



Independence....

Each year, one in every three adults age 65 and older falls. Falls can lead to moderate or severe injuries such as hip fractures and head traumas and are the leading causes of injury death among those age 65 and older.

As adults grow older their risk of being injured in a fall increases exponentially. Older adult falls lead to reduced functions and premature loss of independence. Oftentimes a fall may indicate a more serious underlying health problem. Many falls can be prevented by making simple personal and lifestyle changes:

Health

- Have your vision tested once a year.
- Have your blood pressure checked annually.
- All medical equipment should be properly sized by a medical professional.
- Maintain a diet with adequate amounts of vitamin D and calcium.

Shoes & Clothing

- Wear properly-fit sturdy shoes with nonskid soles.
- Replace slippers that are stretched out or too loose.
- If you're a woman who can't find wide enough shoes, try men's shoes.
- Make sure clothes properly fit to prevent from catching.

Medications

- Have your doctor or pharmacist review your medications. Some medications do not work well together and may affect your balance.
- Avoid drinking excess alcohol while taking medications.
- Have an up-to-date medication list and bring it to all doctor visits.

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Iron

Iron is an important mineral found in red blood cells. Red blood cells are the oxygen-transporting cells of your body. Iron deficiency may lead to anemia, which is a condition that develops when your body does not have enough healthy red blood cells. A common symptom of anemia is fatigue.

When people get older, they may not consume enough iron in their diets, or their bodies absorb less iron. Because iron is found in red blood cells, bleeding caused by ulcers, injury or even surgery may cause iron loss. As with all supplementation, you should not begin taking iron unless told to do so by your doctor.

Like calcium, there are many different forms of iron that you can buy over the counter, so make sure to talk to your pharmacist. After taking iron, you may experience an upset stomach. Your doctor may tell you to take it with food if this occurs. Like calcium, iron can cause constipation. Iron can also turn your stool black. Unless you have other stomach problems or medical conditions, this is not a cause for concern.

Fall-Proofing Your Home....

Your home may be filled with fall hazards, so take a look around every room. There are easy preventative measures you can take to prevent falls and eliminate hazards.

- ◆ Put in night-lights so you can see where you're walking after dark.
- ◆ Remove area or throw rugs or use non-slip backing tape so the rugs will not slip.
- ◆ Use a non-slip rubber mat or non-skid adhesive textured strips on the floor of your tub or shower.
- ◆ Install grab bars for support inside the tub and next to the toilet.
- ◆ Store food, dishes and cooking equipment within easy reach. Move items on high shelves to cabinets, lower shelves or countertops.
- ◆ Make sure all carpeting is firmly attached to every step or remove the carpet and attach non-slip rubber treads.
- ◆ **Always** keep all objects off of stairs.

Healthier Soft Oatmeal Cookies

Moist oatmeal cookies are given a healthier and tastier boost with whole wheat flour, rolled oats and dates

INGREDIENTS:

- 1/2 cup butter
- 1/2 applesauce
- 1/2 cup white sugar
- 3/4 cup packed brown sugar
- 2 eggs
- 1 t vanilla extract
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 t baking soda
- 1 t salt
- 2 t ground cinnamon
- 1 cup diced, pitted dates
- 3 cups rolled oats

DIRECTIONS:

1. Beat butter, applesauce & sugars with a mixer in a large bowl till smooth. Add eggs, one at a time. Beat in vanilla. Combine flours, baking soda, salt and cinnamon in a separate bowl. Stir into butter mixture. Fold in oats and dates. Cover and chill dough for at least 1 hour.
2. Preheat oven to 375 and grease 2 baking sheets.
3. Roll dough into walnut-size balls and place 2 inches apart onto baking sheets. Flatten each cookie with a large fork.
4. Bake for 8-10 minutes and let cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

EasyCall Television Stars....

Bettie & Lenore

Bettie Albright & Lenore Dias, both **EasyCall** customers, recently made testimonial commercials praising the “peace of mind” their **EasyCall** device gives them. They did a wonderful job, were professional and quite lovely. Everyone at **EasyCall** thanks them. We are sure you will enjoy their performances as much as we do! Look for them on many of your favorite television stations.



What Makes Up a Healthy Lifestyle?

How much do you know about what makes up a healthy lifestyle? Take our pop quiz.

1. **How do you define working out?**
 - a. Going to the gym.
 - b. Turning the jump-rope for the neighbor's kids.
 - c. Tossing the ball to your dog.
2. **How do you define good nutrition?**
 - a. Eating a vegetable at every meal.
 - b. Eating two vegetables at every meal.
 - c. Drinking a fruit smoothie for breakfast.
3. **Which of these is a healthy activity?**
 - a. Push-ups, sit-ups or running the track.
 - b. Walking the dog after dinner.
 - c. Spending Sunday afternoon snoozing on the sofa.

Believe it or not, the correct answer to every question is A.B & C - even that Sunday afternoon snooze! Sneaking healthy habits into our daily living is easier than we think. Doing something, no matter how small, is infinitely better for you than doing nothing. If you let yourself make small changes, they will add up to meaningful changes in the quality of your diet, your physical activity pattern, your capacity to deal with stress, and in your sleep quality. Those four things comprise an enormously powerful health promotion that can change your life.

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