

QUOTE OF THE MONTH

"Let the leaves fall where they may - Welcome October - Autumn is here."
~ Charmaine J Forde



HEALTH HUMOR



Simple Tips to Prevent Falls

by: Maria Mendoza

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

1. Make an appointment with your doctor: Prepare to answer questions such as:

- What medications are you taking?
- Have you fallen before?
- Could your health conditions cause a fall?

2. Keep moving: With your doctor's OK, consider gentle activities that reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid of falling, tell your doctor. They may recommend carefully monitored exercises or refer you to a physical therapist.

3. Wear sensible shoes: High heels, slippers and shoes with slick soles can make you slip, stumble and fall. Instead, wear properly fitting, sturdy shoes with nonskid soles.

4. Remove home hazards:

- Remove boxes, electrical cords, coffee tables, plant stands, and magazine racks from high-traffic areas.
- Secure loose rugs with double-faced tape or tacks.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower.

5. Keep your home brightly lit: Avoid tripping on objects.

6. Use assistive devices: Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too.

Ask your doctor for a referral to an occupational therapist who can help you brainstorm other fall-prevention strategies. If you're concerned about cost, remember that an investment in fall prevention is an investment in your independence.

Source: MayoClinic.org

ON THIS DAY IN HISTORY

- Oct.
1

1908, Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- Oct.
2

1968, California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.
- Oct.
13

1775, The United States Navy was born after the Second Continental Congress authorized the acquisition of a fleet of ships.
- Oct.
19

1987, "Black Monday" occurred on Wall Street as stocks plunged a record 508 points or 22.6 per cent, the largest one-day drop in stock market history.

MONTHLY OBSERVANCES

- Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Physical Therapy Month
- National Liver Awareness Month
- Health Literacy Month

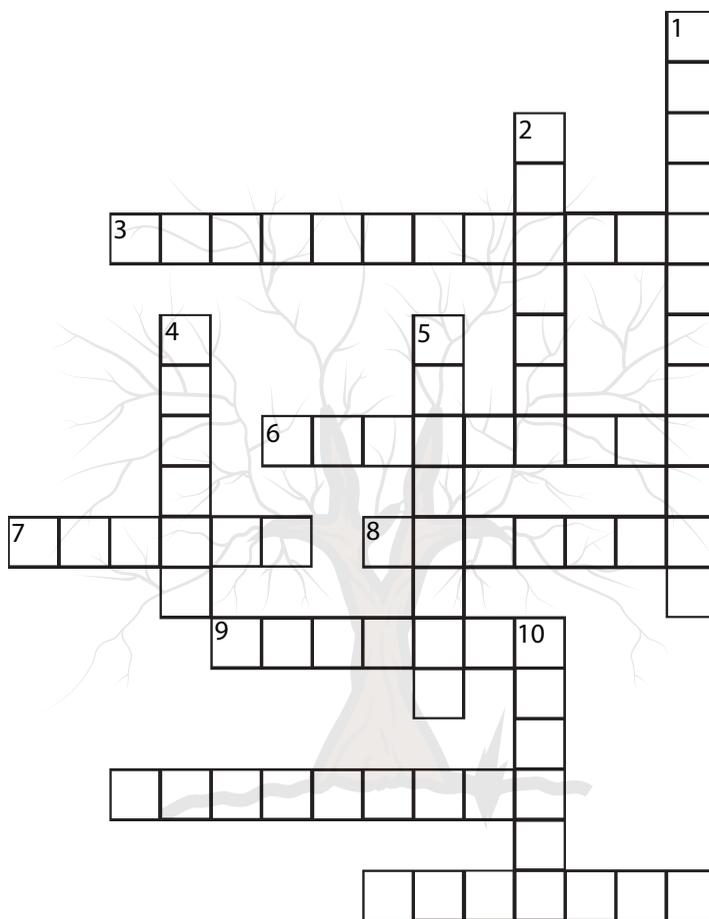
CROSSWORD

ACROSS

3. A fall chore.
6. Second highest grossing commercial holiday.
7. Loud sustained noise.
8. A disguise.
9. A wind storm frequently accompanied by rain, hail, or snow.
11. Tri-colored treat.
12. Tastes good in a pie.

DOWN

1. October is _____ Awareness month.
2. Bird that takes 6 months to complete their migration.
4. Removal of something from a grave.
10. The first Jack-O-Lanterns were made from this vegetable.



Stuck?
Check next month's issue
for the answers!

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SEPTEMBER CROSSWORD ANSWERS:

Across: 3.Change 7.Football 8.Geese 10.Evergreen 11.Leaf Peeping 12.Lurid
Down: 1.Johnny Appleseed 2.Seasons 4.Autumn 5.Foliage 6.Sweater 9.Befall