September

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HAPPY BIRTHDAY
TO ALL OUR VALUED PARTICIPANTS



Contact us:

Coordinator:
Rosa

Meals on Wheels Staff:
Penny

Meals on Wheels
(208) 232-1114 Opt. 3
www.seicaa.org

Your feedback is important to us! Contact us to give feedback and help us continuously improve.



September is Fall Prevention Month

Did you know that among older adults, falls are the leading causes of injury deaths, unintentional injury, and hospital admissions for trauma. According to the U.S. Centers for Disease Control and Prevention: Every 11 seconds, an older adult is treated in the emergency room for a fall. Falls are the leading cause of fatal injury and most common cause of non-fatal trauma-related hospital admissions among older adults.

Delivery date changes due to office closures/holiday's:
Meals for 9/7 (closed), will be delivered on 9/2

MEALS WHEELS AMERICA 2026 Member

Please call the day before to cancel a meal.

United Way
United Way of Southeastern Idaho



Individual Nutrition Consult



Are you in need for an individual Nutrition Consult? If so, our nutritionist can do a free one on one consult with you. The nutritionist can consult on the following: **unintended weight loss, newly diabetic, poor appetite, new cancer diagnosis, renal patients, muscle loss, access to food, etc..** If you would like a consult please let your driver know, or please call our office.

September 22nd will be the First Day of Autumm





Donation Reminder

We hope that you are all enjoying your meals and that receiving them is helping you stay in your home. We depend somewhat upon your donations to continue the program. If you cannot afford them please do not feel that you have to contribute, we appreciate any and all donations we receive.

SouthEastern Idaho Community Action Agency
Helping People. Changing Lives.

Comments? Questions? Concerns?
Call the office: 208-232-1114 Opt.3

ncoa national council on aging | FallsFree

Falls Prevention for Older Adults

Debunking the Myths of Older Adult Falls



10 Myths About Older Adults and Falls

KEY TAKEAWAYS

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.
Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.
Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.
Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modi cations, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Becareful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a **fall prevention program** in the community, or setting up a vision exam.

Take Control of Your Health:
6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!



1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

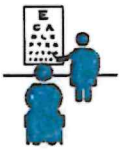
Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

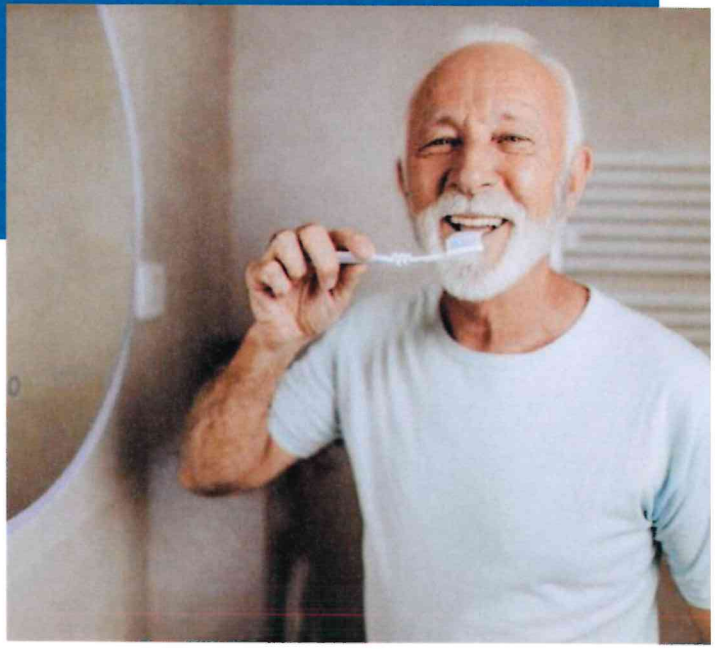
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national council on aging

Nutrition and Aging
Resource Center

Build the foundation today!

Aging does not mean having poor oral health and tooth loss.



SIMPLE STEPS TO ENSURE ORAL HEALTH IN OLDER ADULTS:

- Brush teeth thoroughly twice a day with fluoride toothpaste and floss once a day to remove plaque.
- Drink fluoridated water, if available.
- Do not smoke or use tobacco products.
- Eat a balanced diet with fruits and vegetables.
- Limit sugary snacks and drinks.
- Limit alcohol.
- If you have diabetes, work to maintain control of your blood sugars.
- If medication causes dry mouth, ask your doctor for a different medication that may not cause dry mouth.
- If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- Consider using an electric toothbrush to make it easier to brush teeth.
- Visit the dentist at least once a year — regardless of whether you have teeth or dentures.

