

Senior Health & Wellness Fall 2024



**Serving Seniors for
Christ**

Focus on Seniors: FALLS

September: National Falls Prevention & Healthy Aging Month

October: National Check Your Meds

November: National Family Caregivers

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- ◆ Events & Programs
- ◆ Did you know?
- ◆ We Care Announcement

WE CARE

NEW "Care package" coming from SH&W. See page 6 for announcement.



EAT HEALTHY



DRINK WATER



QUIT SMOKING,
REDUCE ALCOHOL



EXERCISE
REGULARLY



REDUCE STRESS,
STAY POSITIVE



MAINTAIN
YOUR BRAIN



GET
ENOUGH SLEEP



GO OUTSIDE



STAY CONNECTED



FIND
NEW HOBBIES



TAKE CARE OF
YOUR DENTAL HEALTH



HAVE
REGULAR
CHECKUPS

Let your light shine so people everywhere may see your good actions and praise God in heaven because of it.
Matthew 5:16

FALLS AMONG THE ELDERLY FACTS

A DEADLY EPIDEMIC

Over the past twenty years, fall-related injuries and deaths among older Americans have increased at an alarming rate – a reality that has caused enormous human suffering in the United States.



FALL STATISTICS, ACCORDING TO THE CDC

NUMBER 1

Cause of injury-related deaths among persons aged 25+ years

30 MILLION

Elderly Americans fall every year

1 OUT OF EVERY 5

Falls results in a serious injury

2.8 MILLION

ER visits caused by fall-related injuries each year

300,000

Hip fractures result from falls each year

27,000

Seniors die every year from accidental falls

A COSTLY EPIDEMIC

\$50 BILLION
in total medical expenditures associated with falls in 2015 alone (IAOS)

\$101 BILLION
projected cost of treating falls by 2030 (AJLM)

\$81,300

average lifetime costs for patients affected by a fall-related injury (AAOS)

\$30,000

average hospital cost for a fall-related injury (CDC)

A GROWING EPIDEMIC

As America greys, the senior population – and impact of falling – is expected to grow.



FALL PREVENTION



Top 5 Risk Factors for Falls

Most falls are associated with one or more of the following identifiable factors:



1 Impaired Vision

Poor vision can impair balance and lead to an increase risk of falls and fractures in older people.

2 Medications

Many medications are associated with side effects like dizziness, reduced mental alertness and drowsiness, which can lead to increased fall risk.



3 Poor Balance and Gait

Regular exercise can improve balance and gait and potentially reduce fall risk.



4 Household Hazards

Environmental hazards like carpets and rugs can lead to fall-related injuries.



5 Chronic Conditions

Certain chronic conditions such as diabetes, arthritis and Parkinson's can increase your risk of falling.



TIPS to Avoid Falls

TIPS TO HELP SENIORS AVOID FALLS

A BAD FALL CAN BE LIFE-ALTERING – FROM CAUSING IMPAIRED MOBILITY TO POSSIBLE BRAIN INJURIES. HELP REDUCE THE RISKS OF FALLING.



CHECK MEDICATIONS

Ask the doctor to check your loved one's medications for side effects such as dizziness or drowsiness.



GET REGULAR EXERCISE

Strength and balance exercises like standing on one foot and weight-lifting can help build up muscle bulk.



FALL-PROOF THE HOME

Remove loose rugs, cords and clutter. Make sure rooms have good lighting. Install grab bars in the bathroom and along walkways.



"PUMP THE GAS"

After sitting for a long period, have your loved one point and flex their feet a few times before standing to get the blood flowing.



WEAR THE RIGHT SHOES

Choose well-fitting shoes with low, wide, flat heels and non-slip soles. Wear them both indoors and out.

For more information about fall prevention or a home safety assessment, contact SH&W via the church office or email Heidie Vasko at Heidie.SHW@gmail.com.

Events & Programs



Watch for more information in the bulletin.
Event sign-ups start 4 weeks prior to each event on the Kiosk at Guest Services or church website - www.fairwaycc.org/upcoming-events/

Here at Fairway Christian



CAREGIVER CONFERENCE

FREE event for family caregivers including informative presentations, lunch, and networking.

Nov 13th (Wednesday) 10:00-2:00

Fairway Christian Church

Presented by Elder Options

Registration will start in October on church website www.fairwaycc.org/upcoming-events/

For more information: caregiversupport@agingresources.org

Or call Elder Options at 800-262-2243



LIVING WELL EXPO

*Expo with over 20 local health and wellness businesses.
Special presentation, goodie bags, door prizes, giveaways.*

January 20th (Monday) 1:00 - 4:00 PM

Fairway Christian Church

Presented by Your Key to Senior Living Options



Registration will start in December on church website www.fairwaycc.org/upcoming-events/

FREE Fall Checkup by the National Council on Aging.

Stay healthy and independent by checking your risk for a fall.

Falls are not a natural part of aging. Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall.

Answer 13 simple questions to get your falls risk score and resources to prevent falls.

Online link: <https://www.ncoa.org/tools/falls-free-checkup>

The Senior Health & Wellness Ministry (SH&W) of Fairway Christian Church (FCC) invites topic experts in the areas of health, wellness, and legal to share their expertise. It is not the intention of SH&W or FCC to endorse or promote any outside business or agency. FCC has no financial gain or interest.

Additional Events/Programs Outside of Fairway Christian Church*

Senior Health & Wellness Ministry wants to share various community events and programs available to you.

PLEASE NOTE...You cannot register or get more information about these events from the church.
For more information, please use phone numbers, websites, links or emails listed below.

WHAT IS YOUR 2AM PLAN? WHEN A CRISIS HITS

September 5th (Thursday) 1:00 – 2:00 PM

Pinellas Library

7375 Powell Road #100, Wildwood

Presented by Your Key to Senior Living Options

To register (required) or for more information:

Call Lauri at 352-706-8019



MEET THE DOCTORS: ADVENTHEALTH

September 12th (Thursday) 9:30 - 11:00 AM

Sumter Senior Living

1490 Killingsworth Way, The Villages

Presented by Your Key to Senior Living Options

To register (required) or for more information:

Call Lauri at 352-706-8019



AID & ATTENDANCE SEMINAR

October 15th (Tuesday) 1:30 - 3:00 PM

Trinity Springs

12120 CR 103, Oxford

Presented by Your Key to Senior Living Options



A MATTER OF BALANCE – THE VILLAGES HEALTH CENTERS

Elder Options in partnership with The Villages Health is proving their award-winning fall prevention program designed to manage falls & increase activity levels.

Ongoing: Classes Start Regularly

This class will meet weekly for 1.5-2 hours/class for 8 weeks

Registration is required for each individual attending the class.

Location: Varies

Presented by Elder Options

To register (required) or for more information:

Call The Villages Health: 352-205-4032

Online link: <https://thevillageshealth.com/learning-center/fall-prevention/>



Did You Know?

🗣️ **IMPORTANT information to get your affairs in order !!**

💰 Make sure all bank accounts have direct beneficiaries. The beneficiary need only go to the bank with your death certificate and an ID of their own.

🏠 TOD = Transfer On Death deed if you own a home. Completing this document and filing it with your county saves your heirs THOUSANDS. This document allows you to transfer ownership of your home to your designee. All they need to do is take their ID and your death certificate to the county building and the deed is signed over. Doing this will avoid the home having to go through probate.

👨👩 Living Will: Allows one to put in writing exactly what you want done in the event you cannot speak for yourself when it comes to healthcare decisions as well as other final decisions.

👩 Durable Power of Attorney: Allows one to designate a person to make legal decisions if you are no longer competent to do so.

🏥 Power of Attorney for Healthcare: This document allows one to designate someone to make healthcare decisions for them.

🛍️ Last Will and Testament: Designates to whom personal belongings will go to.

🪦 Funeral Planning Declaration: Allows one to say exactly one's wishes as far as disposition of the body and the services. If the above documents are done, you can AVOID probate.

If all the above is not done, you have to open an estate account at the bank. All money that doesn't have direct beneficiaries goes into this account. You have to have an attorney to open the estate account. The attorney also has to publicize your passing in the newspaper or post publication at the county courthouse, to allow anyone to make a claim on your property.

📄 Make a list of all banks and account numbers, all investment institutions with account numbers, lists of credit cards, utility accounts, etc. Leave clear instructions as to how and when these things are paid.

Make sure heirs know where life insurance policies are located. 📁

📝 Make 100% sure SOMEONE knows your Apple ID, bank ID, account logins and passwords! 🚗

Make sure you have titles for all vehicles, campers, boats, etc!

Set up a TRUST for intended beneficiaries, especially those that are too young, and appoint a trustee of said trust.

MOST IMPORTANTLY!!!! - Talk with those closest to you and make all your wishes KNOWN. Talk to those whom you've designated, as well as those close to you whom you did not designate. - Do this to explain why your decisions were made and to avoid any lingering questions or hurt feelings.

⚡ We hope this lights a spark to encourage all your friends and family to take care of these things to make it easier for those we all leave behind! Our hope is that the above list at least helps you start an important conversation with your loved ones...

The above is for informational purposes and does not constitute legal advice.

Fairway Christian Church

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The Villages, FL 32162
(352) 259-9305

MAILING ADDRESS:

P.O. Box 271
Lady Lake, FL 32158

Announcement: WE CARE "Care Packages" for Incontinence Emergencies

Dear Church Family,

The Senior Health & Wellness Ministry is pleased to announce a new initiative to support those attendees who may be dealing with an incontinence emergency while at church. Starting in September, we will be providing "Care Packages" that include essential items designed to help manage the incontinence emergency at church with dignity and comfort.

If you or someone you know find themselves in need while at church, "Care Packages" will be located behind the desk at Guest Services. Eventually they will be in all restrooms. All requests will be handled with the utmost confidentiality and care.

We believe that by offering this support, we can help alleviate some of the challenges faced by our fellow members. Thank you for helping us care for one another in our church family. If you would like more information, please contact Lynn Canale.

Blessings,
Lynn Canale RN
SH&W Ministry Coordinator



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