Preventing Falls

Falls are the leading cause of injury for adults over the age of 65. Every 14 seconds, an older adult is seen in an emergency department for a fall related injury, and falls are considered the main reason that senior adults lose their independence. The experts tell us that over half of all falls occur inside the home.

While these statistics are worrisome, studies show that a combination of behavior changes can significantly reduce falls among older adults. Experts recommend:

• Participating in a physical activity regimen that includes balance, strength training, and flexibility practices.
• Consulting with a health professional about getting a fall risk assessment.
• Having medications reviewed periodically.
• Getting eyes and ears checked annually.
• Making sure the home environment is safe and supportive.
• Using appropriate balance/walking aids, such as a cane or a walker.

The Westchester County Department of Senior Programs and Services, County Executive Astorino, Westchester Medical Center and StepWISEnow are part of a national initiative to reduce falls among seniors.

The ninth annual Falls Prevention Awareness Day will be observed September 22, 2016 — the first day of fall. This year’s theme, Ready, Steady, Balance: Prevent Falls in 2016, seeks to raise awareness about how to prevent fall related injuries among older adults. Our staff attended a kick-off event at the White Plains YWCA, and we are excited that Westchester County will be on the forefront of fall prevention through a variety of programs.

In September and October education programs can be found county wide in recognition of Fall Prevention Awareness Day. For more details, visit Westchestergov.com/seniors/events calendar.

Director’s Corner

Dear Participants, Caregivers, and Friends;

“The world’s favorite season is the spring.
All things seem possible in May.”

— Edwin Way Teale

It’s here! It truly is finally here…Spring! All our hearts are a bit lighter and we all believe we can accomplish anything when the world turns to spring. It is also a time for new beginnings…and then maybe not so new. Can you believe I have been here for a year already? This past year has been 366 days (February was a leap-year) of pure joy for me, truly. I am peaceful in this very moment, as I look forward to many more joyous days, with our wonderful participants, supportive caregivers and incredible staff.

Happy spring to all!

My best to everyone,

Karen

“Be like a flower and turn your face to the sun.”

— Kahlil Gibran

Holiday

We will be closed on Saturday, May 28, and Monday, May 30 for Memorial Day.

Upcoming

Caregiver’s Support Group
The next meeting will be Tuesday, May 17, from 4:00–5:30 p.m. Call Amy at 914-241-0770 to confirm attendance.

Haircare Services Monday, June 6. Please call Amy at 241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist Tuesday, May 17. Call Amy at 914-241-0770 to make an appointment with Dr. O’Hanlon.

Illinca finds therapy in coloring beautiful, intricate designs.

Audrey and Marguerite keep each other company while waiting for the bus.

My Second Home is a program of Family Services of Westchester
Wish List

Because we are not-for-profit, there are always needs for which money may not be available. We’re grateful that you help support this important and unique program with your charitable donations.

• Bingo prizes (costume jewelry is a favorite,)
• Stretch pants
• Bird food
• Artificial/silk flowers (for arts & crafts)
• Disinfectant wipes
• Personal wipes
• Boxes of tissues

May Birthdays

Maria L.
Alice M.

Evening Edition

Evening Edition meets on Mondays from 3:00–6:00 p.m. and includes current event discussions, Intergenerational activities, light exercise, and a social time over snacks. Here, Nancy leads the group in gentle, rhythmic movements of QiGong. It reduces stress, builds stamina, increases vitality, and enhances the immune system.

For more information about Evening Edition, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

Benefits of Intergenerational Care

By Esther Heerema, MSW

There is a limited amount of research that has been conducted on intergenerational care, especially when the older generation involved in the program has dementia. Studies have, however, noted the following:

• People with dementia had a higher level of positive engagement when interacting with children.
• Older adults without dementia demonstrate a higher frequency of smiling and conversation when interacting with preschool age children.
• Intergenerational programming allows adults with dementia to be able to teach children things, such as how to fold a towel, how to dust handrails or how to categorize things such as by seasons or colors.
• Interaction with older adults has also shown benefits for the children involved, including fewer behavioral challenges and improved social development.

Source: www.verywell.com/therapeutic-benefits-children-dementia-98690