 7th, 10 am - 12. Movie: "On The Town"
- **Blue Sage Concert Series: Duos & Trios for Clarinet, Viola, & Piano**  
Sunday, December 1st - 3:00 - 4:00 pm
- **SAVE THE DATE! - NFSC Holiday Party**  
Thu., Dec. 5th, 5 pm - 8 pm. RSVP required!
- **Memoir Writing**  
Every Wed., 1:30 - 3 pm, Paonia Senior Center
- **Tech Cafe**
  - Every Wednesday, 2-3 pm, Paonia Library
  - Every Wednesday, 4-5 pm, Crawford Library
  - 1st & 3rd Mondays, 3-4 pm, Hotchkiss Library
- **Rotary Club of North Fork Valley**  
Every Thursday noon, at Paonia Town Hall
- **Senior Lunch**
  - Every Monday, Wednesday, Friday - 11 am - 1 pm, Paonia Senior Center
  - Every Monday, Wednesday, Friday - 11 am - 1 pm, Hotchkiss Senior Center
- **Valley Organic Lunch Program for Seniors**  
Fri., 11/8, 1 pm at Thistle Whistle Farm; & 11/22, 12:30 pm at Old River Road Trading Post, Paonia
- **Caregivers' Support Group**
  - 2nd & 4th Wednesdays, 1:30 pm, Hotchkiss Town Hall Council Chambers
  - 1st & 3rd Wednesdays, 1:30 pm, Cedaredge Civic Center
- **Knitting and Crochet groups**
  - 3rd Saturday, 12-1:30 pm, Paonia Library
  - Every other Friday, 10 am, Crawford Library
  - 2nd & 4th Thursdays, 10:30 am, Hotchkiss Library

SAVE PAPER: Would you rather get the newsletter as a PDF in your email? Send an email to Linda at [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com), or call 970-527-3482 to request change.