

Hometown News  
**PET OF THE WEEK**

At 13, Phredd is a laid-back teenager. Phredd is a Norwegian forest cat who loves to cuddle in bed, climb trees and eat. ...Phredd weighs 23 lbs!

**Is your pet worthy of the spotlight?**

*Hometown News* will be the judge of that.

We are asking our readers to submit photos of their beloved pets, as part of our "Pet of the Week" Contest. The winner for the week will have his or her pet displayed in our newspaper, while also being qualified to become the Hometown News "Pet of the Year!" Email a photo of your pet (one entry per owner) that is at least 1 MB in size to [newsml@hometownnewsmediagroup.com](mailto:newsml@hometownnewsmediagroup.com). Write "PET OF THE WEEK CONTEST" in the subject line, and in the body of the email, please include the following information:

- Name of pet
- Age; breed
- Three of your pet's favorite things to do
- Pet owner's full name and hometown
- Phone number (in case we have questions)

# How to help the elderly prevent falls

Over the years I have done many radio and TV shows and written articles on fall prevention. Chris Marriott, Director of Physical Therapy from Kindred at Home, has spoken about their Safe Strides fall prevention program on several of my shows. Today I will talk about a personal experience, which can often be the best teacher.



HELPING SENIORS OF BREVARD  
JOE STECKLER

For those of you who are first-time readers, I have a lower back problem, fibromyalgia, and very poor balance. I use a cane and four-wheel rollator to keep me from falling. The other day I had just finished my shower and was hanging up a sweat shirt. The door hook was a little high, and as I reached I lost my balance and fell.

Knowing that I tend to overextend makes me cautious as I move forward so that I can equalize pressure on the wheels. Three wheel rollators can be even trickier. Frail elders who use a device with only one forward wheel are more prone to falling. It is important for those of us who need assisted walking devices to use one best suited to our needs. I prefer the four-wheel one with a built in seat so that I can rest when I become tired.

I have had some training in how to fall, but granite tile is still hard and can cause damage. Fortunately I sort of crumbled to the floor and rolled to my right side. I called my wife who brought a pillow to put under my knees so I could crawl to a place where I could use a combination of my rollator and furniture to safely stand. I was lucky as many elders in a similar situation break a bone and enter a hospital from which they never leave.

While I am on the subject, I think more of us need to wear a medical alert button around our neck. Preventing a fall is one thing, but once a fall has occurred it is important to get help. Making an ill advised move on your own can cause additional damage. If you live alone, it is even more important to have an alert device. I recently heard of a person who took three days to crawl to a phone after he fell, whereas he could have pushed one button to get instant help.

As this example shows, those who use assisted walking devices should have a plan in case the unexpected occurs. When walking with my 4 wheel rollator, I am extremely careful to maintain my balance.

There are no shortage of similar stories I could relate, as could many of you. See SENIORS, page 13

**We value you as a patient and will listen to your needs.**

**Now Offering:**

- Periodontal Surgeries
- Bone & Tissue Grafting
- Crown Lengthening
- Implants
- Teeth Whitening
- Root Canals
- Limited Orthodontics
- Eligible with most insurance companies
- Fillings
- Oral Surgery
- Extractions
- Crowns/Bridges
- Veneers
- Botox

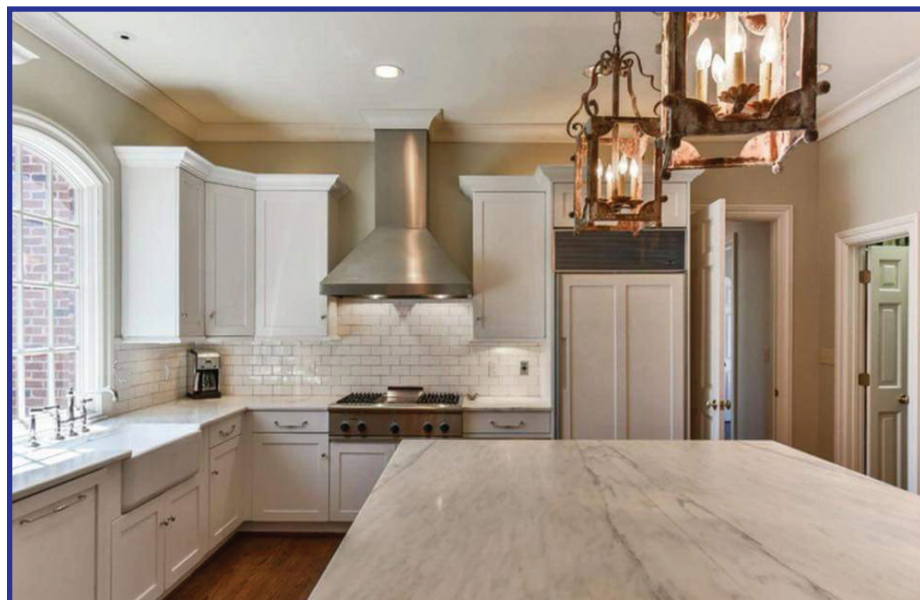
**Island Cosmetic and Family Dentistry**  
Dr. David Boers, D.D.S. P.A.  
Dr. Leo Misch, D.M.D.

Creating Beautiful Smiles For Over 30 Years.

Dr. Boers      Dr. Misch

41 North Orlando Ave.  
Cocoa Beach, FL 32931  
**321.799.1090**  
[www.davidboers.com](http://www.davidboers.com)

VISA   MasterCard   DISCOVER   American Express   CareCredit



**Cocoa Veterinary Hospital**  
(321) 636-2230  
[www.cocoaveterinary.com](http://www.cocoaveterinary.com)

**Port St. John Veterinary Hospital**  
(321) 636-7001  
[www.caringforlifeinc.com](http://www.caringforlifeinc.com)

**Pet care is our Passion!**  
**We Love Your Pets!**

**Microchip your pets!**

- physical exams
- vaccinations
- digital radiology
- endoscopy
- ultrasound
- dental cleaning
- dental x-ray
- EKG
- intensive care
- fluid therapy
- nutritional therapy
- avian medicine and surgery
- exotic medicine and surgery
- laser surgery
- orthopedics
- laboratory testing
- DNA testing
- boarding
- grooming

**New Customer Special**  
**Save 50% Off**  
Our Regular Consultation Fee with appointment and this coupon.  
Treatment costs & medications not included. Not valid for after-hours emergency services.

**All FLOORING USA**

**All Flooring USA**  
15 Years in Central Florida  
Flooring – Tile, Hardwood & Laminate  
Kitchen and Bath Remodeling  
Quartz & Granite Countertops  
**Contact Robert Delgado 321.225.2758**  
Showroom in Waterford Lakes  
12929 E. Colonial Ave – Orlando FL 32826  
**0% Financing Available**  
Triple AAA Rated with BBB  
Veteran Owned and Operated  
Titusville, Melbourne & Palm Bay

