

Horizons

Take Time to Prevent Falls

For seniors, recovery from falls and fractures can be very difficult, often resulting in limited mobility, pain, discomfort and loss of independence.

Falls are often due to hazards that are easy to overlook but also easy to fix.

The following tips can help reduce your risk of falling:

Begin a regular exercise program.

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance

and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your health care provider about the best type of exercise program for you.

Make your home safer.

About half of all falls happen at home. To make your home safer:

- ◆ Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- ◆ Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- ◆ Keep items you use often in cabinets you can reach easily without using a step stool.
- ◆ Have grab bars put in next to your toilet and in the tub or shower.
- ◆ Use non-slip mats in the bathtub and on shower floors.
- ◆ Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.



- ◆ Have handrails and lights put in on all staircases.
- ◆ Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

Review your medicines with your health care provider.

Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work

(continued on inside)

A healthy outlook
beyond age 55

www.evergreenhealthcare.org

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To receive the quarterly
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One Day — Two Important Health Events

Family Health Awareness Day

1

This hands-on event will help you take charge of your health with tips for making healthy lifestyle choices. Attend free “mini” health classes and demonstrations, visit the health and resource fair and participate in CPR Saturday. Activities will include cholesterol and glucose screenings (\$5 charge), nutrition education, immunization information and much more! Registration is required for CPR Saturday and the screenings; call 425.899.3000.

Emergency Readiness Fair

2

Disaster can strike suddenly and leave us without power for days. Whether it’s an earthquake, a ferocious storm or a man-made disaster, we need to be ready to survive on our own for up to several days. Get all the information you need to prepare and protect yourself during an emergency. You can purchase disaster kits, and learn how to prepare your pet for a disaster.

Saturday, Nov. 1 • 9 a.m.-2 p.m. • Evergreen Hospital • FREE
(a public service of Evergreen, your community hospital)

Programs and Classes

October - December 2008

These classes for seniors are made possible through your levy support of Evergreen Healthcare (King County Public Hospital District No. 2). Classes are free unless a price is listed. Preregistration is required for all classes.

Brittany Park

17143 133rd Ave. NE, Woodinville

Restless Legs Syndrome

We'll discuss restless legs syndrome and what steps you can take to alleviate your discomfort.

Oct. 7, 2-3 p.m.

Call 425.402.7100 to register

The Art of Positive Thinking

Do you know the words we use or the thoughts we have can actually make us sick? Join us for a discussion on the power of positive thinking and self-talk.

Oct. 21, 2-3 p.m.

Call 425.402.7100 to register

What's In Your Medicine Cabinet?

A pharmacist clarifies what your medications do, along with their interactions with other drugs and certain foods. Bring a list of your medications and your questions.

Nov. 4, 2-3 p.m.

Call 425.402.7100 to register

Stay Warm Indoors: Chair Exercises

Safe exercises for seniors of all activity levels. Help maintain your strength and flexibility, improve your balance and increase your circulation.

Nov. 18, 2-3 p.m.

Call 425.402.7100 to register

Natural Approach to Helping Memory and Concentration

Learn more about how to preserve your memory and when you should be evaluated for memory loss. We will explore brain exercises, food allergy elimination, addressing underlying illness and herbs/supplements to help prevent or address memory problems.

Dec. 2, 2-3 p.m.

Call 425.402.7100 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home. Limit 25 participants, must register for time slot. Free.

Dec. 16, 1-3 p.m.

Call 425.402.7100 to register

Evergreen Hospital

12040 NE 128th St., Kirkland

Healthy Digestion

Good digestion is key to being able to absorb proper nutrients from our food. The digestive tract is also a huge component in helping our immune system to fight off offending pathogens and invaders. Learn the key points to being able to restore digestive function.

Oct. 16, 12:30-1:30 p.m.

Call 425.899.3000 to register

AARP Driver Safety Program

Interested in improving your driving skills and possibly receiving an insurance discount? This program, designed and conducted by AARP, provides eight hours of classroom instruction over two days and covers the effects of aging and medication on driving, basic driving rules, license renewal and more.

Nov. 7

10 a.m.-3 p.m.

Also offered as a one-day class:

Oct. 4, Nov. 8, Dec. 6

9 a.m.-5 p.m.

Fee: \$10

Call 425.899.3000 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home. Limit 25 participants, must register for time slot. Free.

Nov. 20, 12:30-2:30 p.m.

Call 425.899.3000 to register

Seasonal Affective Disorder

Discover why the lack of sunlight can cause some to experience fatigue, weight gain and altered sleeping habits and how you can improve your mood with medical options and light therapy.

Dec. 18, 12:30-1:30 p.m.

Call 425.899.3000 to register

Registration is required or classes may be cancelled.

Peter Kirk Community Center

352 Kirkland Ave., Kirkland

What You Need to Know About Stroke

Find out about preventable risk factors and steps you can take to prevent strokes. Learn stroke signs and symptoms, along with crucial first responses to these signs.

Oct. 3, 12:45-2 p.m.

Call 425.587.3360 to register

Kitchen Medicine

Learn how simple herbal remedies can help you and your family through the cold and flu season, and where in the kitchen or garden you can find them!

Oct. 10, 12:45-2 p.m.

Call 425.587.3360 to register

Body Composition: Your Ratio Rundown

Receive a body composition analysis, including an explanation of body fat percentage, hydration levels, and recommendations. Participation not recommended for those with pacemakers.

Oct. 16, 6:30-8 p.m.

\$6 resident/\$7 nonresident

Call 425.587.3360 to register

Are You Getting Your 5-A-Day?

Do you struggle with getting enough fruits and vegetables in your diet every day? Discover easy techniques and methods for sneaking in your five-a-day.

Oct. 17, 12:45-2 p.m.

Call 425.587.3360 to register

Medicare: Are You Covered?

Learn more about your supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about the various Drug Discount Programs and Medicare Part D.

Oct. 24, 12:45-2 p.m.

Call 425.587.3360 to register

Self-Defense for Seniors

Give yourself confidence and peace of mind by learning some simple techniques that will help you to protect yourself and ensure your personal safety.

Nov. 7, 12:45-2 p.m.

Call 425.587.3360 to register

Eating Healthy During the Holidays

Learn how to avoid the temptations of overeating at the holiday buffet. Simple changes to certain family recipes can considerably lower the fat and calories to these old favorites.

Nov. 14, 12:45-2 p.m.

Call 425.587.3360 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home. Limit 25 participants, must register for time slot. Free.

Dec. 3, 12:30-2:30 p.m.

Call 425.587.3360 to register

Advanced Kitchen Medicine

A continuation of the Kitchen Medicine class, this class will give you a chance to learn new recipes and share your recipes using kitchen herbs. You will get information on how to make herbal preparations.

Dec. 5, 12:45-2 p.m.

Call 425.587.3360 to register

Easing Back Pain

Whether your back pain is occasional or chronic, you could benefit from this talk on common back problems and basic back care including exercise, body mechanics, medications and other treatments that may help ease that aching back.

Dec. 19, 12:45-2 p.m.

Call 425.587.3360 to register

Redmond Senior Center

8703 160th Ave. NE, Redmond

Light on Your Feet

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

Oct. 8, 10-11:15 a.m.

Call 425.556.2314 to register

Upset Stomach

Take a closer look at common digestive problems such as constipation, diverticulosis and hiatus hernia. Find out why they increase with age and how you can calm an upset stomach.

Oct. 22, 10-11:15 a.m.

Call 425.556.2314 to register

Registration is required or classes may be cancelled.

Growing Older, Eating Better: Nutrition for Seniors

Many chronic conditions develop later in life such as osteoporosis, high blood pressure and gastrointestinal problems. Learn why developing good nutrition in the later years can help lessen the effects of disease and chronic conditions.

Nov. 12, 10-11:15 a.m.

Call 425.556.2314 to register

Self-Defense for Seniors

Give yourself confidence and peace of mind by learning some simple techniques that will help you to protect yourself and ensure your personal safety.

Nov. 26, 10-11:15 a.m.

Call 425.556.2314 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home. Limit 25 participants, must register for time slot. Free.

Dec. 10, 9-11 a.m.

Call 425.556.2314 to register

Northshore Senior Center

10201 E Riverside Dr., Bothell

A Cold, the Flu or Pneumonia?

Learn to recognize the symptoms of colds, the flu and pneumonia, including when to treat yourself and when to consult a physician.

Oct. 7, 12:45-2 p.m.

Call 425.487.2441 to register

Cooking for One

Break poor eating patterns. Learn how to make healthy food choices and adapt recipes.

Oct. 14, 12:45-2 p.m.

Call 425.487.2441 to register

Being Heard in the Health Care Hoopla

In the ever-changing world of health care, it is important to be informed and assertive when communicating with your health care providers. Gain a better understanding of how the health care system works and what you should know to get the quality of care that you deserve.

Oct. 21, 12:45-2 p.m.

Call 425.487.2441 to register

Preventative Eye Care

Learn steps to help prevent glaucoma, macular degeneration and other eye diseases.

Nov. 4, 12:45-2 p.m.

Call 425.487.2441 to register

Deep Breathing for Life

This simple deep breathing technique can help you relax, cope, energize, meditate and visualize. It can also prevent respiratory complications from colds, flu and pneumonia.

Nov. 18, 12:45-2 p.m.

Call 425.487.2441 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home. Limit 25 participants, must register for time slot. Free.

Dec. 2, 12:45-2:45 p.m.

Call 425.487.2441 to register

Time Out! Respite

Taking time out for yourself can be difficult when a loved one depends on you for daily care. Learn about resources available to help caregivers access time and support to attend to their own needs.

Dec. 9, 12:45-2 p.m.

Call 425.487.2441 to register

Woodinville Senior Center

17401 133rd Ave. NE, Suite A-02

Antibiotics and the Immune System

As the use of antibiotics grows, so do their effects on the resilience of bacteria and your body's natural ability to fight illness. Increase your understanding of how antibiotics work, their benefits, side effects and what you can do to keep your immune system working for you.

Oct. 14, 2-3 p.m.

Call 425.488.4289 to register

Seasonal Affective Disorder

Are you feeling SAD? Discover why the lack of sunlight can cause some to experience fatigue, weight gain and altered sleeping habits and how you can improve your mood with medical options and light therapy.

Nov. 4, 1-2 p.m.

Call 425.488.4289 to register

Fraud Fighters

Half of the victims of consumer scams are age 50 and older. Being able to recognize these scams can reduce the likelihood of being victimized by over fifty percent. Learn how to protect yourself!

Dec. 9, 2-3 p.m.

Call 425.488.4289 to register

Registration is required or classes may be cancelled.

Kenmore Senior Center

6910 NE 170th St., Kenmore

Below the Belt

An informative look at the contributing causes, symptoms and treatments of irritable bowel syndrome and diverticulitis and preventative measures for colon cancer.

Oct. 13, 11 a.m.-12 p.m.

Call 425.489.0707 to register

Good Night, Sleep Tight

Do you have trouble sleeping? Learn how aging, illness or medication can affect your sleep patterns, and get tips that may help you sleep through the night.

Nov. 10, 11 a.m.-12 p.m.

Call 425.489.0707 to register

What You Need to Know About Stroke

Find out about preventable risk factors and steps you can take to prevent strokes. Learn stroke signs and symptoms, along with crucial first responses to these signs.

Dec. 8, 11 a.m.-12 p.m.

Call 425.489.0707 to register

Mill Creek Senior Center

600 128th St. SE, Everett

Arthritis Management

Essential information for arthritis sufferers on exercise, medication and medical treatments that may help you manage your arthritis with less pain and restriction of movement.

Oct. 22, 10-11 a.m.

Call 425.357.6002 to register

First Aid

Learn basic first aid for cuts and scrapes, bites and bruises and appropriate first response for emergencies.

Nov. 12, 10-11 a.m.

Call 425.357.6002 to register

Where's the Fiber?

Fiber can help you lower your cholesterol, lose weight and decrease cardiovascular risk. Learn easy ways to incorporate fiber into your diet.

Dec. 10, 10-11 a.m.

Call 425.357.6002 to register

Sno Valley Senior Center

4610 Stephens Avenue, Carnation

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home. Limit 25 participants, must register for time slot. Free.

Oct. 10, 8-10 a.m.

Call 425.333.4152 to register

Remember to Get Your Flu Shot!

(Continued from front)

in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed - which can lead to a fall.

Have your vision checked.

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

Enhance Your Wellness!

Need to take control of your life and improve your health – but you don't know where to start? Let Evergreen Healthcare's EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

The program begins with a health assessment and identifying personal goals. Then we'll help you stay on track with regular monitoring, individual and family counseling, and support groups. Call 425.286.1029 for a location near you.

This free program is provided in part by levy money paid to Evergreen Healthcare.