



Healthy Aging Today

Trauma-Related Hospitalizations - Falls

There are many reasons people can be hospitalized, but did you know falls is one of the largest trauma-related causes of hospital admissions aside from motor vehicle accidents?

- One out of 10 falls results in an injury that causes the older adult to restrict their activities for a day or more or to seek attention from the healthcare system.
- Each year, there are about 3 million emergency department visits due to older people falls.
- Each year, there are about 1 million fall-related hospitalizations among older adults.
- In 2019, 83% percent of hip fracture deaths and 88% of emergency department visits and hospitalizations for hip fractures were caused by falls.
- Falls are the most common cause of traumatic brain injuries (TBI)

The Center for Disease Control and Prevention wants older adults to know that falls can be prevented! There may be simple steps that can be taken to prepare you physically, mentally or environmentally to prevent falls. Continue reading for more great information on fall prevention.

Source: <https://www.cdc.gov/falls/data-research/facts-stats/index.html>

Make Your Home Safe One Room at a Time

It is important to make the places we frequent most, such as our homes, safe to be able to remain independent and mobile. By making sure our homes are free of clutter, have good lighting, are equipped with grab bars, non-slip mats and clear pathways, we can minimize tripping hazards and make our daily tasks easier to perform.

The **Aging in Place - Dignity At Home - Fall Prevention Program** provides in-home environmental assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older who are at risk of falling in Stanislaus County.

Potential Injury Prevention Accessories:

- Bath bench or shower chair
- Hand-held shower head
- Non-slip bath mat
- Bedside pole
- Commode rails
- Grab bars
- Stair railings



To get this process started, contact Healthy Aging Association at (209) 618-4720. Visit <https://www.healthyagingassociation.org/dignity-at-home.html> for more information.

Prepare for Dr Appointments

Scheduling your annual physical and wellness visit is not only covered by most insurance plans, but it is important to take the time to connect with your health care team, discuss any concerns you may have, and create a preventative care plan for the coming year. When preparing for your annual appointment review, remember the following topics to talk about with your doctor:



- Specialists - Have you seen any other specialists in the past year?
- Fall prevention - Have you had any falls in the past year? Do you experience any problems with walking or balance?
- Urinary incontinence - Do you need to discuss any issues with leaking of urine or bladder control?
- Medications - Are you taking any over-the-counter medications, supplements and vitamins?
- Physical activity - Ask your doctor if you should start, increase or maintain your current exercise level.
- Mental Health - Have you been feeling sad, blue or having difficulty sleeping?
- Test results - If tests are ordered by your doctor, ask when you can expect test results.

Source: <https://www.uhc.com/news-articles/healthy-living/7-things-to-bring-to-every-health-care-appointment>

Walking Your Way to Wellness

Are you looking for a way to add a few more steps to your day and improve your health mentally, physically and emotionally? With the beautiful weather soon arriving now is a great time to get out and start walking! If you are looking for a measured Walking Route, Healthy Aging Association has created Safe Walking Routes in Modesto, Patterson and Ceres. Visit our website or call our office to view the measured walking route. Did you know that the Modesto Senior Center has a walking group Mondays and Wednesdays 9:00am-9:30am? Stop by the front desk and check in to walk with the group or call (209) 341-2974 for more information.

It's not too late to join Healthy Aging Association's Seniors Tracking Exercise in Perfect Strides (S.T.E.P.S.) 12-Week Walking Challenge. Track the miles you walk for 12-weeks and earn rewards for all the miles you walk! For more information on this walking challenge please call (209) 618-4720.

Food Smarts Nutrition Class

This 5-week course focuses on assisting participants in making healthy food choices, learning new recipes, storage techniques, and finding ways to save more at the grocery store and at home. Call our office at (209) 618-4720 to sign-up for the next available class. There is never a better time to improve your health and wellness than today! **Space is limited.**



Importance of Good Sleep - Dr. Robert Chin

Sleep is nature's way of restoring our body and mind after a day of work and activity. Without this restoration we will likely feel tired and irritable the next day. After a few days of inadequate sleep, our body's immune system is weakened and we become susceptible to viruses and bacteria in the environment. After a few weeks, we may notice some weight gain as hormones regulating our appetite are affected. And after months or years of poor sleep we become susceptible to diseases like hypertension, diabetes, heart disease, and even dementia.

It is well known that the average adult needs at least 7 hours of sleep regularly to prevent this deterioration in quality of life. Yet according to the Center for Disease Control and Prevention (CDC), more than one in three American adults do not get enough sleep. AND IT IS NOT FROM LACK OF TRYING!

While there are over the counter remedies to try and help induce sleep, here are general guidelines that must be followed first before anything else:

1. Follow a sleep schedule. Go to bed and get out of bed at the same time everyday.
2. Keep your bedroom dark and quiet. No blue light from your phone or computer 30 minutes before sleep.
3. Exercise daily, preferably in the morning.
4. Limit daytime naps to 30 minutes.
5. Limit caffeine to the morning and limit or eliminate alcohol.
6. Avoid heavy meals, especially sugary food and drinks late in the day.
7. Be exposed to natural light during the day. This will actually help with sleep at night.
8. Check your medicines for insomnia as a side effect. Even over the counter meds like decongestants can impair sleep.



Once these general guidelines are strictly followed, and sleep is still problematic, it is time to consider specific conditions that may concern you:

- Depression and/or anxiety. Obsessive thoughts, grief, sadness, and worry can cause sleep deprivation and need to be addressed with counseling and perhaps medication.
- Chronic pain like low back pain, arthritis, cancer.
- Sleep apnea, most commonly in the overweight patient, obstructs breathing and causes snoring and frequent awakening.
- Benign prostatic hypertrophy (BPH) can cause frequent nighttime urination that impairs sleep.
- Restless leg syndrome causes leg movements that disturb sleep.

You will need to see your family doctor to rule out these and other more rare diseases that can impair your ability to sleep at night. While prescription sleep medicines can help short-term, they are generally not advisable as a long term solution to insomnia due to side effects and lose effectiveness with long-term use.

Source: <https://www.cdc.gov/sleep/about/index.html>

Save the Date

THE STANISLAUS COUNTY COMMISSION ON AGING PRESENTS ITS

4th Annual Senior Ball

FRIDAY | 6.13.2025 | 5:30PM - 9:30PM
STANISLAUS VETERANS CENTER
3500 COFFEE ROAD, SUITE 15, MODESTO

APPETIZERS | DANCING | MUSIC | RAFFLETUNITY

Ticket purchases available May 1st
Ticket price: \$40 per person | Table (8 seats): \$320
Tickets can be purchased
at Modesto Senior Center, 211 Bodem Street
Call 209-341-2974 for more information.

PROCEEDS WILL BENEFIT SENIOR PROGRAMS IN STANISLAUS COUNTY

Healthy Aging Association is MOVING!

We are excited to announce that our staff is moving offices! This move will allow our organization to grow and expand our staff who help to make a positive impact in the community through the programs and services we provide. Please note the changes to our contact information below:

Healthy Aging Association
3224 McHenry Avenue, Suite F
Modesto, CA 95350

Phone: (209) 618-4720

Email: healthy.aging2000@gmail.com



Building on the corner of Robin Hood Drive and McHenry Ave,
next to Rossini's Dress Shop.



Our Mission is “to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.”

Newsletter Created and Edited by: Healthy Aging Association