

## Welcome!

“Each year, one in every three adults age 65 and older falls. Falls can lead to injuries such as hip fractures and head traumas, and can even increase the risk of early death.

Fortunately, falls are largely preventable.”

*~Centers for Disease Control*

Falls Prevention Awareness Week is an opportunity to learn how to prevent falls. Please attend as many sessions as you would like and don't miss out on the **resource night** on Wednesday, September 24. See back panel for details.

*All events free of charge*

### **Events held at:**

**La Crosse Goodwill—  
Mississippi Room  
3954 Mormon Coulee Rd.  
La Crosse, WI 54601**

**\*\*Note: Fall Risk Assessments  
will be held at: UW-La Crosse  
Health Science Center  
1300 Badger St., La Crosse,  
WI 54601  
Go up to third floor. Follow  
signs.**

## Wednesday, Sept. 24

### **Fall Prevention Resource Night**

**5p– 7p Location:** Black River Beach  
Neighborhood Community Center, 1433  
Rose St. La Crosse, WI 54601

Don't miss this wonderful opportunity to learn all about community resources on fall prevention. Topics include:

2-1-1  
55 Alive/ AARP  
ADRC  
Blood Pressure Checks/ Screening  
Cass St. Pharmacy  
Getting Up From A Fall Safely  
Gundersen Health System  
Home Safety/Modification  
Independent Living Resources  
La Crosse County Aging Unit  
La Crosse County Falls Prevention  
Coalition  
La Crosse Fire Department  
Safe Footwear  
Stepping On  
Strength & Balance Video  
Strong Seniors  
Tri-State Ambulance  
Using Assistive Devices  
YMCA Programs and Classes

Win door prizes!

Refreshments!

Free handouts!



*Preventing falls  
one step at a time*

## **Falls Prevention Awareness Week**

**Monday, September 22, 2014**

**Tuesday, September 23**

**Wednesday, September 24**

**Sponsored By:**

La Crosse County  
Falls Prevention  
Coalition

For more information:  
[lacrossestopfalls.org](http://lacrossestopfalls.org)  
(608) 785-9710

## Monday, Sept. 22

### **9-10a Fall Risk Assessments**

*John Greany, PhD, PT*

Individual assessment tests your fall risk. Arrive anytime between 9 and 10am, allow 15 minutes.

### **10– 11a Home Safety**

*Louise Albrecht, RN and  
Carla Lundeen, RN*

Discover helpful hints for home safety.

### **11:15a– 12:45p Stepping On Overview**

*Gundersen Health System*

Learn to step outside your home with confidence and become more aware of fall hazards.

### **1:45-2:45p I've Fallen and I CAN Get Up**

*Diane Brose, PT, Crystal Tholen*

Learn how to stay calm and relaxed during a fall, and learn the six steps to get back up safely. Proper adjustments of cane and walkers also discussed.

### **3– 4p Nutrition and Falls**

*Jennifer Loging, RD, CD, CLC*

Come learn how to improve your eating habits by incorporating necessary nutrients to help prevent falls.

The average fall costs upwards of \$8,000.

## National Prevention Day Tuesday, Sept. 23

### **9– 10a Be Stronger to Live Well Longer**

*Bernice Olson-Pollack, Certified  
Personal Trainer*

Strength training builds bone and muscle to help create more energy and better balance.

### **10:15– 11:15a Medication and Falls**

*Cass Street Pharmacy*

Learn how to take your medications safely and why this is important in preventing falls.

### **12– 1p Fall Risk Assessments\***

*John Greany, PhD, PT*

### **1– 2p Home Safety\***

*Louise Albrecht, RN and  
Carla Lundeen, RN*

### **2:15- 3:15p Selecting Safe Shoes**

*Grand Bluff Running*

Wearing correct footwear can help prevent falls.

### **3:30- 4:30p Vision and Falls**

*Linda Palmer, Vision Rehabilitation  
Specialist*

Eye disease and vision problems can increase the risk of falls. Learn how to reduce these risks.

1 in 3 people aged 65 and over fall each year.

## Wednesday, Sept. 24

### **9-10a Fall Risk Assessments\***

*John Greany, PhD, PT*

### **9:30-10:30a The Fear of Falling, Let's Talk**

*Gwyneth Straker, PT*

Learn techniques, resources and options to overcome the fear of falling and how to effectively communicate with your healthcare provider to keep you independent.

### **11a-12p I've Fallen and I CAN Get Up\***

*Diane Brose, PT, Crystal Tholen*

### **1-2p Medications and Falls\***

*Cass Street Pharmacy*

### **2:15-3p Assistive Devices**

*Independent Living Resources*

Learn about assistive devices to help independence and enhance activities of daily living.

Don't forget about  
resource night  
tonight, Wednesday!  
(September 24th)  
Check out the back  
panel for details!

\* Indicates repeat of previous session and location

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