



## FALLING. It's Really Going to Hurt You!

**SEPTEMBER IS NATIONAL  
FALLS PREVENTION MONTH!**



**Doesn't looking at this picture make you wince...**just a wee bit? All you might be able to think about in the mere seconds before you body slam the floor is that, "this is gonna hurt". Or maybe, "I knew I shouldn't have tried to carry this tray and serve tea in my great-grandmother's Royal Copenhagen tea cups".

Remember back to a time when you were first learning how to ride a bike and what a joy it was to sail along and feel the wind at your face? Ever fall over or crash and skin your knee? Now, think about a similar type of fall today. It's just not a skinned knee anymore, darn it! It's gonna hurt.

Statistics reflect that as we age, falling is more severe and it takes much longer for us to heal...*if* we heal at all. "From late-night tumbles on the way to the bathroom, slips/trips because of our pretty throw rugs, to accidents outdoors, more and more elderly Americans are dying after a fall..." [click here](#) to finish reading this resource if you want. But, I believe you understand what's trying to be said here.

However, if you haven't honestly and completely thought about the consequences of Falling as an aging or older adult, it's time to pay attention. Here's why: "Falls have become a **"major 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." Yikes! This certainly warrants your attention. It's got mine.

**Fortunately, there IS something we all can do  
to avoid being included in these statistics !!!**

### IN THIS ISSUE:

Let's take a quick look at reminding ourselves how we can avoid falling (aka falls prevention). Because, **FALLS CAN BE PREVENTABLE!**

Let's explore and learn about some of these simple prevention ideas along with a few other interesting and **important** topics! And, how

about...some Recipes! I'm thinking Late Summer Veggies!!!



**WELCOME NEWEST TRENDING HEALTHY READERS!!** Thank you for signing up and joining our reading group: Marion K., Pam B., Michele G., Will J., Vickie S., Robby R., Rebecca C., Sharon M., Peggy A., Princess K., and Deborah B.

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

### In this issue:

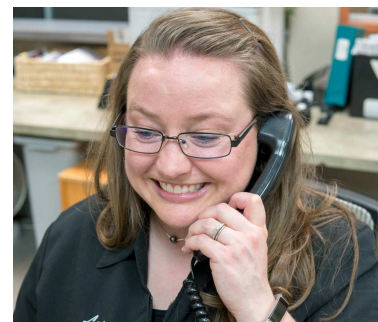
- It's How Much Work To Make My Home Safer?
- Floors & Stairs & Cords - OH MY!
- Fall Harvest: Baked Parmesan Squash
- Falling For You...! By O3A's Jody Moss
- YOU CAN PREVENT YOURSELF FROM FALLING WITH THIS...
  - What's *Your* Score?
- This ISN'T Warm and Fuzzy News About Falling...
- Low Carb Sweet Bell Pepper Salad - So Easy!
- It's Still Not Too Late to Plant a Fall Garden...see what grows!
- **Washington State Department of Health: Our Fall Stats**
- Why You Should Check out Previous Trending Healthy Issues
- **Coping with Pandemic Fatigue...ugh!**
- Fall Carrots (actually, year-around carrots!) Easy Recipe!
- Falls in Washington State (viewer discretion: includes pictures)
- Trending Healthy POP QUIZ!
- The Living Well Resource Guide - must check it out online.
- FUN STUFF: Labor Day - Trivia!
- 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:

**THERE IS A REAL PERSON READY TO  
TAKE YOUR CALL!**



**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 SIMPLE to Increase Your Safety at Home!

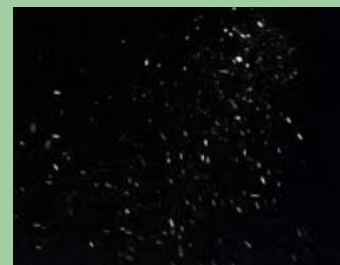
These simple changes to your home, also known as "home modifications" (sounds expensive, but it's not) can make activities easier, improve your health and wellness, **and reduce your chances of falling.**



1. **Keep stairs & pathways clear** of simple little things that can trip us up like shoes or dog toys.
1. **Be aware of uneven surfaces.** Remove your throw rugs or use a rug gripper underneath. *Oh my gosh...how many of you know what it's like to catch the toe of your shoe on a crack in the sidewalk...in public?*
1. **Keep frequently used items close by.** Reaching up high or bending down low to reach can cause you to lose your balance.
1. **Flip on the light or use plug-in little night-lights.** Not the time to try and save on your electricity bill. Make sure your path is clear and visible for late night glasses of water or bathroom visits.
1. **Add supports in the bathroom.** Non. Skid. Strips. In. The. Shower/Bathtub. Also, get grab bars installed!!! A LOT less hassle and expense compared to a broken hip.

[Click here](#) to read further how to make your home safer, from the StopFalls website.

**Whether it's slippery floors, rickety stairs, or electrical cords,** some of the most common causes of falls are in the home. [Click here](#) to learn more about where you might have a false sense of security in your own home!



Here are nine ways you can prevent falling at home:

- Clean up clutter
- Tuck away electrical cords
- Repair or remove tripping hazards
- Install grab bars and handrails
- Don't wear socks-wear shoes or non-slip slippers
- Move around...thoughtfully, and not too quickly
- Light it up in the dark! Hallways, bathrooms... *(This is a picture of*

snow falling in the dark. That's okay. You falling in the dark. Not okay.)

**Yellow Squash Recipe!** You won't believe that this recipe for **Baked Parmesan Squash** only calls for two ingredients. I fell for it immediately.

It only takes about 20 minutes. [Click here](#) to find the recipe (scroll down past all the mouth-watering pictures to get to the recipe).

Editor's note: 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's an article I really like 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 funny and personal story!



## STRENGTHEN/MAINTAIN YOUR BALANCE:

This really is **KEY** in preventing falls!

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.



**THE CORONAVIRUS PANDEMIC HAS CHANGED A LOT OF THINGS. BUT ONE THING THAT'S STILL THE SAME:**

**FALLING IS NOT A NORMAL PART OF AGING**

**TAKE THIS QUICK FALLS CHECKUP!!**

I scored a 6

[click here](#) to answer these 12 short questions!!!

What's your score? *Come on...I challenge you to beat mine. ; )*



## Older Americans Are Dying More From Falls.



As I researched to find out more information about **WHY older adults die from falling**, I *couldn't believe* how many articles and reports there were. I found all of this information, well, to be honest---quite upsetting.



**Every 20 Minutes** an older adult dies from a fall in the United States. Many more are injured.

It's important for us to understand why such a seemingly innocuous accident can be life-threatening!!!

Perhaps this will help us all understand why older adults die from a simple fall. [Click here to read more about the consequences of a simple Fall.](#)

And, if you choose not to read this, then just please take steps to make your home safer, inside and out. Thank you. O3A Cares!!!

### Sweet Bell Pepper Salad

It's the feta cheese that's gonna impress you about the favor of this recipe! Yum... [Click here](#) for this easy and rainbow colored healthy salad. Scroll through some of the options to get to the recipe. *Editor's note: I've made this recipe. I toss in some Garbanzo/Chickpeas. There's about 39 grams of Protein in cup!*



*Say, if you don't have time to make the dressing? Try using some low carb Olive Garden dressing. It works. ; )*

**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.](#)



**YOUR Washington State  
Department of Health:**

To bring the topic and statistics of Falling 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:



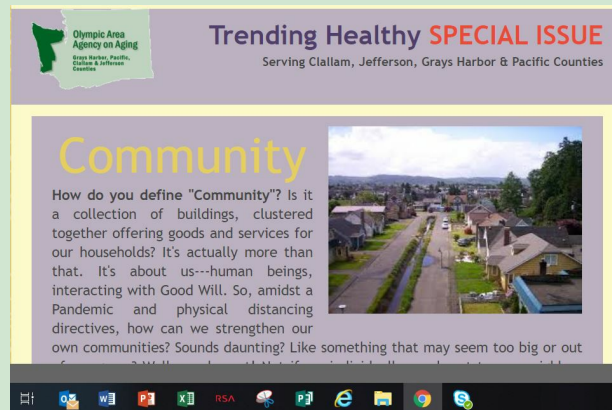
- [Click here](#) to see the Rate of Deaths From Falls by County
- [click here](#) to see the Rate of Hospitalizations for Falls

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.](#)

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!](#)



## Effects of the COVID-19 Virus, Without Contracting It:

### Coping with Pandemic Fatigue

The ongoing 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 ongoing 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.

"10 Signs You Have Pandemic Fatigue and How to Cope": [click here](#)





- You're not as diligent about masking and washing your hands
- You're less careful about social distancing
- You're getting enough sleep, but still feel exhausted
- Things are upsetting you that previously hadn't
- Your feeling hopeless about getting through this

"5 Tips for Handling Pandemic Fatigue": [click here](#)

1. **Reflect and Accept:** check in with yourself and reflect on how you are doing. If you feel angry, impatient, sad, etc., accept that all of these response are normal and understandable during such a difficult time.
2. **Breathe and Meditate:** You hear this all the time. But have you actually tried it? It works. Practice deep breathing exercises for only 1 minute, three times a day.
3. **Reduce your social media "doomscrolling".** That says it all. Check out your local library and pick up a good read, instead.
4. **Restore and replenish your energy.** Take a walk, take a bath, paint rocks, work on some fun projects. Netflix binging is not recommended.
5. **Be active, as in physical energy.** Listen to some music and dance freely around your living room! Why not?

**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](#)

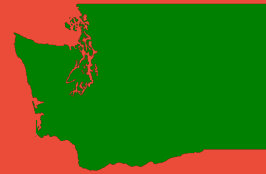
## Garlic Butter Roasted Carrots!

**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". Here's a VERY easy, healthy & delicious recipe. [Click here.](#)

## PHOTOS OF FALLS. Viewer Discretion Not Advised.



So, you now know the statistics of falls for older adults, and we have provided you with some resources to help prevent a disasterous fall. So, the next step or "fall" is up to you.

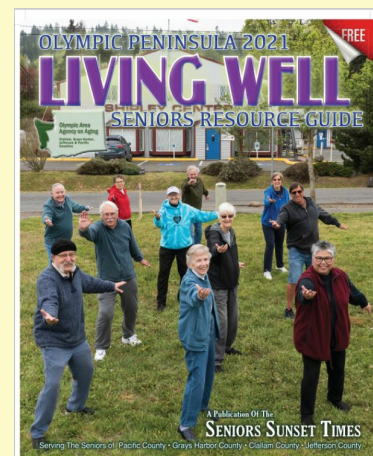
While you are making your list to clear up some trip hazards in your home or office, take a look at some of these falls happening in Washington state. [Click here.](#)

## Trending Healthy September Issue POP QUIZ:

1. It's really hard work 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 only four ingredients: True or False
5. It's too late to plant a Fall Garden: True or False
6. A broken hip is less hassle and less expensive than installing grab bars in my bathroom. True or False?
7. If I learn and understand as much about my mental health as much as learn and understand about my physical health, I can help myself or others manage Pandemic Fatigue? True or False?



The "Living Well 2021 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!](#)



## Labor Day TRIVIA !!

(1) The first U.S. Labor Day was celebrated



in:

a. 1882 b. 1901 c. 1912 d. 1924

(2) The first Labor Day celebration was held in:

a. Dover, DE b. NYC, New York c. Boston, MA d. Portland, ME



(3) Washington State was the first state to pass a law to declare Labor Day an official holiday! True or False?

(4) Which President helped make Labor Day a National Holiday?

a. Chester Arthur b. Benjamin Harrison c. William McKinley d. Grover Cleveland

(5) Labor Day is the unofficial end of Hot Dog season. True or False?

(6) Is it "okay" to wear white after Labor Day?

See TRIVIA answers at the bottom of the newsletter! Good luck!

### PASS THIS ON!

Dear Reader: I always hope that you find something interesting and helpful to read. And thanks for forgiving my typos.



We hope that you will recommend this newsletter to another awesome older adult who may benefit from some of our "trending healthy" topics. Have them email me at [janis.housden@dshs.wa.gov](mailto:janis.housden@dshs.wa.gov), or 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!

And that includes a healthy recipe or removing your throw rugs.

**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--without tripping over a sidewalk crack in front of an outdoor cafe. Janis M. Housden**

Trivia Answers: (1) a. 1882. (2) b. NYC (3) False. Oregon did. (4) Grover

Cleveland. He wanted a national holiday to be about celebrating laborers.  
(5). Well, "true" according to the National Hot Dog & Sausage Council. They say that between Memorial Day and Labor Day, Americans will eat 7 billion hot dogs.



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