

Thriving on the Vineyard: Your Monthly Healthy Aging Newsletter

A letter from HAMV Executive Director, Cindy Trish:

Greetings,

The summer has flown by and September is upon us – and it is no coincidence that September is National Falls Prevention month! Each of us has the opportunity during September to increase our own awareness, educate ourselves about what we can do and what we should know to reduce the likelihood of falling, and when it does happen, how to recover more quickly.

I must admit that I came late to understanding the risk of falling as we age and the incredible emotional, physical and financial impact that falling can have. In the last few months falling has been front-and-center in my life as my twin sister, aged 71, athletic and strong, slipped on a baby toy on her living room floor and broke her femur. A few weeks later, my brother-in-law, in his late 60's, a skier and golfer, slipped on the stairs, grabbed the banister (which pulled out from the wall), tumbled down and broke 4 ribs. Ouch.

So where does that leave me? Wanting to tell everyone I see “watch out” – which, of course, is highly (in)effective. A better use of my energy is rethinking where the risk is for me and my loved ones and what I can do. Continuing to stay active, improving my balance and strength, having my sight and hearing tested, reviewing my medications with my healthcare team are some of steps I plan to take this month. I also look forward to participating in many of the activities offered throughout the month through our Falls Prevention Coalition and I encourage you to join me!

And to bring it even closer to home, I'm proud to say that the financial impact of our Home Safety Modification Program has led to a savings of \$1.4 million in medical costs for the 125+ participants based on the reduction in falls post modification.

Making falls prevention a priority BEFORE you have a serious fall provides the greatest return on enhancing the quality of our lives - so this is a major focus of this month's programs. I've certainly learned that it is never too soon to raise one's awareness and take action to minimize the risk of falling at any age.

Best,

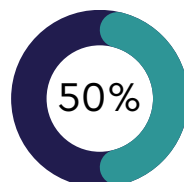


Cindy Trish
Executive Director
Healthy Aging Martha's Vineyard

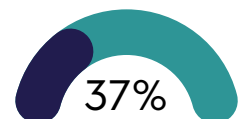
Why is Falls Prevention Important?



1 in 4 older adults
experience a fall
every year



At least 50% of fall
related injuries
occur at home



37% of those who fall reported an
injury that required medical
treatment or restricted their activity
for at least one day



Falls are the leading cause of
injury related death among older
adults (65+)



FREE Balance and Movement Exercise Classes with Jim Lobely, AKA The Long Game Coach!!!



Virtual

Mondays in September!

Sept. 9, 16, 23, & 30

9:00am

Sign up at:

<https://thelonggame.coach/classes>



Jim Lobely, MA is the Director of The Long Game, a learning and training platform for longevity, and the originator of Dynamic Flow™, a movement practice for improving strength, balance, coordination, and fascial health, adaptable to all ages. He is a Certified Personal Trainer (NASM), a Certified Brain Health Trainer (FAI), and a Sleep, Stress and Recovery Coach (PN). In addition to teaching movement classes online and working privately with clients, Jim frequently lectures on longevity-related topics such as mobility, balance, nutrition, sleep, using movement to maintain and improve cognitive function, and the science of habit change. He recently delivered a six-part lecture series on longevity, organized by the Chilmark Public Library and co-sponsored by the Vineyard Haven Library.

Jim holds a Master's degree in Dance/Movement Therapy from NYU, and an MFA in Acting from UW – Madison. Jim is also a cancer survivor, an avid (surfski) kayaker, a pickleball enthusiast, and loves playing the guitar. He lives in Northampton, MA.

Celebrate Falls Prevention Awareness Month With Us!! FREE Balance and Stability Exercise Classes!



We're particularly thrilled to welcome Jim Lobley, the Long Game Coach, to the **Tisbury Senior Center on Thursday, September 5th at 1:30 PM**. Jim will lead a balance and movement exercise class, setting the stage for his **free weekly sessions throughout September**. Many of you may know Jim from his popular classes in Chilmark, and we're excited to extend his expertise to even more of our community members.

FREE Fall Risk Assessment at the YMCA!!!

As Cindy mentioned in her letter, knowing your risk is a great first step towards falls prevention!

Susan Sanford, Physical Therapist and Owner of Vineyard Complimentary Medicine, is offering **FREE fall risk assessments at the YMCA on Tuesday, September 18, at 1:15pm**

Space is limited so use the link below to register
TODAY!!



Falls Prevention Teams Up With Nordic Walking Group!!

What is Nordic Walking?

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. It gives you a highly effective all over workout that doesn't feel like one! Nordic Walking is a fun and social activity that can be enjoyed by all!



What are the benefits of Nordic Walking?

- Better overall workout with upper body use of walking poles
- Higher calorie burn
- Less stress on your legs
- Better balance

No walking poles? NO PROBLEM!

Trails MV has provided walking poles that are available for loan for FREE! Poles can be checked out at any Island Council on Aging and through HAMV. If you find enjoyment in Nordic Walking, we are happy to assist you in purchasing your very own set!

Sounds GREAT! How do I get started?

The Nordic Walking group meets on **Mondays at 2:00pm** in September, beginning on **Monday, September 9, 2024**. All skill levels are WELCOME!
Meet in the parking lot at the intersection of Herring Creek Road and Atlantic Avenue