



What Can You Do To Prevent Falls?

By Michelle Houriet, Executive Director
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Independence Hill offers residents a variety of exercise classes to help improve balance, flexibility and strength.

Unfortunately, as we grow older, falls can become more common and we are more likely to injure ourselves. If you have an aging parent, grandparent, or older neighbor in your life, ensuring they reduce their risk of falling is a great way to help them stay healthy and independent as long as possible. As you grow older, changes in your body such as vision problems, weakening muscles and stiffening joints can increase your chances of falling. Falls can also be a sign of a new health issue or even a side effect of medication.

The good news is that there are several things you can do to prevent falls. First and foremost, consult your doctor if you are experiencing a medical condition that is affecting your balance. Then, with your doctor's approval, consider activities such as walking, water aerobics or balance classes, which can improve your strength, flexibility and balance, ultimately reducing your risk of falling. Wear shoes that fit properly and have non-skid soles. Remove fall hazards from your home. For example, get rid of clutter, use non-slip mats in your bathtub or shower, use a bath seat, remove trip hazards such as loose rugs, mats or electrical cords, and make sure there is adequate lighting, especially at night.

At Independence Hill Retirement Community, we take falls seriously because we know that the recovery process can be a long, hard battle. This is why we provide as many resources as possible for fall prevention. In fact, we are currently hosting an eight-week course sponsored by the National Council of Aging called "Matter of Balance," a structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Independence Hill also continually offers Aquacize, balance and strength classes, Sittercize, chair yoga, a fitness center, and Texercise, developed by the State of Texas, which focuses on increased balance, strength, flexibility and endurance. There is something for everyone and every fitness level. You could work out seven days per week if you so desire! It is inspiring to see our residents remaining so very



Exercise and other activities including walking and balance classes can help reduce your risk of falling as you age.

active in their retirement life at Independence Hill.

If you or someone you know could benefit from this well balanced and exciting lifestyle, please give us a call today at (210) 209-8956. One of our Lifestyle Specialists will be happy to set up a time for you to visit, enjoy lunch, and even try out one of our many fitness classes.

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.

Calling All Retired Teachers

Submitted By Kenneth Lynn

North San Antonio Retired Teachers Association (NSARTA) invites you to its October meeting located in the Fellowship Hall of San Pedro Presbyterian Church located at 14900 San Pedro. The meeting will be held on Wednesday, October 17 at 9:45 a.m. Join fellow educators for refreshments and a "meet and greet" before the meeting which begins at 10 a.m. and concludes at noon.

NSARTA's October meeting will also be attended by candidates

for the Texas State Senate District 25 as well as the Texas House of Representatives Districts 121 and 122. Each candidate will be given time to address the group as well as take questions from the floor. This will be a wonderful opportunity to ask a question that you may have for a particular candidate.

Feel free to bring a friend to the meeting. For more information about NSARTA, please contact Judy Lynn at 210 341-8012.