

# Stay Healthy, Stay Active

## Healthy Aging Association Fall Prevention Classes

### Young at Heart Strength Training

This program focuses on the full body and works on strength, balance, and flexibility. The class utilizes resistance tubes to reduce injury and to be used by those with arthritic hands. Each class is on-going and meets for one hour per class. All classes are led by trained and certified volunteer instructors.

- Classes meet virtually via Zoom on Monday and Wednesday mornings.
- Classes meet in-person in Modesto, Oakdale, Riverbank, Grayson, and Ceres.

For more information on these classes or to become a certified volunteer instructor, please call (209) 525-4670. **Volunteers Needed!**



### Tai Chi for Arthritis and Fall Prevention

Try this effective program for preventing falls. This class works on improving balance, confidence, and muscular strength.

- Classes meet in-person on Tuesdays and Thursdays from 9:00 a.m. - 10:00 a.m. Call (209) 525-4670 for more information.



### Dignity At Home - Fall Prevention Program

This program provides in-home environmental assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County. Those interested and who are at risk for falling must meet the monthly income requirements of \$3,329 or less. For more information visit [www.healthyagingassociation.org/preventfalls](http://www.healthyagingassociation.org/preventfalls) and call the Senior Information Line at (209) 558-8698 to complete the phone interview.



## Health & Nutrition Programs

#### *Leah's Pantry: Food Smarts*

This 5-week **online** nutrition course helps participants learn how to plan balanced and tasty meals, teaches simple strategies to eat healthily, and enables participation in activities and discussion. To join the class call (209) 525-4670 or email [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com)

#### *"Go Green for Seniors" - Fruit and Vegetable Distribution*

This program offers 10 pounds of fruits and vegetables once a month to income qualifying individuals over the age of 60. Participants gain useful nutrition information and tips to be healthier. Call (209)525-4670 for more information.

#### *Wellness Wednesdays*

Join these monthly discussions on different topics, such as exercise and home safety and how these relate to preventing falls.

Please call our office at (209) 525-4670 to gain access to our Wellness Wednesdays on Zoom!

*Please turn page over to Check Your Risk for Falls*

## Check Your Risk For Falling - Circle “Yes” or “No” for each statement below

STATEMENT	WHY IT MATTERS
Yes (2)   No (0) I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)   No (0) I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)   No (0) Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)   No (0) I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)   No (0) I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)   No (0) I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)   No (0) I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)   No (0) I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)   No (0) I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)   No (0) I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)   No (0) I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)   No (0) I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
<b>Total</b>	Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Discuss this checklist with your doctor.

*Fall Risk Assessment Source: <https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf>*