



## TRIP & FALL SAFETY TIPS

Many falls result in broken hips, which cause over 300,000 Americans to be hospitalized each year. Broken hips almost always require surgery, and the recovery process is long and tedious. In addition to the physical injury, adults who fall may become fearful of moving about and leaving the house. Falls can increase isolation and may lead to an episode of depression. Review these tips and make any changes that may put you in harms way of a trip or fall.

**GET A CHECK-UP:** The first step to preventing falls is to make sure you don't have any treatable medical conditions that could cause you to slip and fall. Bring a list of your medications (both prescribed and over-the-counter), and ask your doctor if any of them could cause balance, vision, or other troubles that could make you unsteady on your feet. Have your doctor check you out for eye, ear, and other conditions that can affect your balance and coordination. Ask your doctor what fall-prevention strategies he or she recommends for you.

**STAY ACTIVE:** Keeping your body healthy is one of the best ways to prevent falls. Exercise keeps up your balance, reflexes, and muscle and bone strength, helping you stay on your feet, and also helping prevent serious injury if you do slip. Low-impact exercise such as yoga, water aerobics, or daily walks will keep your muscles and joints strong.

**GET RID OF FALL HAZARDS AROUND THE HOUSE:** Walk around your home with a critical eye, and remove anything that could potentially cause a fall, such as: objects in walkways, electrical cords, coffee tables, plants, and loose rugs. Fix any loose floorboards or carpeting right away.

**WEAR THE RIGHT SHOES:** Your old slippers may be comfortable, but they're called slippers for a reason! Don't shuffle around the house: always wear properly-soled shoes to help prevent slips.

**LIGHT THINGS UP:** Brighten up those lights to help you see where you're going. Pay special attention to walkways and dark stairwells. Make sure your path to the bathroom is lit with nightlights in case you need to get up in the middle of the night. And, keep flashlights in key places incase the power goes out.

**USE ASSISTIVE DEVICES:** If your doctor recommends a walker or cane, use it! Install grab bars in the shower or tub, hand rails for both sides of the stairway, and a raised toilet seat. These little things will help make your life safer and easier.

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## STAYING HEALTHY IN COLD WEATHER

### 10 TIPS:

1. Stay warm, keep blankets, thick socks, gloves and hats in easy reach.
2. Stock up on cold weather foods like soups and stews. Keep warm drinks on hand too.
3. Make an appointment for yourself to receive a flu shot... encourage your family members to do the same.
4. Eat a healthy diet.
5. Wash your hands often. You hear it everywhere, you read it everywhere, now it's time to practice. You should wash your hands with soap and warm water for at least 20 seconds.
6. Drink plenty of water.
7. Cover your coughs and sneezes with a tissue and promptly put it in the trash.
8. Do your best to keep stress to a minimum.
9. If at all possible stay indoors during extremely cold or wet weather.
10. Be sure to get enough sleep.





## WOMEN IN BUSINESS

**Advanced Security** and **EasyCall** recently hosted a table at The Eureka Kiwanis' Women in Business luncheon. The lunch was a great time and a huge success. We thank the Eureka Kiwanis for recognizing and celebrating local women in business. Seated at our table was Jill Macdonald, Shayna Matteoli, Melissa Merriyman, Robyn Petrusha, Agatha Nord, Polly Endert and Sally Hill.



### SENIOR

### 'DIGITAL' CITIZEN

**60%**  
OF SENIORS 65+ ARE  
ONLINE

**75%**  
CONNECT WITH  
FRIENDS & FAMILY

**60%**  
SHOP

**50%**  
USE SOCIAL  
NETWORKS

**25%**  
SAY THEY NEED  
HELP

**25%**  
ARE NOT USING  
PRIVACY SETTINGS  
AT ALL.

## APPLE SQUARES

*"Apples, nuts and cinnamon make these bars delicious"*

### INGREDIENTS

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1 cup sifted flour                  | 1 egg                          |
| 1 teaspoon baking powder            | 1 teaspoon vanilla extract     |
| 1/4 teaspoon salt                   | 1/2 cup chopped apples         |
| 1/4 teaspoon ground cinnamon        | 1/2 cup finely chopped walnuts |
| 1/4 cup butter or margarine, melted | 2 tablespoons white sugar      |
| 1/2 cup packed brown sugar          | 2 teaspoons ground cinnamon    |
| 1/2 cup white sugar                 |                                |

### DIRECTIONS

1. Preheat oven to 350 degrees. Grease a 9x9 inch pan, Sift together flour, baking powder, salt, and 1/4 teaspoon of cinnamon: set aside.
2. In a large bowl, mix together melted butter, brown sugar, and 1/2 cup of white sugar with a wooden spoon until smooth. Stir in the egg and vanilla. Blend in the flour mixture until just combined, then stir in the apples and walnuts. Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar. Sprinkle over the top of the bars.
3. Bake for 25 to 30 minutes. Cool in the pan and cut into squares.



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# EasyCall

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