

Falls Prevention Awareness Week: Raising Awareness, Reducing Risk



Falls Prevention Awareness Week begins September 23rd and aims to increase awareness about the risk of falls and explore ways to minimize these risks altogether.

It's important to note that falls are **not** an inevitable part of aging, and there are plenty of steps we can take to help prevent them.

In a recent "Ask Joan" article, Joan outlines five steps from the National Council on Aging (NCOA) that individuals can take today to help minimize the risk of a fall.

5 Steps to Reduce Risk of a Fall

Take part in an exercise program.

Whether it's joining a walking club or participating in a Tai Chi class in your community, physical activity is a great way to improve your balance, mobility and flexibility. This will decrease your risk of falling.

Talk to your doctor and take a falls assessment.

This will help your provider understand how your lifestyle might impact your falls risk and recommend different activities to keep you safe. The assessment may recommend that you slow down when moving from place to place, or that you try using an assistive device like a cane when walking longer distances.

Review your medication list with your doctor or pharmacist.

Some drugs, or drug interactions, make you less physically stable and may contribute to a fall. By reviewing your full medication list, the doctor or pharmacist can best advise on how and when to take medications. Be sure to include any

over the counter or nonprescribed medications you take.

Get your eyes and ears checked every year.

Your hearing and vision are critical to understanding the world around you and can help you be more aware of things that may cause you to fall. Don't be afraid to get an updated prescription for your glasses or start wearing a hearing aid if you need it.

Look for hazards in your home.

Each year, many falls happen right in our own homes. Some things that cause these falls include loose rugs or carpets, broken handrails on stairs, or missing grab bars in the shower. Even our pets can cause falls when they are regularly under our feet. There are lots of easy fixes for falls hazards in our home, like nailing down our carpets or putting a bell on our cat's collar so we know where they are.

Did You Know?

AgeSpan offers an eight-week program designed to help people who want to stay mobile but have a fear of falls. It's called "A Matter of Balance", held both in-person or online. For more information or to register for the next class, give us a call at

1-800-892-0890.

Don't forget to follow us on social media for more helpful tips and tricks!

Read the full "Ask Joan" column [here](#).



Join us on Wednesday, September 25, 2024, from 5:00 pm – 8:00 pm for AgeSpan's Second Annual Power of Pets fundraiser at BareWolf Brewing in Amesbury, MA.

Proceeds directly benefit the Power of Pets Program which offers financial assistance to individuals, age 65 plus, to help with pet care expenses.

Tickets are **\$25** and includes one craft beer, light refreshments, chance to win a door prize, networking, raffle baskets, fun and games!

The brewery is pet friendly, so if you wish to, please bring your best pet friend.

AgeSpan recognizes the incredible health and wellness benefits of pet ownership, especially among older adults... and we hope you do, too!

Limited tickets available – click the button below to get yours today!

[Tickets & Sponsorship Opportunities](#)

If you cannot attend but would like to make a donation, please [Click Here!](#)

Sponsorship Questions

Please direct sponsorship questions to Bonnie Sisson, Community Relations and Fundraising Manager, at 978-946-1433, ysisson@agespan.org

National Senior Center Awareness Month

September is National Senior Center Awareness Month, which highlights the important role that senior centers and Councils on Aging play in contributing to the well-being of older adults.

To keep centers growing in the right direction, the National Council on Aging (NCOA) developed the National Institute of Senior Centers (NISC), which is committed to supporting the nation's **11,000 senior centers** through best practices, professional development, advocacy and research.

To learn more about the efforts of the NISC, and to explore how you can get involved, click [here!](#)

Community Events

The Andover Robb Center Health & Wellness Fair

Wednesday, 9/18 | 9:30 a.m. - 12:30 p.m.

[30 Whittier Court, Andover, MA](#)

The Andover Robb Center Health and Wellness Fair will be offering flu shots, talks from various speakers, health screenings, information from different organizations, free samples and giveaways. There will also be a healthy cooking demonstration, a CPR training, and a presentation on healthy sleep habits. We hope to see you there!

Mayor Bettencourt's 10th Annual "Senior Day"

Wednesday, 9/18 | 10 a.m. - 1 p.m.

[54 Felton, St., Peabody, MA](#)

Stop by Mayor Bettencourt's 10th Annual "Senior Day" in Peabody, MA for a day of fun! Explore local historic properties, shop farm-fresh fruits and vegetables, and enjoy free Fall themed hayrides. Be sure to stop by and say hello to us at the AgeSpan booth!

Chelmsford Fall Festival

Saturday, 9/28 | 11 a.m. - 4 p.m.

[Chelmsford Town Common, Chelmsford, MA](#)

Kick-off Fall at the Chelmsford Fall Festival, hosted by the Chelmsford Board of Health. This event will be packed with music, fun Fall activities, food, ice-cream, a petting zoo, and more! Don't forget to drop by the Senior Medicare Patrol booth for helpful information on avoiding Medicare fraud.

Get Involved

Looking for Volunteer Opportunities?

We have a variety of opportunities for you to get involved and give back to your communities. From assistance with running errands to bringing meals to peoples' homes to providing companionship for older adults, every volunteer opportunity makes a real difference to the people we serve—and to the volunteers who make it possible.

[Click here to learn more about our volunteer opportunities](#)



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CAREER OPPORTUNITIES

VOLUNTEER INFORMATION

For questions or comments, contact us at 800-892-0890 or communications@agespan.org

Please consider making an online donation to support our programs.

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