

# Healthy Living Newsletter

November 2013

## Workshops Completed:

(Projected as of 12/31/13)

Matter of Balance	5
Tai Chi, Moving for Better Balance	5
Living Healthy	4
Asunto de Equilibrio	1
Total Number of Participants	272
Total Number of Completers (71% completion rate)	193
MOB Leaders Trainings (26 new leaders)	2
Tai Chi Trainings (15 new trainers)	2

## Special points of interest:

- ◆ **Trained instructors need- ed to facilitate Tai Chi workshops**
- \* **We continue to research an appropriate evidence based intervention for both Depression and Caregivers. Several models are currently being evaluated.**



*First Leaders Training for "A Matter of Balance" program at WellMed in the Treasure Coast*

## Facts to know

- Florida is home to more than 4 million residents age 60 and above.
- According to the Florida Department of Health, Office of Injury Prevention, falls account for 49% of non-fatal injury visits to the emergency room and 72% of nonfatal hospitalizations.
- Falls account for 38% of injury deaths. 80% of fatal falls happen at the senior's place of residence during the performance of activities of daily living.

## FALL PREVENTION IS A MUST...

One in three community-dwelling persons over the age of 65 falls each year, and this number increases to one in two by the age of 80. Fall-related injuries are often serious enough to result in hospitalization and even premature death; moreover, persons who fall often face significant declines in mobility and independence.

### Risk factors

Most falls are caused by the interaction of multiple risk factors. The more risk factors a person has, the greater their chances of falling. Seniors can lower their risk by reducing or minimizing the risk factors in their lives.

A Matter of Balance and Tai chi are two well recognized programs that reduce these risks by focusing on increasing balance, strength, and the fear of falling.

### 6 Steps to Prevent a Fall:

1. Find a good balance and exercise program
2. Talk to your Health Care provider
3. Regularly review your medications with your doctor or pharmacist
4. Get your vision and hearing checked annually and update your eye glasses
5. Keep your home safe
6. Talk to your Family members about any fears you may have about falling.

## Quick overview of our Evidence Based Programs...



We have applied for and received a Mini Grant with the office of the CDC through the FL DOH (Dept. of Health) in the amount of \$5000.00 a year for two years, allowing us to offer additional workshops in 2014.



Several session zero, to introduce Healthy Living Interventions to new communities were held and 4 workshops have been completed. As part of the session, Agency/EHL, and SHINE information was disseminated to all participants.



A grant application was submitted in collaboration with the Alpert Jewish Family & Children's Service. If approved, this will expand the number of Matter of Balance and Tai chi workshops. The Determinations will be decided by December, 2013.

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**Exercise and Healthy Aging Word Scramble**

Unscramble the words to find nine areas of health that benefit from physical activity. When you are done, unscramble the highlighted letters to find yet another aspect of wellness that exercise improves. (Answers below)

Additional sentence:

Solution: Heart, Brain, Lungs, Muscles, Memory, Bones, Sleep, Mood, Joints. Final phrase: Immune System

*Your ADRC serves Palm Beach, Okeechobee, Indian River, St. Lucie and Martin County*

**Tai Chi Training Available!!!**

In projecting for the coming year, the Healthy Living COE is trying to organize our third Tai chi, Moving for Better Balance training in the West Palm Beach area. If you would be interested in being trained as an

instructor or know of someone who may enjoy this type of activity and is willing to work with seniors, WE WANT TO HEAR FROM YOU!!!

In exchange for a free training (no cost to the party interested in becoming an instructor) we are going to ask for a

commitment of three workshops under the Area Agency on Aging in a 12 month period of time... This would imply that the instructor will have the time to

commit to our seniors and our Agency.

For more information or to be included in the registration list contact us by email at:

[LHerrera@YourADRC.org](mailto:LHerrera@YourADRC.org)

Registrations from the Treasure Coast are welcome and desired!!!

**Thank you!**



*“Everyone can be great because anyone can serve. You don’t have to have a college degree to serve . . . You only need a heart full of grace. A soul generated by love.”*

**Dr. Martin Luther King, Jr.**

*Help others learn to take control of their lives and at the same time you can have a positive impact on our community. No previous teaching experience required. Become a trained workshop Leader, teaching Seniors how to stay healthy, active, safe and independent! Make a difference. **Volunteer** today by calling the Healthy Living COE at:*

**(561) 684-5885 Ext. 59235**