

Peninsula Area Fall Prevention Awareness Week
September 19-23, 2011

Details	Thurs Sept. 16	Mon Sept. 19	Tues Sept. 20	Weds Sept 21	Weds Sept. 21	Thurs Sept. 22	Thursday Sept. 22	Friday Sept. 23	Friday Sept. 23
Topic:	Panel Discussion/Q & A – Exercise, Home Safety, Medications, LifeLine	Fall Prevention: An overview	Food as Medicine	Dance for Life	Safety Presentation from Key Peninsula Fire Department	Stay Active and Independent for Life Community Day	Fall Prevention- A panel discussion for your loved ones, for you	Medications and their effect on falling	Role Reversals-Caring for an Aging Parent
Location:	Mustard Seed Project, Key Center Library 8905 Key Peninsula Hwy N Lakebay, WA 98349	Merrill Gardens at Gig Harbor 3213 45th St. Ct. NW Gig Harbor, WA 98359	Gig Harbor Family YMCA 10555 Harbor Hill Drive NW Gig Harbor, WA 98332	Active Retirement & Senior Club Jim & Carolyn Milgard Family HOPE Center 8502 Skansie Av	Senior Center at Lakebay 17015 9th St Ct KP N, Lakebay, WA 98349	YMCA 10555 Harbor Hill Drive NW Gig Harbor, WA 98332	St. Anthony Hospital Smalling Family Education Center 11567 Canterwood Blvd	Senior Center at Lakebay 17015 9th St Ct KP N, Lakebay, WA 98349	Gig Harbor Family YMCA 10555 Harbor Hill Drive NW Gig Harbor, WA 98332
Time:	10 am - noon	12:00 pm- 1pm	6-7pm	10am – noon Plan to stay for lunch \$3 donation requested please	12:30 to 1pm	10am to 10:45am Silver Sneakers Class 11am to 12 noon Medicare 101 11 am – 2 pm SAIL Health Fair	6pm to 7:30pm	12:30 to 1pm	6pm-7pm
For information contact:	Mustard Seed Project Edie Morgan 253-884-9814	Linda Jo Dutton Marketing.gigharbor@merrillgardens.com 253-858-5300	Susan Buell sbuell@ymcapkc.org 360-377-3741 x285(w) 253-579-5496(c)	Joyce Schulz schultzj@bgcsp.org 253-502-4670	Marilyn Perks 253/884-5241 mrperks@comcast.net	Susan Buell sbuell@ymcapkc.org 360-377-3741 x285(w) 253-579-5496(c)	To register visit us online at: www.fhshealth.org/clinical/asses or call 1-888-825-3227	Marilyn Perks 253/884-5241 mrperks@comcast.net	Susan Buell sbuell@ymcapkc.org 360-377-3741 x285(w) 253-579-5496(c)
Speaker/ Instructor:	Lifeline SAIL instructor Sliver Sneakers Key Peninsula Fire Costless Pharmacy	Michelle Graham, Graham & Graham Eldercare Consultants	Robin Beeson, RD, CD, CDE, CPT Wellness Dietitian Gig Harbor YMCA MultiCare Clinic 253-530-8974	Bryan Da Silva, who has appeared on the Dean Martin Show, will actively engage you in a simple Jazz Dance	Kaci Sun, Key Peninsula Fire	Open to the public: Try a SilverSneakers class, SAIL Health Fair (free health screenings and SAIL services), Medicare 101 (Joy Stanford, Consultant, Medicare Advantage),	Franciscan Lifeline Program, Ophthalmic/Vision Awareness: Dr. Bushley Medication Safety: St. Anthony Hospital Pharmacy Team	Michele Waugh Pharmacist, Purdy Costless	Michelle Graham, Graham & Graham Eldercare Consultants

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				routine to inspire good health and well-being.		Refreshments and raffle prizes.	Exercise: St. Anthony Physical Therapy Team		
Overview:	Local professionals discuss vision, medications, home safety and exercise. Bring your questions and desire to learn.	Falls are the leading cause of hospitalizations in Washington State. Come learn about what you can do to prevent falls for you and your loved ones.	Lifestyle changes are now recommended as the first treatment choice for the major chronic diseases in our society: heart disease, stroke, diabetes, cancer, arthritis, osteoporosis, and Alzheimer's disease. Yes, many of these health problems can be prevented or even treated by adopting a healthy eating and lifestyle habits.	Learn simple ways to improve balance and reduce injuries due to falls through dance.	Key Peninsula Fire Department will share how to make your home falls free.	This one-hour educational program covers the basics of Medicare A, B, C, D, eligibility, benefits, and other aspects of the Medicare "puzzle." This is <u>not</u> a sales presentation. This event is only for educational purposes and no plan-specific benefits or details will be shared. The event is open to everyone. A coordinated care plan with a Medicare Advantage contract. Group Health Cooperative's Clear Care [®] HMO or Group Health Options, Inc.'s Clear Care [®] PPO. Y0033_671GHMC File and Use 04-25-2011	Injuries sustained after someone falls are the biggest reason that people over age 65 are seen in the St. Anthony Hospital emergency room. In fact, throughout Washington State it more than triples the rate for vehicle accidents as the highest cause of injury and death. If you love and care for someone who is struggling with stability or vertigo, join our panel discussion at St. Anthony Hospital to learn specific ways to reduce the risk for falls. Enjoy Fall without a 'fall' in your future. Panel discussion focusing on the HOME aspect of staying balanced and healthy for life. Home safety, Ophthalmology and vision awareness,	Learn how medications can increase your risk of falling and the warning signs you should be aware of. Bring your prescription medications and questions.	It's hard to imagine our parents as less than self-sufficient – and even harder yet if we are noticing changes related to aging. For those who have become a 'parent to a parent', the challenges are new and confusing . Life doesn't provide a roadmap and directions! Have you asked yourself any of these questions - How do I ensure my loved one's safety? Am I doing my best? What are my options? Are there financial resources available for care? If so, please join us for an interactive presentation and get those questions answered. Michelle Graham is a Certified Senior Advisor and CEO/Owner of Graham & Graham Eldercare Consultants. Her 21+

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							Medication safety and Exercise.		years of experience working in the long term care industry has given her many opportunities to help guide families seeking wisdom and resources.
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