



Falls Prevention Awareness Day: September 23, 2019

Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related injuries among older adults. Falls are the leading cause of fatal and non-fatal injuries for older Americans; they threaten older adults' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments and evidence-based falls prevention programs, the number of falls among older adults can be greatly reduced!

If you don't know where to start?

Check out these six steps to prevent falls, or consider taking a class!

- ◆ **Find a good balance and exercise program** to build balance, strength, and flexibility
- ◆ **Talk with your healthcare provider** about a falls risk assessment, and share your history of falls
- ◆ **Regularly review your medications** with your healthcare provider or pharmacist
- ◆ **Have your vision and hearing checked annually**, our eyes and ears keep us on our feet
- ◆ **Keep your home safe** by removing clutter, installing grab bars, and increasing lighting
- ◆ **Register** for a free class, like these two coming up:

A Matter of Balance

Arrowsic Town Hall
 Monday/Thursday
 September 9 — October 3
 1:30—3:30pm
 Free and open to the public

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Registration required

Living Well for Better Health

Patten Free Library – Bath
 Thursdays
 September 12 — October 17
 1:30—4:00pm
 Free and open to the public

An ever-increasing number of people are living longer with multiple chronic conditions because people with chronic conditions can learn skills to effectively manage their illness and improve health outcomes! This program includes topics such as ways to deal with frustration, fatigue, pain, as well as ways to increase strength, flexibility, balance and so much more!

Registration required

For additional class listings or to register, visit healthylivingforme.org call **1-800-620-6036** or email info@healthylivingforme.org

Volunteer Drivers Needed

Our Midcoast Regional Center, co-located at People Plus, is in need of drivers for Meals on Wheels. Please contact Zyanya Holman by calling (207)607-4406 or by email at zholman@spectrumgenerations.org

Aging in Place Forum

Respecting Choices:
 Caregiver and Parent Empowerment

September 12, 2019
 9:00 a.m. — 2:00 p.m.

Inn Along the Way, 741 Main Street, Damariscotta

Keynote Speaker: Dr. Dora Anne Mills

To register for this **free** event or learn more, call Dawn Moore at 563-1363 or email at dmoore@spectrumgenerations.org

Medicare 101

Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class you will be provided information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplements and tips on how you can save money and avoid penalties.

The next session will be on September 10
 12:30—2:30 p.m. | People Plus | 35 Union St., Brunswick
 Call 729-0757 to register or for more information.

\$15 suggested donation, which allows us to continue offering these sessions!

2nd Annual Pie Crawl

Saturday, October 19

Tickets are \$15 per person and can be purchased by calling Spectrum Generations' Cohen Community Center at (207)626-7777



Participate in our Focus Group!

Come share your thoughts about what it is like to stay in your own home; let us know what services are available to you in the area and what you would like to see.

Friday, September 6
 9:30 a.m. — 12:00 p.m. at People Plus

Registration is required—Lunch is included! Please register by calling Jennifer Russell at 620-1186 or email at jrussell@spectrumgenerations.org



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.