



Meals on Wheels Gazette

June 2016



June is National Safety Month

Observed annually in June, National Safety Month focuses on reducing the leading causes of injury and death at home, work, and in our communities. According to the National Safety Council and the Centers for Disease Control and Prevention, millions of people age 65 and older fall each year. Falling once doubles your chances of falling again. One out of every five falls causes a serious injury such as broken bones or a head injury, and over 700,000 patients are hospitalized every year because of a fall. Falls are not a normal part of aging, and assessing your risk factors & taking appropriate precautions can help you prevent falls.

Risk Factors for Falls

- Lower body weakness
- Vitamin D deficiency
- Difficulty with walking & balance
- Vision problems
- Certain medications
- Foot Pain
- Improper footwear
- Hazards in the home

Actions to take that can lower your risk for falls:

- Remove clutter that you could trip over.
- Arrange or remove furniture to create plenty of room for walking.
- Secure carpets to the floor.
- Make sure your home is well lit & use nightlights.
- Apply non-slip adhesive strips on stairs & use non-skid mats in the shower.
- Install grab bars in the shower & near the toilet.
- Have your vision checked at least once a year & update eyeglasses if needed.
- Ask your doctor if any of your medications may cause dizziness.
- Do strength & balance exercises to help make your legs stronger & improve balance.

(Centers for Disease Control & Prevention)

Save the Date
2016 Senior Picnic
Wednesday, June 22
SUNY Broome
10 AM-2 PM

Broome County
Office for Aging 

The Meals on Wheels Gazette is a monthly publication of the Broome County Office for Aging. If you have any questions, please call 607-778-6205. The nutrition program is sponsored by the U.S Administration on Aging, New York State Office for Aging, and Broome County Office for Aging.