FALL PREVENTION DURING THE PANDEMIC

Fall prevention may not seem like a lively topic, but it’s important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn’t need to rule your life. Instead, consider six simple fall-prevention strategies.

1. **Make An Appointment with Your Doctor**
   Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:
   - **What medications are you taking?** Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment.
   - **Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time.
   - **Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk?

2. **Keep Moving**
   Physical activity can go a long way toward fall prevention. With your doctor’s OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

3. **Wear Sensible Shoes**
   Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. **Remove Home Hazards**
   Take a look around your home. Your living room, kitchen, bedroom and bathroom may be filled with hazards. To make your home safer:
   - Remove boxes, newspapers, electrical cords and phone cords from walkways.
• Secure loose rugs with double-faced tape, or a slip-resistant backing — or remove them.
• Store clothing, dishes, food and other necessities within easy reach.
• Immediately clean spilled liquids, grease or food.
• Use nonslip mats in your bathtub or shower. Use a bath seat and sit while showering.

5. **Light Up Your Living Space**
Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:
• Place night lights in your bedroom, bathroom, and hallways.
• Place a lamp within reach of your bed for middle-of-the-night needs.
• Make clear paths to light switches that aren’t near room entrances.
• Store flashlights in easy-to-find places in case of power outages.

6. **Use Assistive Devices**
Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices:
• A raised toilet seat or one with armrests
• Grab bars for the shower or tub
• A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. *- Created by Mayo Clinic Staff*

Vulnerability is not about winning, and it’s not about losing. It’s about having the courage to show up and be seen. —BRENÉ BROWN

---

**JFS EVENT HIGHLIGHTS**

**Thurs. 9/3 & 9/17, 2:00-3:00pm**  
Zoom Conversation Box with Hilla  
Contact Caroline for more info or Zoom connection instructions carolineg@jfssv.org or 408-947-7256

**Back in October!**  
Zoom Bingo with YA-LIVE  
Contact Caroline for more info or Zoom connection instructions carolineg@jfssv.org or 408-947-7256

**NEW**  
**Coming Very Soon! JFS@Chai House Website**  
Another way for us to connect and share!!

**COVID19 UPDATE**
Santa Clara County continues to remain on the California state watchlist. The following indoor activities/businesses are still closed:

We are encouraged to stay home as much as possible and socially distance when outside of the home. Face coverings are required!
RESOURCES & INFORMATION

Senior Shopping Hours
Safeway: Tues, Thurs & Sun 5-9 am
Target: Tues & Wed 8-9 am.
Trader Joe’s: Daily 8-9 am
Zanotto’s Family Market: Daily 8-9 am

Resources Specifically for Seniors
https://siliconvalleystrong.org/get-help/seniors/

Lifelong Learning for Seniors
Senior Planet offers several free interactive classes via Zoom every day, including exercise options (such as Morning Stretch, Chair Yoga, Balance/Strength, Fit Fusion), tech tutoring (How to Use Zoom, Online Bill Pay, How To Choose a Computer, and more), and entertainment (Creative Creations, Online Chess, etc.) Visit
https://seniorplanet.org/locations/palo-alto/events/
Senior Planet Tech Help Hotline: 650-918-5570

Is It True? Fact Check Your News
Many independent fact-checking sites analyze popular claims, quotes and factual assertions for their accuracy.
• PolitiFact.com  • FactCheck.org  • Snopes.com
• LeadStories.com  • ScienceFeedback.com
• CheckYourFact.co  • poynter.org/CoronavirusFactsAlliance
• washingtonpost.com/news/fact-checker

Oasis Senior Advisors - Silicon Valley
Contact: Mike Scoggin 650-933-3336
* Local experts in Independent and Assisted Living, Memory Care, the smaller Board-and-Care group homes, and even Affordable/Low-Income Housing.
* Personalized and completely free service for clients. (Compensated by the communities with referral fees.)

EXERCISE YOUR RIGHTS - REGISTER TO VOTE
Voter Registration Deadline Is 15 Days Before Election Day
* Register Online: https://registertovote.ca.gov/
* Paper registration forms are available at the Registrar of Voters Office & U.S. Post Offices. Signed & completed forms must be returned in person or by mail.
Visit the JFS@Chai House office if you’d like assistance.
Brain Exercise

A. Rebus Puzzles – Can you figure out the expressions? (excuse us, some may be repeats from previous issues!)

<table>
<thead>
<tr>
<th>MAN BOARD</th>
<th>STAND I</th>
<th>READING</th>
<th>MIND MATTER</th>
<th>ECNALG</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOUCH V</td>
<td>DEATH LFE</td>
<td>GOING DIET</td>
<td>LE VEL</td>
<td>CYCLE CYCLE</td>
</tr>
</tbody>
</table>

B. Missing Number I: Can you work out what the missing number should be?

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>32</td>
<td></td>
<td></td>
<td>54</td>
</tr>
<tr>
<td>25</td>
<td></td>
<td>?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Answers to Issue #8
A. Rebus Puzzle
1. through and through 2. easy peasy 3. pirate ship 4. go down in flames 5. boxing ring 6. holy water

B. Magic Triangle
5 - - - 7 - - - 13
11 - - 3
9