

## Health & Wellness News for September 2018



Did you know that 25% of Americans aged 65+ experience a fall each year? (CDC) This September, Healthy Living for ME will join with the National Council on Aging and hundreds of organizations nationwide to celebrate Falls Prevention Awareness Day with activities to empower older adults to prevent falls in their everyday life.

Photo courtesy of the National Council on Aging

To get more information, request a workshop guide or to register in advance, please contact:  
 1.800.620.6036 | www.healthylivingforme.org | info@healthylivingforme.org

### Living Well with Diabetes

Living Well with Diabetes is designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

This FREE 6 week program meets once a week for 2 ½ hours beginning on September 24 and runs through November 5 from 1:30-4:00 p.m. Light refreshments provided.

**\*No class on Monday, October 8 in observance of Columbus Day.**



### September is National Falls Prevention Month: *What you Should Know*

#### What should you do if you fall at home?

- Stay Calm and take 3 deep breaths
- Check your surroundings and assess if you can get up safely

#### If you can get up safely, follow these guidelines

- Roll to your side and push up onto your hands and knees
- Use stable furniture to help yourself get to a sitting position
- Remembering to breathe, stand up slowly
- Rest and tell someone you have fallen
- Call your healthcare provider

#### If you can't get up safely, take the following steps:

- Get someone's attention by:
  - Making a loud sound
  - Reaching for the phone
  - Slide or crawl slowly to a door
  - Press your personal emergency device, should you have one
- Conserve your energy and lie quietly until help arrives
- Use pillows and blankets that are within your reach to keep you comfortable
- Once help has arrived, tell someone you have fallen and see your healthcare provider

For more information visit [www.healthylivingforme.org](http://www.healthylivingforme.org) or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org) Toll Free: 1-800-620-6036

Adapted from what should I do if I fall at home flowchart (2004). Stepping out: Passport to falls prevention Project. North Metropolitan Health service



Saturday

September 8, 2018

as chefs battle to win your votes for the best dish!

Festivities begin at 5 p.m.

Spectrum Generations' Cohen Community Center  
 22 Town Farm Road, Hallowell

#### Tickets

\$75 per person

or

**\$700 for a table of eight includes program ad**

For sponsorship opportunities or tickets, call or email Sarah Brown at (207) 620-1677 or [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org)



Spectrum Generations is seeking a full time Nutrition Coordinator.

Duties include: coordination of the Meals on Wheels, AniMeals, and USDA programs for Sagadahoc County, Brunswick and Harpswell. Ideal candidates will ensure proper data collection and entry, must be self-directed with good time management skills, possess intermediate computer skills, demonstrate a passion for this population and community, and maintain HIPAA compliance.

This position requires a valid drivers license and dependable transportation. FMI: call Spectrum Generations @ 207-620-4196 for a detailed job description and application.

Spectrum Generations is an equal opportunity provider.

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