

# AUGUST 2006 NEWS LETTER

MILDRED & CLAUDE PEPPER TOWERS



## PREVENTING FALLS IN THE ELDERLY

Falls are the main cause of serious injuries and accidental death in older people. As you age, the risk factors of falling increases. Some of these risk factors are poor vision, muscular weakness, foot disorder, arthritis of the knee, osteoporosis, history of stroke, and medication. Each risk factor differs according to the older person's level of functioning and environmental circumstances. The more risk factors an elder has the higher his/her risk of falling will be. If a senior falls and is injured, his or her ability to live independently decreases.

Read on to learn how you can prevent falls and remain safe for independent living.

### **Be sure your home is safe as possible. Here are some tips.**

- Keep rooms and hallway free of clutter, especially on the floor.
- Sitting on the edge of the bed when getting up at night or in the morning allows blood pressure to adjust.
- Floor surfaces should be smooth, but not slippery or waxed. Throw rugs should be removed or fastened down. Carpets or area rugs should have a skid-proof backing.

- Don't put electrical cords across pathways
- Use night lights in your bedroom.
- Don't climb on stools and stepladders. Get someone else to help with jobs that call for climbing. (continue)

## **I HATE FALLING**

I Inflammation of joints (or joint deformity)

H Hypotension (orthostatic blood pressure changes)

A Auditory and visual abnormalities

T Tremor (Parkinson's disease)

E Equilibrium (balance problem)

F Foot problem

A Arrhythmia, (heart blockage)

L Leg problem

L Lack of conditioning (Generalized weakness)

I Illness

N Nutrition (Poor eating)

G Gait disturbance

Your family can help you check your home for dangers that might you trip or fall. They can help make your home safer for you

## Community News

# 25TH SILVER ANNIVERSARY

The Mildred and Claude Pepper Towers celebrated its 25<sup>th</sup> Silver Anniversary on July 21st 2006. In honor of this landmark, the anniversary attracted well over 150 attendees, which included. Commissioner, Dorrin D. Rolle, Miami-Dade County, Dir., Dade Sr. Citz Minority Hsg., Inc, Commissioner, Audrey Edmonson, Miami Dade County, Representative Dorothy Bendross-Mindingal, state of Fl, Steve Protulis, Executive Director , EHDOC, Pat Konkhe, Director of Field Operation, EHDOC, Timothy Taylor, Sr., Executive Manager, EDHOC and Leda Rios, Executive Manager, EHDOC.

As part of the anniversary, Timothy Taylor Sr., Executive Manager, EHDOC, Mrs. Vera Cook, Ms. Christell Porter, Mrs. Toni Saracino and Ms. Cheryl Whyms were all honored for their 25 years of residency. Of special significance was a candle lightning memorial. The evening's occasion concluded