



# The Companion "Let Freedom Ring"



Offered Exclusively by **Advanced Security Systems**.

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## **Falls affect more Americans aged 65 and over than heart attack & stroke combined....**

Falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to the emergency room annually. In 2010 approximately 21,700 older adults died from fall injuries. The number of fall deaths among those 65 and older is four times the number of fall deaths among all other groups. Falls affect more Americans aged 65 and over than heart attack and stroke combined. Older adults are more prone to becoming victims of falls and the resulting injuries can diminish their ability to live independently and lead an active life.

Many people are not aware that more than half of all falls occur at home. Fall-related injuries are often serious enough to result in hospitalization and even premature death; moreover, persons who fall often face significant declines in mobility and independence. Falls are largely preventable, and as our population ages, more and more individuals will see their risk of falling increase. People of all ages, but especially older adults, will benefit from fall-proofing their homes and making lifestyle changes to decrease their risk of a fall leading to injury or even death. It is necessary to understand the leading risks for falls and take measures to help keep you and your loved ones safe.

Although preventing falls is the best solution, not all falls can be prevented and about half of older adults who fall cannot get back up without help. Delayed intervention or prolonged lie times after a fall may result in dehydration, pressure ulcers and other serious medical complications that very likely require hospitalization and which may be avoided with quick access to help.

**EasyCall** is here to help you and your loved ones live independently in the safety of your home. If you know someone who would benefit by using **EasyCall**, refer them today and we'll treat you to a free month of monitoring...a \$29.95 savings.

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## **Blueberry Banana Almond Kale Smoothie**

Kale is rich in iron and calcium to strengthen bones, while blueberries pack antioxidants and memory-boosting compounds. Chia adds inflammation-reducing omega-3 fatty acids to improve cholesterol and almonds are bursting with vitamin E to beautify your skin.

- 1/2 C Almond Milk
- 1/2 C Kale Leaves, stem removed
- 1/2 Large Banana
- 1/4 C Frozen Blueberries
- 1/2 Tbsp Almond Butter
- 1/2 Tbsp Chia Seeds.

Combine all ingredients in a high-speed blender, and blend on the highest speed until smooth.

**Blueberries** are a powerful super food. They are rich in nutrients, antioxidants and phytochemicals which may help prevent and, in some cases, reverse the effects of aging, cardiovascular disease, arthritis, diabetes, high blood pressure and certain types of cancer. New studies make it clear that we can freeze blueberries without damaging their antioxidants.

## Health Activities You Can Do In 15 Minutes or Less...

Your health is a priority, but that doesn't mean you want to spend long hours each day making sure you stay well. Luckily some of the best things you can do for yourself only take a matter of minutes each day. Here are four big-impact health activities that you can do in 15 minutes or less:

- ◆ **Get flexible with gentle stretches:**  
Stretching for five to 15 minutes each day can help keep muscles and joints flexible, gets your blood flowing, and helps increase overall body health. Stretching can also help maintain your mobility levels and decrease the risk of falls.
- ◆ **Get an oil change- in your kitchen:** The right kinds of oils can benefit your health and wellness, and the wrong ones can put you at risk for high cholesterol, heart disease and even cancer. The two types of oil to keep in your kitchen are extra virgin olive oil and organic grape seed oil. These oils contain monounsaturated fats which help boost your HDL cholesterol and lower your LDL levels.
- ◆ **Consider taking an omega-3 fish oil supplement:** Omega-3 essential fatty acids have the ability to prevent common disease as well as benefit the brain and overall health. You can only get these essential fats through what you eat and for many Americans this can be impossible. Include food sources like wild salmon and sardines, as well as plant sources like walnuts and flax-seeds. Luckily you can fill the nutritional gap by incorporating a high-quality fish oil supplement into your daily routine. Look for a Omega-3.
- ◆ **Eat more fresh fruits and veggies each day:** It is important to aim to make half your plate fruits and vegetables at meals every day. Fresh produce provides high levels of nutrients that your body needs. Try to incorporate fresh fruits and veggies daily and don't forget about frozen and dried options without added sugars or preservatives. The tasty, nutrient-rich options are endless...from berries, apples, bananas, and cherries to broccoli, tomatoes, carrots, cabbage and kale.

## Quality Service First...



**Advanced Security** and **EasyCall** hosted a service seminar led by a world class service expert from the Ritz Carlton. All employees attend this workshop that focused on ways that we can better serve our customers with outstanding quality service. Quality service is not only an expression of our values as an organization but also standards that are not to be compromised.

## 5 Ways to Maintain Independence

1. **Downsize** : If you're living alone in your 4+ bedroom, two-story home on an acre of land, you've got your hands full with upkeep and maintenance. Perhaps now is the to downsize to a smaller one-story home with less upkeep.
2. **Seniorize your home** : A complete checklist is available on-line at [www.kcet.org/shows/yourturntocare/do/seniorizing-your-home-making-it-safe-for-elderly.html](http://www.kcet.org/shows/yourturntocare/do/seniorizing-your-home-making-it-safe-for-elderly.html) to help with proper safety precautions.
3. **A Little Help from Your Friends** : Neighbors, friends, and family can pitch in and help buy groceries, fill prescriptions, shop for clothes, etc., but you'll also want to find a driver/errand helper for backup. Word of mouth is a great way to find help.
4. **In-Home Service Providers** : An injury can cause a disability. Home health care offers an approach that lets you retain your independence. Hiring a range of services providers can keep you living independently at home while rehabbing.
5. **Technology Is Your Friend** : Technology can extend senior independence by ensuring safety. Personal Emergency Response systems allow seniors to summon help quickly should one fall or need medical attention.



# EasyCall

Personal Emergency Response