

FALLS PREVENTION WEEK

SEPT. 23 - 27, 2019



SCHEDULE OF EVENTS

Here are some simple tips to help you prevent a fall:



STAY PHYSICALLY ACTIVE

Build balance, strength and flexibility.



REVIEW MEDICATIONS

Learn about possible side effects.



HAVE YOUR VISION AND HEARING TESTED

Keep eyeglass prescriptions up-to-date.



KEEP YOUR HOME SAFE

Do a home safety check.



TALK TO YOUR DOCTOR & FAMILY

Ask for a falls risk assessment and ask for help preventing falls.



GET ADEQUATE SLEEP

You are more likely to fall if you are tired.



LIMIT ALCOHOL INTAKE

Even small amounts of alcohol can affect your balance and reflexes.



STAND UP SLOWLY

Avoid quick changes in position.



USE ASSISTIVE DEVICES

Walking sticks, hiking poles and walkers can help keep you steady.



CHOOSE PROPER FOOTWEAR

Avoid smooth-soled or backless shoes.



USE CARE WALKING ON ICY OR WET SURFACES

Put down salt or sand at entrances.

fall /fôl/ *v.* Inadvertently coming to rest on the ground, floor or other lower level, excluding intentional change in position to rest in furniture, wall or other objects.

*About one-fourth of Americans ages 65 and over fall each year. In fact, every 11 seconds an older adult is treated in the emergency room for a fall. Falls are the leading cause of fatal and non-fatal injuries for older adults.**

Falls can have serious impacts in terms of long-term health, day-to-day function and independence. But, there is some good news. Falls are NOT an inevitable consequence of getting older and MANY falls can be prevented.

Sept. 23 - 27 is Falls Prevention Week sponsored by the Boulder County Partners for Falls Prevention. We hope you will take advantage of the many programs being offered throughout the county. This is an opportunity to learn how to prevent a fall from "Changing Your Life."

**According to the Centers for Disease Control*

For more information:

Boulder County Area Agency on Aging
303-441-3599
www.bouldercountyhealthyaging.org

For additional resources:

National Institute on Aging
nia.nih.gov
nia.nih.gov/espanol

National Council on Aging
ncoa.org/healthy-aging/falls-prevention/

Centers for Disease Control
cdc.gov/injury

Monday, September 23

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
GET UP, get up!	9 - 11 a.m.	Nancy Hilmer, OT Lauren Stenger, RN	Louisville Senior Center	303-335-4919
Exercise and Osteoporosis	10 - 11 a.m.	Jeanette Burney	East Boulder Senior Center	303-441-4150
Falls: Are You at Risk?	12:30 - 1:30 p.m.	Nicole Cavalino	Nederland Community Center	303-258-0799
Balance: Head to Toe	1:30 - 3 p.m.	Laura Olinger	West Boulder Senior Center	303-441-3148
Falls Prevention	2 - 3 p.m.	UC Health Physical Therapists	Longmont Senior Center	303-651-8411
Balance Class	2 - 3 p.m.	Guy Love, PTA	Golden West, Aspen Room	303-939-0876



Tuesday, September 24

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Nursing Your Health: Falls Prevention: Pills and Falls	9 - 10:30 a.m.	Renita Henson, RN	Longmont Senior Center	303-651-8411
T'ai Chi and Silver- Sneakers Stability Demos, Medication Review, GET UP, get up!, Vision and Hear- ing Assessments	10 a.m. - 12 noon	Lafayette Senior Center and Good Samaritan Medical Staff / Bayada Senior Living Solutions Therapists	Lafayette Senior Center	303-661-1491
GET UP get up!/ Moving for Better Balance	10:45 - 11:45 a.m.	Interim HealthCare of Boulder County	Arapahoe YMCA in Lafayette	303-443-4474 x3810 or 303- 664-5455
Nutrition and Bone Density	12:10 - 12:30 p.m.	Helen Dohrman	Louisville Senior Center	Registration 9/23 by 1:30pm for lunch only 303-335-4919
Falls Awareness Learning Lab in Eng- lish and Spanish	1 - 3 p.m.	Boulder County AAA	Ed & Ruth Lehman Center YMCA in Long- mont	303-443-4474 x3810 or 303-664-5455
T'ai Chi in the Park	1:15 - 2:15 p.m.	Steve Arney	West Boulder Senior Center	303-441-3148
Balance 101	3 - 4 p.m.	Melissa Pruitt	Golden West, Dining Room	303-939-0876



Wednesday, September 25

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Silver Sneaker Classic/Falls Prevention Training	9:30 - 10:25 a.m.	Bayada Senior Living Solutions Therapists	Mapleton YMCA in Boulder	303-443-4474, x3810 or 303-442-2778
Falls Prevention Awareness Event: GET UP, get up! Training, Falls Prevention Awareness Q & A with trauma physician	11 a.m. - 1 p.m.	Good Samaritan Medical Staff, Lafayette Fire Department	Good Samaritan Medical Center, Conference Rooms A & B	303-689-4623
Falls Prevention 101	12:30 - 1:30 p.m.	Nicole Cavalino	Nederland Community Center	303-258-0799
Is Marijuana Safe for Older Adults?	1:30 - 3:30 p.m.	UC Health Division of Geriatric Medicine Faculty	Louisville Senior Center	303-335-4919 or www.louisvillerecreation.com
GET UP, get up! training	3 - 4 p.m.	Leora Garcia, MS, OTR/L	Golden West, Aspen Room	303-939-0876



Thursday, September 26

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Hear More, Fall Less	9 - 10 a.m.	Dr. D'Anne Rudden	Longmont Senior Center	303-441-4150
Falls Prevention Awareness: Body n Balance screenings, exercise demonstration	10:30 a.m.	Good Samaritan and Erie Community Center Staff	Erie Community Center	303-926-2795 for information or to register for lunch
GET UP, get up!	12:30 - 3 p.m.	Interim HealthCare of Boulder County	East Boulder Senior Center	303-441-4150
Balance Class	2 - 3 p.m.	Guy Love, PTA	Golden West, Aspen Room	303-939-0876
Falls Awareness Learning Lab	2 - 3 p.m.	Boulder County AAA	Natural Grocers Lafayette	303-926-1600
Bone Builders and Bone Breakers!	3 - 4 p.m.	Helen Dohrman	Natural Grocers Lafayette	303-926-1600



Friday, September 27

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Foot Care Clinic (occurs 2nd and 4th Friday of the month)	8:30 a.m. - 4:30 p.m.	Summer Cares LLC	Longmont Senior Center	303-651-5224 call to register and for cost
Falls Prevention Event: Walk-in Screenings Posture, Memory, Home Safety	9 a.m. - 1 p.m.	Boulder Com- munity Health Therapy Staff Representa- tives from Via, Cultivate, Boulder Fire- Rescue	Calvary Bible Church	303-415-4212 or bchlectures. org/falls
FallProof™ Class	9 - 9:45 a.m.	Boulder Community Health Therapy Staff	Calvary Bible Church	303-415-4212 or bchlectures. org/falls
Falls Associated with Hearing Loss	10 - 10:45 a.m.	Aimee Langlois, Ph.D.	Calvary Bible Church	303-415-4212 or bchlectures. org/falls
T'ai Chi Class	10 - 10:45 a.m.	Boulder Community Health Therapy Staff	Calvary Bible Church	303-415-4212 or bchlectures. org/falls
Physican's Perspective on Falls Prevention	10 - 11 a.m.	Dr. Wendy Tong	Golden West, Aspen Room	303-939-0876
Heart Smart Senior CPR	10 a.m. - 12 p.m.	Rich Perse	Town of Superior Sport Stable	303-499-3675 x166
FallProof™ Class	11 - 11:45 a.m.	Boulder Community Health Therapy Staff	Calvary Bible Church	303-415-4212 or bchlectures. org/falls

Friday, September 27

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Falls Associated with Hearing Loss	11 - 11:45 a.m.	Aimee Langlois, Ph.D.	Calvary Bible Church	303-415-4212 or bchlectures.org/falls
T'ai Chi Class	12 - 12:45 p.m.	Boulder Community Health Therapy Staff	Calvary Bible Church	303-415-4212 or bchlectures.org/falls
Falls Prevention Fair: Balance Screening, Consultation with Pharmacist, Falls Prevention Tips, GET UP, get up!, Falls Awareness Learning Lab and free lunch	11 a.m. - 1 p.m.	UC Health Professional Staff	Longs Peak Hospital, Conference Rooms A & B	720-718-1210
Balance Class	12:30 - 2:30 p.m.	Laura Olinger	Town of Superior Sport Stable	303-499-3675 x166
Yoga for Bone Strength and Balance Demonstration	1 - 2 p.m.	Linda Goodhew	Longmont Senior Center	303-651-8411

Over 90% of the people who attended a Falls Prevention Week 2018 activity said “they learned something new about how to prevent a fall *and* that they were now likely to take action to prevent a fall.”

Additional Activities

ACTIVITY	DATE & TIME	PRESENTER	LOCATION	INFORMATION
Sample an exercise class for free during Sept.	times vary		Longmont Senior Center	Check with front desk for more information
Lunch & Learn: Falls Reduction Strategies	Sept. 6 12 - 1 p.m.	Lynette Lowe	Longmont Senior Center	303-651-8411
Stepping On Workshop for Falls Prevention	Sept. 6 - Oct. 18 1 - 3 p.m.	Longmont United and UC Health staff	Longmont United Hospital	720-819-6855 to register
Supper and a Stroll with UC Health Physicians	Sept. 10 5:30 - 6:30 p.m.	UC Health Physicians	Longmont Senior Center	303-651-8411, pre-registration required
Walk with a Doc: Walking & Bone Strength	Sept. 14 8 - 9 a.m.	Dr. Karin Vanbaak	Tom Watson Park, 6180 63rd St., Boulder	bch.org/walkwithadoc
Balance Assessments	Sept. 20 8 - 12 p.m.	Longs Peak Hospital physical therapists	Longmont Senior Center	303-651-8411, appointment required
Walk with a Doc	Sept. 21 8 - 9 a.m.	BCH Physicians	Wildflower Park, 3151 S. Indiana St., Superior	bch.org/walkwithadoc
Emergency Preparedness Discussion: Part 2	Sept. 21 5 p.m.	Boulder County and Mountain Peak Life	Nederland Community Center	303-258-0799 www.mountainpeaklife.org/ reservation required



Location Addresses

Arapahoe YMCA in Lafayette
2800 Dagny Way, Lafayette
303-443-4474 x3810 or
303-776-0370

Boulder Community Health
Calvary Bible Church
3245 Kalmia Ave., Boulder
303-415-4212
www.bchlectures.org/falls

East Boulder Senior Center
5660 Sioux Drive, Boulder
303-441-4150

Ed & Ruth Lehman Center YMCA in
Longmont
950 Lashley Street, Longmont
303-443-4474 x3810 or
303-776-0370

Erie Community Center
450 Powers Street, Erie
303-926-2795

Golden West
1055 Adams Circle, Boulder
303-939-0876

Good Samaritan Medical Center
200 Exempla Circle, Lafayette
303-689-4623

Lafayette Senior Center
103 S. Iowa Avenue, Lafayette
303-442-6444

Longmont Senior Center
910 Longs Peak Avenue, Longmont
303-661-1492

Longs Peak Hospital
1750 East Ken Pratt Blvd., Longmont
720-718-1210

Louisville Senior Center
900 Via Appia Way, Louisville
303-335-4919

Mapleton YMCA in Boulder
2850 Mapleton Ave., Boulder
303-443-4474 x3810 or 303-664-5455

Natural Grocers
100 W South Boulder Road, Lafayette
303-926-1600

Nederland Community Center
750 CO-72, Nederland
303-258-0799

Town of Superior Sports Stable
1 Superior Drive, Superior
303-499-3675, x166

BOULDER COUNTY PARTNERS FOR FALLS PREVENTION

Allenspark Senior Advisory Council
Boulder County Area Agency on Aging
Bayada Home Health Care
Boulder Community Health
Boulder County Housing and Human Services
Boulder Housing Partners
Cabrera Consulting and Occupational Therapy Services
Coal Creek Meals on Wheels
City of Boulder Fire-Rescue
City of Boulder Senior Services
City of Lafayette Senior Center
City of Longmont Senior Center
City of Louisville Senior Center
Cultivate
Family Hearing Centers
50 Plus Market Place News
Golden West Senior Living
Good Samaritan Medical Center
Interim HealthCare of Boulder County
Lafayette Fire Department
Legacy Healthcare Services
Longmont Meals on Wheels
Longmont United Hospital
Longs Peak Hospital
Meals on Wheels of Boulder
Mt. View Fire Rescue
Natural Grocers
Nederland Area Seniors
The Summit Rehab at Life Care Center of Longmont
The Town of Erie
The Town of Lyons
The Town of Superior
VIA Mobility Services
YMCA of Boulder Valley



Programs & Services for Healthy Living

303-441-3599

www.BoulderCountyHealthyAging.org