

WALDO NEWSLETTER



September 2017



18 Merriam Road, Belfast 04915



(207) 338-1190 or [TTY] 1.800.464.8703



Monday-Friday, 9:00 a.m. — 1:00 p.m.



Message

from the Center

MILES for MEALS 5K

Thank you to the participants who joined us on August 11 in Searsport for the Miles for Meals 5K—we had a record number of participants! Runners and walkers (and stroller=pushers) all helped make this a fun morning enjoyed by many.

Special thanks to volunteers Holly Westover, Sandra Otis Anderson, Linda Cook, Barbara Pandeli, Elaine Sampson, and Monty Davis.



Congratulations to Holden, 1st place finisher with a time of 19:12:48 (above, left), smiles on the course; participants all leave the starting gate.



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

Upcoming Events

CLOSED

Monday, September 4



Magic of Marimba

Saturday, September 23

7:00 p.m.

DRA Round Top Barn, Damariscotta

Music lovers will delight as the Maine Marimba Ensemble performs captivating and complex arrangements of traditional and contemporary Zimbabwean music on their set of homemade marimbas. \$7.50 at the door, \$10 day of event FMI or to purchase tickets: (207) 563-1363

CLOSED

Wednesday, September 27

Employee Day

September is National Falls Prevention Month

Most people are aware of the health risks associated with heart disease, stroke, and cancer. But often overlooked is another type of serious health risk especially affecting older adults—the risk of injury due to falling.

Falls can lead to injuries, such as bruising, bone fractures, and concussions. Any one of these injuries could require hospitalization, in-home nursing care, or other assisted living arrangements.

Many falls can be avoided. When we are out in public, we instinctively keep watch for uneven or slick surfaces that could catch our loved ones off guard. But the risk of falling can be even higher at home because it is easier to take for granted more familiar spaces. This means it is especially important to make our homes as safe as possible, and here are a few suggestions you may be able to implement in your home:

Remove tripping hazards: Make all floor surfaces as even as possible: cover wooden door thresholds with aluminum; use a hammer to pound flat any metal that is sticking up. Make sure to remove clutter from the floors, especially before going to bed. Outside, patch or re-pour any cracked cement surfaces and don't forget to put away the garden hose after watering plants.

Increase lighting: Recessed lighting and track lighting are easy to install and fairly inexpensive. Nightlights in hallways and bathrooms are an even more affordable alternative to installing permanent lighting. Motion sensors are a great option if you're worried about keeping energy costs down.

Make stairs safe: If possible, make sure each step in your home is a uniform height. Check for any loose boards or missing screws and replace them as needed. Install lighting and slip-resistant tread, especially on outside steps. Never place objects like shoes or toys on stairs.

Install grab bars in key areas: When it comes to falling risks, one of the most hazardous areas in the home is the bathroom. Along with making sure any spills are mopped up ASAP, it is smart to install grab bars in strategic areas, for example, in the shower or tub and near the toilet.

In addition to making structural improvements around the home, regular physical activity and exercise combining weight training, muscle strengthening, and balance improvement will help reduce the risk of falls for older adults. Consider taking a Falls Prevention class!

BALANCE FACTS

1/3 OF THE POPULATION Over 65 FALLS Each YEAR



FALLS ARE THE LEADING CAUSE OF BOTH FATAL AND NONFATAL INJURIES AMONG OLDER ADULTS

EVERY **13 SECONDS** AN OLDER ADULT IS TREATED IN AN EMERGENCY ROOM FOR A FALL



EVERY **20 MINUTES** AN OLDER ADULT DIES FROM A FALL



IN 2013, **2.5 MILLION** NONFATAL FALLS AMONG OLDER ADULTS WERE TREATED IN **EMERGENCY DEPARTMENTS**

MOST **FRACTURES** AMONG OLDER ADULTS ARE **CAUSED BY FALLS**



THE **FINANCIAL TOLL** FOR OLDER ADULT FALLS IS EXPECTED TO INCREASE AS THE POPULATION AGES AND MAY REACH **\$67.7 BILLION** BY 2020

bridges
HOME SERVICES

Bridges Home Services, a division of Spectrum Generations, offers Life Care Consulting which can help your loved one age safely in place.

If you doubt that your loved one is safe at home, fear that a loved one is receiving adequate care, or believe there may be conflict between caregivers and/or guardians, consider **Life Care Consulting**.

FMI: 207.623.0761 or lifecare@spectrumgenerations.org

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:



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1-800-639-1553