

Falls in the Senior Population

Falls are a serious matter. I have not covered this topic, as I thought others more qualified than I. After reading many articles, I decided that most writers never experienced a fall and were writing about them from information learned in a class, or association with someone who had fallen. When you are a senior who has experienced a fall or two, you gain a different perspective on cause, prevention, and damage control from a fall.

I have fallen three times and know all could have been prevented had I been more aware of my surroundings. To prevent falls, consider your physical condition, living environment, companionship availability, and state of mind. Accept your actual status, whether it be impaired balance, physical weakness, recovery from an injury, or a need to use an assistive appliance. Some people avoid using any type of walking



HELPING SENIORS OF BREVARD
JOE STECKLER

assistance, saying they do not need it, when really they do not want to look old, weak, or dependent.

In my case, I had accepted the fact that I needed an assistive device to avoid confinement to a chair or bed. I chose a 4 wheeled rollator to give me the stability I needed to walk. The downside of this device was that my wife had to lift it into and out of the car. While there are many types and weights of rollators available, they all are a challenge in this respect. So, while its use was a pain in the neck (more so for my wife), I used it.

My first fall occurred as I was standing in

the entrance to a home. It was carpeted the same color as the dining and living room, and there was a step down into either room. When I headed to the living room, I stepped into air and fell. I was able to roll onto my shoulder and back and did not hurt myself.

The second time happened as I was recovering from knee surgery. I went into the bathroom and felt weak, turned to the cabinets and slid down the front of them onto a tile floor. My walking shoes had a firm grip sole so that once my feet were set on the floor, they did not move. Since my feet couldn't slide, my knees took such stress that my left patella split in half (that hurt). I went back to the hospital and spent a year in a rehab facility. Rehabilitation did not work, resulting in a continuing battle to this day to confront pain and learn to walk again.

The third fall occurred at home on a Sunday morning while getting ready to go to

church. Subsequent to my carefully controlled shower and sitting on my shower stool, I reached for something, over extended myself, and fell off my stool. Luckily I was close to the floor and only acquired some more bruises. Getting up was the problem, but my wife helped me.

I have described my falls as they are quite common though preventable if one is really cognizant of one's environment. Awareness is a key ingredient in the prevention of falls. Balance and body strength are equally important. And, use of assistance devices whether we want to use them or not is vital to any Fall Prevention Program. Be honest with yourself, your doctor, and your family. Falls will happen, but many can be prevented.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsOfBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.

Calendar

From page 7

looking at 200+ exceptional cars! Rock & Roll with Daniel Jude at Cocoa Riverfront Park! Registration is still open for those who would like to showcase their cars at www.cocoavillageconcours.com.

Monday, June 20 - Friday, June 24

St. Joseph Vacation Bible School: St. Joseph Vacation Bible School will take place the week of June 20-24 from 8 a.m to 12 p.m. Fun faith-based activities, crafts, and songs. St. Joseph's is located at 5320 Babcock St NE, Palm Bay. For more information and registration,

Wednesday, June 22

Learn Word, Excel, PowerPoint: A 6-week

course will help you learn Word, Excel and Powerpoint beginning Wednesday, June 22 from 5:30-7:30 every Wednesday and Thursday at 2729 Lipscomb Street in Melbourne. Cost \$150.00 onetime fee. Signup at www.wisecomputertraining.com Questions: Email: wisecomputertraining@gmail.com. For more information, contact Yvonne at 321-426-0721.

Saturday, July 9

Fly-in/Drive-in Breakfast: Beginning June 11, and the second Saturday of each month, to follow the Warbird Museum will again be having our Fly-in/Drive-in Breakfast. A chef-prepared breakfast will be served from 8:00-10:00 a.m. The cost will be \$12 including breakfast and admission to the museum. Any questions, please email David Shores, PR Director Valiant Air Command Warbird Air Museum, at David.Shores@valiantaircommand.com

Ongoing Events

Parrish Community Support Groups for June:

Stroke and Heart Survivors Support Group If you've experienced a diagnosis or event, or are caring for someone living with heart disease or stroke, our community is here to support you.

- When: Tuesday, June 21, 2-4 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.

To register, visit <https://www.parrishhealthcare.com/events-calendar/event-signup/?Event=27934>

Caring for Caregivers Support Group Caring for caregivers giving is a rewarding, yet demanding labor of love. Join us to learn how to care for yourself while you care for your loved one.

- When: Thursdays, June 9 and 23, 9:30-11:30 a.m.
- Where: Heritage Hall, 931 N. Washington

Ave., Titusville

- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, visit <https://www.parrishhealthcare.com/events-calendar/event-signup/?Event=28098>

Fearless Café

A collaboration with St. Francis Reflections Life Stages Care, this group shares a casual discussion about advanced directives, power of attorney, wills, living wills and all of the often, scary conversations about death and dying.

- When: Wednesday, June 1, 10-11 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.

To register, visit <https://www.parrishhealthcare.com/events-calendar/event-signup/?Event=17144>

See CALENDAR, page 11



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