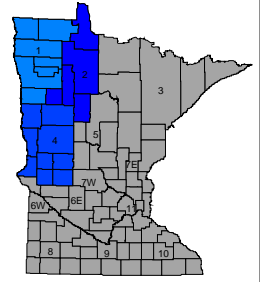




Land of the Dancing Sky
Area Agency on Aging
Senior News



Volume 13, Issue 2 --- July, 2007

Don't Let A Fall Be Your Last Trip - Fall Prevention

- Falls are the leading cause of injury among individuals age 65 and older in Minnesota.
- Half of all older adults hospitalized for hip fractures cannot return home or live independently after their injuries.
- Two-thirds of falls occur at home during typical activities of daily living.



Causes of Falls



Muscle Weakness

Helpful Hints: Exercise regularly to improve muscle flexibility and strength. Ask your healthcare provider or fitness trainer about the best type of exercise program for you.

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Region One Office
115 South Main, Suite 1
Warren, MN 56762
(218) 745-6733

Region 2 Office
PO Box 301
Park Rapids, MN 56470
(800) 333-2433

West Central Office
PO Box 726
Fergus Falls, MN 56537
(218) 739-4617

Falls Prevention Continued...

Acute or Chronic Illness

(for example: dizziness, arthritis, Parkinson's, Alzheimer's)

Helpful Hints: Stand up slowly. Have regular physical exams. Use a cane or walker as needed.



Poor Eyesight

Helpful Hints: Schedule regular eye exams to increase ability to see potential hazards. Wear glasses as prescribed.

Hearing Loss

Helpful Hints: Get hearing checked – inner ear problems can affect balance.

Use of Medications & Alcohol

Helpful Hints: Have medications evaluated by your pharmacist or doctor. Some drugs, including over-the-counter medications can cause drowsiness, dizziness and unsteadiness. In addition, alcohol is metabolized at a slower rate as you age. Use cautiously.



Clutter, Loose Rugs, Broken Steps, Slippery Floors

Helpful Hints: Remove things you can trip over (paper, clothes, cords, shoes) from stairs and places where you walk. Remove or replace rugs or runners that slip, or attach non-slip backing. Repair or replace steps as needed. Install handrails on both sides of the stairs. Do not wax floors. Wipe up spills immediately.



Poor Lighting

Helpful Hints: Have a lamp or light switch within easy reach of your bed. Use night lights in the bedroom, bathroom, and hallways. Have light switches at both ends of the stairs and halls.

Lack of Railing/Grab Bars

Helpful Hints: Use bath mats with suction cups or non-skid adhesive strips in the shower and tub. Consider a bath bench or shower-stool and hand held shower. Install grab bars in the shower, bathtub and toilet areas. Consider a raised toilet seat.



Unsafe Behaviors

(climbing ladders, over-reaching, unsafe shoes)

Helpful Hints: Place needed objects within reach. Move items to low cupboards. Wear non-skid shoes or slippers.

If you do fall – Call 911

Call for Help: Keep a telephone and emergency phone numbers on a low table. It will be easier to reach if you fall and cannot get up.

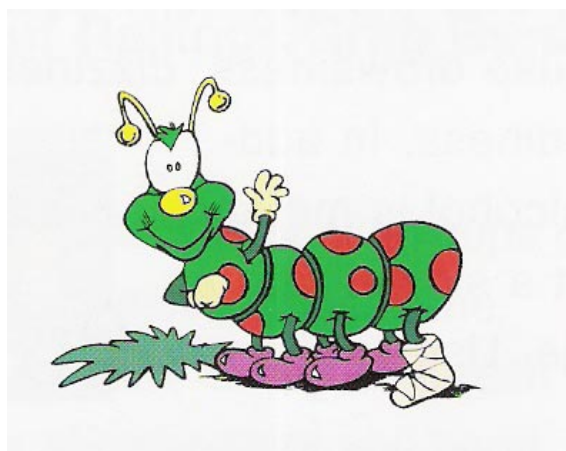
Keep Warm: While you are waiting for help, cover up with a blanket, a coat, or even a rug if that is all you can reach.

See a Doctor: Even if you do not think you are hurt, always see a doctor after a fall – especially if you do not know why you fell. Falling can often be a sign of illness or of problems with the medicine you are using.

Most Falls Can Be Prevented

As you grow older, the consequences of a fall become more serious. Broken bones often result and may lead to lifelong disability. Even when you fall and do not get hurt, the fear of falling again can limit the way you live your life.

For more information on falls and fall prevention contact the Senior LinkAge Line™ at 1-800-333-2433.



Medication Management Project

Concerned about your medications and possible interactions? Side effects? Appropriate doses? Ways to save on costs? Attend a Medication Management Session at a location near you!



A local pharmacist will be available to talk with you about your medications. Some of the topics you can look forward to learning more about are:

1. **Drug-drug interactions** (Including prescription, non-prescription and herbal medications)
2. **Drug-condition interactions** (Does any of your drug therapy adversely affect your other medical conditions?)
3. **Appropriate doses** (Is the dosage you are taking appropriate for your current condition?)
4. **Unnecessary therapy** (Are you taking a medication that you no longer need?)
5. **Missing drug therapy** (Is there a prescription or other medication missing from your daily regimen?)
6. **Compliance issues** (Are you having problems taking your medications the way your doctor intended?)
7. **Proper monitoring of drug therapy** (Are you having the labs and other follow-up you need to make sure your drug therapy is safe and effective?)
8. **Therapeutic duplication** (Are you on more than one medication that works the same way?)
9. **Potential cost savings when appropriate** (Are you aware that in some cases another drug with the same ability to treat your condition, but with a lower price tag, may be available?)



Medication Management Project continued....

If you would like to make an appointment for a private one-on-one consultation to go over the medications you currently are taking, please check the following list of locations and contact the number listed. If this sounds like something that you are interested in, please bring a listing of the medications you take or the bottles of medications in order for the pharmacist to conduct a thorough analysis. This all comes to you at no cost.



Date	Location	Contact Person
July 18	Grace Church Fergus Falls	Karin (218) 739-4617
August 1	Hawley Senior Center	Bev (218) 962-3388
August 2	Hitterdal Senior Center	Bev (218) 962-3388
August 8	Zion Lutheran Church, TRF	Sandy (218) 681-3296
August 9	Parkers Prairie	Karin (218) 739-4617
August 10	Brink Center, Baudette	Loretta (218) 634-2449
September 10	Rollag Church	Bev (218) 962-3388
October 1	Middle River Comm. Center	Rhonda (218) 222-4466

New Contract Approved

The Land of the Dancing Sky Board approved a contract with the West Central Community Action, Inc. to provide home modification/repair services to the seniors in Browns Valley affected by the recent flooding.

Why participate in a one-on-one session?



- Many drug therapies interact with other drug therapies (this includes non-prescription medications and herbals). The pharmacist will screen for these interactions.
- Some drug therapies will worsen a pre-existing condition – (such as aspirin or ibuprofen and ulcers or heartburn).
- Many medications need to be monitored for effectiveness and side effects that can be detected early with lab monitoring such as cholesterol drugs and diuretics. The pharmacist will review your medications and help educate you on why these are important and make recommendations to your physician if you are unsure when the labs were last done. (One senior recently counseled had not gone in for her lab check when taking a diuretic. After our discussion she had the labs done and found she had dangerously low potassium levels.)
- Oftentimes there are therapeutic alternatives that may be more cost effective for a patient. (One senior seen in the program had 3 medications changed to the therapy recommended by the pharmacist in a letter to the physician, which resulted in a savings of over \$100 per month).
- Seniors need someone to answer questions about their drug therapy and we are trying to help them develop those relationships with a pharmacist in their area that has 3-4 additional years of college education on drug therapy.
- Oftentimes there is a drug therapy missing in a patient's regime. (In another instance, a pharmacist found several women not on a calcium supplement that had or were at high risk of osteoporosis. A gentleman with a previous heart attack did not have Nitroglycerin to use in case of an angina attack. Pharmacists could help get rid of unnecessary therapy, but also make sure needed therapy is in place as well.)
- Drug therapy is expensive. A good pharmacist can help get the greatest value out of one's medication.





**Seniors -- Are You Interested in
Learning Some Basics About
Computers?**

**Come Surf The Web
With Us! Call the
Senior LinkAge Line[™]
1-800-333-2433 to find
out more about a class
near you or to help get a
class organized in your
area.**



**Land of the Dancing Sky Area Agency on Aging
NW Regional Development Commission
115 South Main, Suite 1
Warren, MN 56762**



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name and address can be updated!**

Thanks!