

Did you know that one of the biggest hazards for those of us 60 years old and older is from a fall?

For adults age 65 and older the statistics show that one in three will be treated in an emergency room for a fall-related injury. According to the **Center for Disease Control's website**, the long-term consequences of fall injuries can have major impacts on life expectancy and independence of older adults. Once a fall happens, injuries pave the way for less activity and higher likelihood of a shorter life.

✖ There are clear physical and somewhat unavoidable reasons why falls happen more often as we age – first because our bodies are physically changing and making us more vulnerable to falls and second because we continue to do things into our 60's, 70's and 80's that we really need to stop doing (climbing, living in clutter and doing things in the dark, to name a few). Follow this **LINK** to learn more about your risk level for falling.

SOOO...this week's blog is focusing on the little things you can do today to prevent falls. Falls happen but it is helpful I think to focus on what we can do to prevent them. Simple items on the list below are great ways to get started.

1. Declutter your house. Remove tripping hazards and look for ways to provide clear walkways throughout your house. Removing throw rugs is a good step to take as well.

2. Use night lights and make sure you have good lighting throughout your house.

3. Don't store anything up high. Set a rule for yourself that you don't store anything high enough that you need a step stool. This applies to cleaning as well. If you have areas to clean that require a step stool – ask someone or pay someone to help.

4. Wear shoes inside and outside your home as going barefoot or wearing slippers is hazardous.

5. Exercise. Yes, it really is true. Exercise. Can. Help. Weak muscles increase the chances of falling. Get out and walk every day or join an exercise group.

Do something to keep moving and keep those muscles in shape. There are three classes here at Stillwaters that provide you an opportunity to keep muscles toned – check out the **MONTHLY CALENDAR** for the schedules.



Everyone is welcome at any of the three classes offered.

6. Get your eyes checked each year – poor eyesight makes it harder to stay safe.

As they say – An ounce of prevention is worth a pound of cure!

### **Quote of the Week:**



My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. – Maya Angelou

### **Happenings this Week:**

**Saturday:** Don't miss **Winlock Egg Days**, with lots of fun activities, on

Saturday, June 18th. The Pancake breakfast starts at 7am at the Senior Center. The annual car show starts at 8:30am. The Egg Day parade stars at 11am. Other events include the second annual Scrambled Egg Run, a 5 and 10k race that starts at Miller Elementary School in Winlock. Enjoy great food and a street dance in downtown Winlock on Saturday night.

**Saturday:** The Veterans Memorial Museum will be holding its annual Desert War Veterans Day at 2 p.m. on Saturday. This is a day to honor all veterans who have served in the many conflicts since the Vietnam War. This year's guest speakers are Scott Crossfield, who served with the Army in Kuwait and Iraq during the First Gulf War, and Craig Robinson, who served in the U.S. Navy and was present at the Beirut bombing. Special music will be provided by Rebecca Ford. This event is open for all veterans and their families. For more information, call the museum at (360) 740-8875.

 **Sunday:** Ford's Prairie Grangers will be serving their famous **Swedish Pancake Breakfast** on Fathers' Day, Sunday, June 19th, from 8am-Noon. Enjoy all-you-can-eat Swedish pancakes served with lingonberry butter and/or hot strawberry preserves, sausage, scrambled eggs, juice and coffee. Adults are \$8; children 5-12 are \$4 and those under 5 eat for free. Ford's Prairie Grange is located *just behind Ford's Prairie Elementary School* at 2640 West Reynolds Avenue in Centralia. Call 360-918-1356 for more information. 

**Put on your calendar:** Stillwaters Estates Annual 4th of July BBQ. Here at the Gathering Place at noon on the 4th. Stillwaters provides hot dogs, hamburgers, buns and condiments. Guests are asked to bring a Salad, dessert or other picnic food.

**Weather:** Cold and cloudy is the dreary weather we are having this week but wait...next week is supposed to be sunny and in the high 70's and low 80's. Just the kind of weather we are all looking for!