



HAPPY

NEW YEAR

Fear of Falling Impacts Life More Than Falling

Professionals working with older adults are well aware that a fall can lead to injury, fracture and a decline in health. The Health Evidence Network estimates that 30% of people over age 65 fall each year, with higher rates likely among people over age 75. A team of researchers decided to examine the impact of falling on older people, the population at greatest risk.

Women 75 years or older completed questionnaires about their health, fear of falling, falls, fractures and health-related quality of life. Researchers found that the impact of fear of falling on health-related quality of life was at least twice the impact of an actual fall.

The estimated cost of quality of life years lost was \$17,000,000. "While a fracture is an acute event which may have a strong but relatively brief impact on quality of life, fear of falling can be a constant source of anxiety. Over time, that fear might generate a larger negative impact on quality of life," states Cynthia Iglesias Urrutia, Senior Researcher.

Exercise Helps to Prevent Falls

In a recent study of older women volunteers, subjects engaged in calisthenics, balance training, muscle power training, and walking ability training three days a week.

After five months, the exercise group significantly improved in flexibility, body balance, muscle power and walking ability compared to a group that did not exercise. The incidence of falls was significantly reduced in the exercise group. In another study, researchers compared three types of fall-prevention programs. The results showed that exercise training was "superior" in quality-of-life outcomes compared to education only or home assessment and modifications.

FallProof! to Begin

Look for FallProof! to begin in February. FallProof! is a balance and mobility program geared towards community dwelling older adults to prevent falls and increase mobility. Classes will run twice a week for 8 weeks with a limited number of participants. Potential participants will be screened to determine eligibility and should be able to attend all 16 sessions.

In order to accommodate the demand for the class, residents who are interested will sign up and be assigned to sessions on a first-come, first-served basis. Sessions will be on-going for as long as there is a demand. Sign-up sheets will be available Mon., Jan. 26th in the Wellness Center.

Happy New Year!

It's that time of year again. What goals will you set for 2009? Many people set a New Year's resolution to get fit and be healthy. Even if you have an inactive lifestyle, there is good news! It's never too late to start moving and improve your health! The first step is to set a goal. You can do this by creating a S.M.A.R.T. goal.

S stands for specific.

Don't generalize, know what you want.

M stands for measurable.

When you measure your progress you stay on track.

A stands for attainable.

Identifying your goal helps you figure out ways to make them come true.

R stands for realistic.

A goal should represent what you are both willing and able to do.

T stands for time. A goal should be grounded within a time frame.

See the Wellness Staff to start your New Year off the right way. Be smart.



"The longer I am in the Wellness program the more pleased I am. It makes me feel so much better." Dick Hoyt

No Exercise Classes

Thursday, January 1st
Due to the New Year Holiday

Wednesday, January 21st & 28th
Due to Assessments

GLAUCOMA..... WHAT YOU SHOULD KNOW

Glaucoma is a disease of the eye caused by pressure inside the eye. This pressure is caused by a buildup of excess fluid. Left untreated, this pressure can impair vision by causing permanent damage to the optic nerve.

- Over three million people have glaucoma but only half of those people know that they have it. The disease is slow and progressive and symptoms do not appear until the late stages.
- There is no cure for glaucoma but surgery and medication can effectively stop the progression of this disease.
- People at higher risk for glaucoma include people over 60 years of age, people with family history of glaucoma, people with diabetes, and people with hypertension.
- Early and annual screenings are the best defense against glaucoma.

Fitness Assessment Dates

Wednesday, January 21st & 28th
Sign-ups in the Wellness Center
Beginning January 5th

The Reasoning behind Fitness Assessments

- They show maintenance, progress or decline of fitness levels
- They allow staff to tailor exercise to each resident
- They show effectiveness of exercise programming

Family Swim Day

Saturday, January 17th
1:00pm-4:00pm
Martin Luther King Day Weekend

Join us for our second Family Swim Day.
Lifeguards will be present.
Invite the grandkids to swim.