

September 2022









ADRC EXPRESS

FALLS PREVENTION MONTH

One in four people age 65 or older has a fall each year. Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Falls are not a normal part of aging and can be prevented! September is Falls Prevention Month.

Here are six steps to prevent falls:

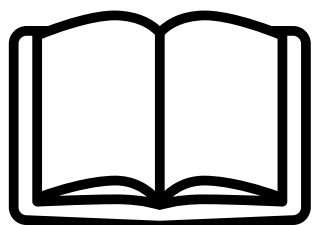
-  Find a good balance and exercise program.
-  Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
-  Regularly review your medications with your doctor or pharmacist.
-  Get your vision and hearing checked annually and update your eyeglasses.
-  Keep your home safe by removing tripping hazards, increasing lighting, making stairs safe, and installing grab bars in key areas.
-  Talk to your family members. Enlist their support in taking simple steps to stay safe.

Information received from:

<https://www.ncoa.org/article/falls-prevention-awareness-week-toolkit>

CAPTURING THE MOMENTS RECAP

On Wednesday, August 24th our Dementia Care Specialist, Chelsea Thompson, hosted a book reading of *Grandpa and Lucy: A Story About Love and Dementia* by Edie Weinstein. We had a great turnout. Follow us on Facebook or contact us for more information about events in the future!



**Boost Your Brain
and Memory**
7 week workshop
Tuesdays
Sept. 6th-Oct. 18th
10:00AM-11:00AM
Superior Public
Library

**Call us at 715-395-1234
to reserve your spot!**

Check out these events!

Planning AHEAD:
Planning for
end of life
7 week workshop
Mondays
Oct. 3rd-Nov. 14th
1:00PM-2:00PM
Government Center
Room 204

**Powerful Tools
for Caregivers**
6 week workshop
Tuesdays
Sept. 20th-Oct. 25th
4:30PM-6:00PM
Superior Public
Library



Contact us today!

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