

# Healthy Living Newsletter

4th Quarter 2017

## Fall Prevention Awareness Day September 22, 2017

10 Years Standing Together to Prevent Falls

Among older adults, falls are the leading cause of injury, death and hospital admissions. The impact a fall can make on the quality of life and independence of a person is so significant that 10 years ago Fall Prevention Awareness Day was born.

We encourage seniors to talk to their health care providers about the following fall risk factors:

- Medication
- Using Assistive Devices
- Vision/hearing
- Home Safety
  - \*reduce clutter
  - \*improve lighting
  - \*securely install handrails and grab bars
- Inappropriate exercise programs

Maintaining strength and balance is the key to fall prevention. For Fall Prevention Exercises visit:  
[www.YourADRC.org/fall-prevention](http://www.YourADRC.org/fall-prevention)

## We will be presenting information on Powerful Tools for Caregivers at the Fearless Caregiver Conference

**September 20, 2017 10:00am—2:30pm**

**Indian River State College**

**Williamson Conference Center**

**2229 NW 9th Ave., Okeechobee FL 34972**

and

**October 5, 2017 9:00am—12:30pm**

**Indian River State College**

**Richardson Center**

**6155 College Lane, Vero Beach, FL 32966**

The conference is meant to teach caregivers how to:

- Balance family, work & caregiving
- Motivate family members to help
- Convince Dad to stop driving
- Persuade Mom to listen to you
- Legally protect your aging parents
- Secure the future of your adult child

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For more information or to register:

**Call 954-362-8126 or go to [Caregiver.com](http://Caregiver.com)**

**FREE for Caregivers**

**Join Us for a Fall Prevention Awareness Event 10:00am—11:30am**

**September 22, 2017**—Mid County Senior Ctr, 3680 Lake Worth Rd, Lake Worth, FL 33461

**September 25, 2017**—West County Senior Ctr. 2916 State Rd. #15, Belle Glade, FL 33430

**FREE MEDICAL SCREENINGS:** Blood Pressure, Vision, Body Mass Index, Fall Risk and more

## Month of November

**DIABETES AWARENESS**  
HOPE . PEACE . CURE



### Diabetes is a huge and growing problem:

There are 2 types of Diabetes, type 1 is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. People with type 1 diabetes must take insulin every day. Type 2 diabetes is a metabolic disorder in which a person's body still produces insulin but is unable to use it effectively.

- 415 million adults in 2015 are reported to be living with diabetes. By 2040 it is estimated 1 in 10 adults will have diabetes.
- Up to 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles.
- 1.5 million Americans are diagnosed with diabetes every year.
- Diabetes remains the 7th leading cause of death in the United States.

## Diabetes Complications

### Foot Complications-

- **Neuropathy-** Diabetic nerve damage can be painful but it can also lessen your ability to feel pain, heat and cold. Loss of feeling means you don't know when you have an injury which can then lead to infection.
- **Skin changes-** The skin becomes very dry and may peel and crack. The nerves that control the oil and moisture in the foot no longer work. The feet must be kept dry and no cream or moisturizers can be put around the toes.

[Diabetes Self Management Workshops](#) available through the Area Agency on Aging



## Diabetes Complications Continued

**Hypoglycemia-** abnormally low blood glucose (blood sugar)

- **Signs-** shakiness, confusion, blurred vision, headache, sweating and chills
- **Treatment-** consume 15-20 grams of glucose, such as 2 tablespoons of raisins, 1/2 cup of juice, glucose tablets or 1 tablespoon of honey

### Skin Complications-

- **Bacterial infections** (styes, boils, etc.),
- **Fungal infections** (often occur in warm, moist areas of the skin).

### Eye Complications-

- **Glaucoma** occurs when pressure builds up in the eye. The pressure pinches the blood vessel that carries blood to the retina and optic nerve. Vision is gradually lost.
- **Cataracts** happen when the lens of the eye gets cloudy, blocking light
- **Retinopathy-** blood vessels grow in the retina. People who keep their blood sugar low are less likely to develop retinopathy.

**Heart Disease-** Two out of three people with diabetes die from heart disease or stroke. Keeping your A1C, blood pressure and cholesterol in your target range will help lower your risk of future heart disease or a stroke.

**Amputation-** Many people with diabetes have reduced blood flow to the feet as well as nerve damage. Together these problems cause ulcers and infections.

**Kidney Disease-** Your kidneys filter waste product from your blood. High levels of blood glucose make them work too hard and over time this damage cause kidney failure. It can be prevented by keeping your blood glucose in your target range

**Effects of Smoking-** Smoking effect the small blood vessels causing decreased blood flow to the feet, which could lead to amputations. Smoking also accelerates eye damage.

(Source: American Diabetes Association)

## Sign up for a Diabetes Self-Management

### Workshop

This workshop will enable you to regain control of your health or to support your loved one in a more effective manner.

#### Learn how to:

- Deal with problems that are presented in Diabetes
- Develop a healthy diet plan
- Recognize warning signs
- Read nutrition labels
- Speak with your doctor more effectively
- Know how to prevent complications

This 6 week workshop can help you better manage your health issues while learning the importance of exercise and positive ways to manage stress.

**For more information call:**  
Maureen at 561-684-5885 ext. 59239

### Worth Mentioning Again

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## Thanksgiving Fun Facts

The first Thanksgiving took place in 1621 at Plymouth Colony. 200 years later President Lincoln declared the last Thursday in November national day of thanksgiving. In 1941 Congress made Thanksgiving an official national holiday.



Cranberries are one of three fruits native to North America. Native Americans used the red juice of cranberries for dye. They also used cranberries as medicine.

The wishbone of the turkey is used in a good luck tradition. The tradition dates back to 322 B.C. The Romans brought the tradition with them when they conquered England.

The first college football game between Yale and Princeton took place in 1876. In 1920 the NFL held the first professional football games on Thanksgiving.



In 1953 Swanson had so much leftover turkey that a sales person suggested they package it in aluminum trays with sides such as sweet potatoes and from this the T.V. dinner was born.

In 1924 the Macy's employees launched a parade to celebrate the start of the Christmas shopping season. The original parade featured animals from Central Park Zoo... not balloons.  
(Source: Holidappy.com)



The Healthy Living Center of Excellence has fulfilled all of our deliverable Matter of Balance Workshops for 2017



If you would be interested in sponsoring a Matter of Balance Workshop please contact:

Liliana Herrera at 561-214-8622

Email: [LHerrera@YourADRC.org](mailto:LHerrera@YourADRC.org)



### Upcoming Training

For facilitators and coaches

**Powerful Tools for Caregivers**

**October 12 and 13, 2017**

**Contact Liliana Herrera**

**Email: [LHerrera@YourADRC.org](mailto:LHerrera@YourADRC.org)**



Inquiry does not guarantee acceptance

***If you are interested in volunteering,***

Visit our Website and go to the Volunteer Page to fill out an Application or contact:

Email: [HealthyLiving@YourADRC.org](mailto:HealthyLiving@YourADRC.org),

Phone: (561) 684-5885 Ext. 59239

Address: Area Agency on Aging  
4400 North Congress Ave  
West Palm Beach, FL.33407

**Help us bring our workshops to your community**

We are so excited to share our programs with you and the people who would most benefit from them.

If you live in a community, go to a senior center, belong to a club, have tea with friends or know of someone who would like to learn more about our evidence based workshops, please tell them about us.

**We come to you!**

**For details on all of our workshops go to:**

**[www.youradrc.org](http://www.youradrc.org)**

