

## September Falls Issue

I bet you're thinking that I made a typo. Ha! Not the case. At *least not so far.*

**SEPTEMBER IS NATIONAL  
FALLS PREVENTION MONTH!**



To be honest, as an older adult, I never thought about the *severity* of the injuries that I could sustain from a simple fall. All I know is the older I get, the more it hurts when I fall and the longer it takes to heal. Not until I began working for the Olympic Area Agency on Aging a year ago, did I even *think* about falling as being "an issue". Not all of us get to work someplace surrounded by an abundance of information that's all about services & information for older adults and caregivers. So, I tell you this: if you haven't thought about the consequences of falling as an aging or older adult, it's time to pay attention. Here's why: "Falls have become **epidemic** in America and are now the leading cause of death due to injury for those over 65, and account for 40% of all nursing home admissions." This certainly warrants our attention. It got mine.

Perhaps it's a little boring to read about statistics, but...it's better to read about them than to become one. Some of us in our own minds may still consider ourselves youthful (I know I do) and we're not paying attention to the fact that our physical selves may not match our youthful ideas. "The majority (55%) of fall injuries occur inside the home and 23% outside, near the house. Falls cause the majority of hip fractures. They are also the leading cause of traumatic brain injuries. Nearly half of all seniors sustaining a fall DO NOT resume independent living."

The statistics above are assimilated and cited on the AGE SAFE AMERICA website. This website also includes home safety tips--plus guidance for some *very easy* exercises that we can start doing NOW to help prevent falls. **FALLING CAN BE PREVENTED.** It's important that we make an extra effort to maintain our balance and strength to prevent a fall. Check out these easy exercise tips and more from this website: [Click here.](#)

To bring this topic a little closer to home, the **Washington State Department of Health** is taking action to reduce fall-related deaths and injuries in all regions. "**Finding our Balance**" is the state's Action Plan for Older Adult Falls Prevention. Beginning in 2018, this five-year plan includes six strategy areas of focus. Here's some of the information

they've collected: [Click here](#) to see the rate of deaths from falls by county, and [click here](#) to see the rate of hospitalizations for falls. To keep yourself from becoming a grim statistic, check out their website for older adult falls resources to prevent falls. You may be just as surprised as I was that SO MUCH work is being done -- just to prevent us from falling!!! [Click here.](#)

I hope you will agree that learning more about avoiding falls (falls prevention) is important. Because, **FALLS CAN BE PREVENTABLE**. Let's explore some of these prevention ideas along with A LOT more of other interesting, **important** & healthy topics!

Remove any loose rugs, use the handrails, and Read On!

### In this issue - Healthy, **IMPORTANT** & Interesting Stuff!

- Is it that simple to make my home safer???
- Floors & Stairs & Cords - OH MY!
- Fall Harvest: Baked Parmesan Squash (you might eat the whole batch yourself...I did)
- Falling for you...! By O3A's Jody Moss
- Well, if Harvard Health says this about Falls!
- This ISN'T warm and fuzzy news about falling...
- Predicting Your Future?
- It's still not too late to Plant a Fall Garden...see what grows!
- **DON'T SKIP: What to know about the upcoming Flu Season**
- Useful Info: Check out Previous Trending Healthy Issues
- In case you missed it: Powerful Tools for Caregivers..pass it on!
- **A Mental Health Concerns: The 2nd Wave of COVID-19**
- Fall Carrots (actually, year-around carrots!) Easy Recipe!
- Falls in Washington State (includes pictures)
- Trending Healthy POP QUIZ!
- The Living Well Resource Guide - check it out online.
- Pass it on! Thank you!
- **Is there a healthy aging topic you would like addressed?**

**Do you wonder what services are available for Older Adults and Caregivers? You should call us!**

Here are the numbers for our offices:

**Clallam County:** Forks Office(360) 374-9496, Sequim Office (360) 452-3221

**Grays Harbor County:** Aberdeen Office (360) 532-0520

**Jefferson County:** Port Townsend Office (360) 385-2552

**Pacific County:** Long Beach (360) 642-3634, Raymond (360) 942-2177

Or visit our website: [www.O3A.org](http://www.O3A.org)



**It's SO easy to increase your safety at home!** These simple changes to your home, also known as "home modifications" (sounds expensive, but it's not) "can make activities easier, improve your health and wellness, and reduce your chances of falling." [Click here](#) to read how to



Whether it's slippery floors, rickety stairs, or electrical cords, some of the most common causes of falls are in the home, where you might have a false sense of security. Here are nine ways you can prevent falling at home. [Click here.](#)



**Fall Harvest Recipe!** You won't believe that this recipe for **Baked Parmesan Squash** only calls for two ingredients. I fell for it immediately. Thank you to Vanessa for bringing in some squash from her garden that inspired me to find this recipe! It works for all sorts of squash, and only takes about 20 minutes. [Click here](#) to find the recipe (scroll down past all the mouth-watering pictures to get to the recipe). BTW: the picture here is from my kitchen! I baked them using both the parmesan in the shaker can and fresh grated parmesan.

And, for real: I ate this whole batch myself - guilt free. Hang on to THIS healthy recipe!

## Falling for you, but not FALLING!

Here is an article written by our own Jody Moss, Director of Contracts Management and Planning. "Falling in love...falling for a pair of shoes...falling as in a 'face plant'..." [click here](#) to read Jody's story!



## Well, Harvard Health says:

There are simple exercises to prevent falls. As simple as heel raises...[click here](#) to read what these HEALTH EXPERTS have to say about exercise and balance to prevent falls.

## Older Americans Are Dying More From Falls.

As I looked into finding more information about why older adults die from falling, I couldn't believe how many articles and reports there were. I believe it's important for us to understand why such a seemingly innocuous accident can be life-threatening. I appreciate how this July 15, 2020, article posted on the AgingCare website addressed the topic. Perhaps this will help us all understand why older adults die from a simple fall. [Click here.](#)



## Every

**20 Minutes**

an older adult dies from a fall in the United States. Many more are injured.

**YOU CAN PREDICT YOUR FUTURE:  
PREVENT THAT FALL!** The risk of falling in



older adults is usually related to a combination of factors including, balance and/or walking problems, the use of multiple medications, hazards in the home, feet and footwear issues. Falls often occur when... [Click here to continue reading.](#) Check out the easy exercises to prevent falls. Come

on...[prevent that fall that awaits you in the future!](#)

**IT'S NOT TOO LATE TO EAT HEALTHY & FRESH FROM YOUR YARD:** It's still not too late to toss some seeds in the ground! Beets, Carrots, Onions, Salad Greens, AND MORE. Check out this website if you want more information. [Click here.](#)

If you don't have a patch of ground to garden with, check out how you can grow **HEALTHY** fall vegetables in containers! [Click here.](#)



### A Flu Season, in the Middle of a Pandemic?

First, here are some interesting **FACTS** about how the pandemic flu is different from seasonal flu. Check out this side-by-side comparison by the CDC: [Click here.](#)

Next, what can we expect from this year's flu season? The CDC also reports that "**this season, a flu vaccine is more important than ever**". It's a little technical to read, but it explains why: [Click here.](#)

More information is posted by *The Washington Post*, whose attention-seeking headline reads, "*Covid-19: A bad flu season colliding with the pandemic could be overwhelming*". [Read the article here.](#) After they get the reader's attention, they offer that "the months ahead don't have to be so difficult. If people follow social distancing measures, those measures will limit transmission...".

CNN reports that, "**this could be your most important flu shot ever**". [Read here.](#) Overall, the message is to **GET YOUR VACCINE** for this year, as this will help not to overburden our medical centers, and **KEEP UP MASKING, DISTANCING, AND WASHING YOUR HANDS.** (Hang in there folks. We will get through this! *If you are a comfort food eater like me, head for the Baked Parmesan Squash recipe.*)

Check out helpful and timeless information in our previous issues of *Trending Healthy!*



Several issues include useful information about [how to cope with this darn pandemic](#). [Click here!](#)

**Trending Healthy SPECIAL ISSUE**  
Serving Clallam, Jefferson, Grays Harbor & Pacific Counties

## Community

How do you define "Community"? Is it a collection of buildings, clustered together offering goods and services for our households? It's actually more than that. It's about us--human beings, interacting with Good Will. So, amidst a Pandemic and physical distancing directives, how can we strengthen our own communities? Sounds daunting? Like something that may seem too big or out of control?







**Powerful Tools for Caregivers, A Class for Family Caregivers.** Submitted by Margaret Taylor, Each Moment Counts, LLC, and a Powerful Tools Trainer. You can contact Margaret for more information about this free training, available online for caregivers. Email - [eachmomentcounts@outlook.com](mailto:eachmomentcounts@outlook.com) :

Have you lost taking care of yourself while taking care of a vulnerable family member or friend? So busy with their needs that you have forgotten your own? Caregiver burnout is real. And it impacts the health of the caregiver and the person receiving their care. A recent CDC study found that almost 31% of self-reported unpaid caregivers had considered suicide in the past 30 days. Powerful Tools for Caregivers is an online (free) workshop sponsored by the Olympic Area Agency on Aging which puts the focus on the caregiver's goals. **Workshop dates are posted on the Olympic Area Agency on Aging calendar. PRE-REGISTER NOW.** To find out when the next training starts, visit the O3A website or contact Margaret directly at the email above. [www.O3A.org](http://www.O3A.org)

### **Mental Health Concerns: The Second Waive of COVID-19.**

Psychiatric Times, in their June 14, 2020 report, states, "the pandemic has brought about uneasy feelings that can exacerbate mental illness and cause further mental health issues...". There is a whole lot of information out there about the spikes in mental illnesses due to this awful pandemic. But, let's not focus on that, instead **learn how to avoid some of the depression and anxiety that is being caused by this pandemic.** You need to take an active role in strengthening your own mental health! The usual recommendations: Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Avoid excessive alcohol and drug use. **Please just take a couple of minutes to check out some of the following websites. We will be losing more daylight during the day as Winter is coming, which makes some people more susceptible to SAD (Seasonal Adjustment Disorder). You may be able to help yourself OR a friend or family member who may be struggling a bit emotionally. It's worth it to learn more about mental health wellness. Physical Health + Mental Health = Total Health!** Click on any of the following:



[Coping with Stress](#)

[COVID-19 and Your Mental Health](#)

[5 Ways to Manage Your Mental Health During COVID-19](#)

[How to Become Mental Strong \(includes a free packet to download\)](#)

[Overcoming the stigma of mental illness](#)

[Mental Health First Aid USA](#)

[Washington Suicide and Crisis Hotlines](#)



**Fall Carrots!** The "johnnyseeds.com" website reports that "just as the flavor of some carrots can be ruined by warmer temps, fall-harvested carrot flavor tends to be better because the roots mature under cooler conditions. Carrot roots often become even sweeter, which explains why fall-harvest carrots are so popular". Well, I like cooking with carrots because they are inexpensive and available year around at the store. Here's a VERY easy, healthy & delicious recipe. [Click here.](#)



**Falls in Washington State.** So, you now know the statistics of falls for older adults, and we have provided you with some resources to help prevent a disastrous fall. So, the next step or "fall" is up to you. Here are several photos of falls in Washington state. [Click here.](#)

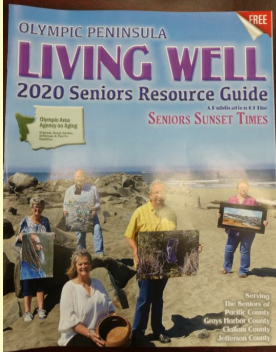
#### Trending Healthy POP QUIZ:

1. There is nothing I can do to make my home safer to prevent falling: True or False?
2. Every 20 minutes, an older adult dies from a fall: True or False?
3. Falls are preventable: True or False
4. Baked Parmesan Squash calls for four ingredients: True or False
5. It's too late to plant a Fall Garden: True or False
6. Some falls in the state of Washington are worth looking at: True or False
7. If I learn more about mental health, I can help myself or others avoid depression and anxiety during COVID-19? True or False?



**The "Living Well 2020 Seniors Resource Guide" is coming to a rack, stack, or stand somewhere near you.** Watch for it! It's seriously packed with excellent resources and services for older adults and





caregivers. I appreciate that it has a three-page index in the back that lists every service in alphabetical order. Sooooo easy to use! And, here's where you can find it online. Share it with someone you know! [click here](#)



### PASS THIS ON!

Dear Reader: Thanks for making it this far in the newsletter! I hope that you found something interesting and helpful to read. My hope is that you will recommend this newsletter to another awesome older adult who may enjoy our "trending healthy" topics. Or, have them visit our website and sign up for themselves! Please visit [www.O3A.org](http://www.O3A.org). [Click here to go to the website.](#) Thank you!!

### TREAT YOURSELF TO SOMETHING HEALTHY TODAY!

**Editor's Invitation:** Greetings! Thank you for reading *Trending Healthy*. I invite you to let me know if there is an important topic about healthy aging that you would like to see us address. **Please let me know!**

You can reach me at  
[janis.housden@dshs.wa.gov](mailto:janis.housden@dshs.wa.gov).

Peace, Love, and Aging Gracefully, Janis M. Housden  
I got my flu shot, got yours yet?



[www.o3a.org](http://www.o3a.org)