

Aging in Balance Newsletter Fall – 2020

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Joya Pezzuto, RN, Program Facilitator
Cara Gosselin, RN, BP Clinic Nurse

Coffee & Conversation



Join Stephanie Chissler, Occupational Therapist and Coordinator of the Aging in Balance Department at MelroseWakefield Healthcare, for these weekly calls. Call in once or call in every week for conversation, support, resource sharing and tips to reduce stress.

**BRING YOUR OWN COFFEE OR TEA
AND JOIN IN THE CONVERSATION**

Thursday afternoons 1-2pm

Call: 1-646-558-8656
Meeting ID: 131-672-167##

MelroseWakefield Healthcare Urgent Care Center

Dedicated to providing accessible, high-quality, comprehensive care for patients of all ages.

Urgent Care in Medford (at Lawrence Memorial Hospital)

170 Governors Ave., Medford
(First Floor back entrance)
(781) 306-6100

7 days a week including holidays - 7am-11pm

Is it a stroke? Check these signs **FAST!**

Face



Does the face look uneven?

Arm



OR
Does one arm drift down?

Speech



OR
Does their speech sound strange?

Time



THEN
It's time to call 9-1-1!

Massachusetts Department of Public Health - HD2107 6/14

Mystic Community Market

A Fresh Approach to A Hunger Free Community

Walnut Street Center, 291 Mystic Avenue, Medford
Open M-T-W-F

Please call for times: 617-629-5120

MelroseWakefield Healthcare is dedicated to keeping seniors in the community healthy during the COVID-19 outbreak. We have temporarily canceled our blood pressure clinics, in person educational programs and support groups. We are now offering programs to you remotely. Together we will get through this!

NEW Online Programs using Zoom

Slips, Trips and Falls – Falls are not a “normal” part of aging. There are steps you can take to reduce your risk for falls. Falls can be devastating, costly and most importantly falls are largely PREVENTABLE. Join Stephanie Chissler, Occupational Therapist, to learn more about preventing falls on **Tuesday, September 15th at 10am.**

My Life, My Health – A free evidence based six-session self-management program designed to help you live a fulfilling life with chronic health conditions. New series beginning in October. Attend a free information session on **Tuesday, September 29th at 10am** to learn more about this beneficial program!

The SAVVY Caregiver - Are you a family caregiver for someone with Alzheimer's or related Dementias? This free six-session course will provide you with information, skills, and support for everyday life as a caregiver. New series starting in October. Attend an information session on **Thursday, October 1st at 10am** to learn more about this supportive program!

Call Stephanie and leave a message for more information 781-338-7559 or email schissler@melrosewakefield.org

Phillips Lifeline

Medical Alert Service and Philips Medication Dispensing Service – call **1-800-242-1306 x 4939**
Use coupon code: **O25SOK-P7HX - MA116** for \$50 savings on Lifeline activation

Resources for Older Adults

- MelroseWakefield Healthcare Community Hotline for non-urgent questions 781-979-3838
- Mystic Valley Elder Services 781-324-7705
- Statewide Elder Care Info: 1-800-AGE-INFO
- Contact your local Community Senior Center



September 21st – 25th is Falls Prevention Awareness Week



Tips to Prevent Falls

3 million older adults will require hospitalization because of a fall each year. Unfortunately, 2 out of 3 people will fall a second time within 6 months. Falls can cause both physical and psychological damage. The fear of falling leads to decreased mobility, limited function and altered social interaction—all which are major factors to another fall. Here are some tips to decrease your risk of a fall:

Get your vision checked- Improper eyewear and decline in vision due to cataracts or glaucoma can lead to falls.

Discuss Medications with your Doctor- Multiple medications can have possible side effects or drug interactions that can cause increased fall risk.

Discuss Osteoporosis Risk Factors- Increase Calcium and Vitamin D into your diet or via supplements. Weight bearing exercises can help to promote bone growth.

Eliminate Household Hazards- Scatter rugs, poor lighting, lack of proper hand rails on stairs, and lack grab bars/raised toilet/shower chair can increase your fall risk. The most common place to fall in the home is the bathroom. Leave a small night light on in both the bedroom and bathroom to assist with safety when getting up in the middle of the night.

Focus on Balance and Strength Training- Try standing leg exercises at the kitchen counter, Yoga, Tai Chi, or even seated exercises. Even, try practicing to stand up from the chair without using your hands. Go for a walk (while socially distanced) with friends or family!

Tips provided by Tracy Rochester, PT, MSPT, CCCE - Senior Physical Therapist, MelroseWakefield Healthcare, 781-213-5140

Centers for Disease Control and Prevention website- [cdc.gov](https://www.cdc.gov) has more information about older adults and falls prevention.



Keeping Your Brain Healthy

1. **Exercise regularly.** Exercise has many known benefits, and it appears that regular physical activity benefits the brain. Talk with your healthcare provider before beginning any new exercise program.
2. **Get plenty of sleep.** Sleep plays an important role in your brain health. It is important that you try to get seven to eight consecutive hours of sleep per night.
3. **Eat healthy.** Your diet plays a large role in your brain health. Eat a variety of fruits and vegetables, whole grains, low fat dairy products, lean protein, nuts and legumes and avoid saturated and trans fats and limit sugar and processed foods. Talk with your healthcare provider about a diet that's right for you.
4. **Stay mentally active.** Your brain is similar to a muscle — you need to use it or you lose it. To keep your brain in shape, try crossword puzzles, word searches or Sudoku, reading, playing cards or putting together a jigsaw puzzle. Consider it cross-training for your brain.
5. **Remain socially involved.** Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to connect with loved ones, friends and others, especially if you live alone.
6. **See your doctor regularly.** Staying connected and sharing your health concerns with your healthcare provider is another tool to maintaining your health and wellness.

Adapted from the Mayo Clinic Website

WORD SEARCH

AEKDVNROHGSTAYACTIVEMTH
ALMMAPRQWERPODCKFXNBEV
MBRMXCMRFJSKSLEEPMEITHJF
MEMORYRITGBNQAZRLMNJITG
VBEJDJWOAKDJEDNRIXWMWA
SOCIALIZEAZORSEMVNEDLSWR
NVZQPMNZXCVEYNEXERCISEW
AQQWERTTYUIHEALTHYEATING
XCEDVBGTYHNMJUIKCDREWSX

Can you find these words?

Memory	Healthy Eating	Exercise
Sleep	Stay Active	Socialize