

CAREGIVER NEWS

Region IV Area Agency on Aging Caregiver Newsletter

The Importance of Falls Prevention

Falls are the leading cause of fatal injury and the most common cause of trauma-related hospital admissions among older adults. Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations. However falls are preventable.

Falls, with or without injury, can carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

We urge you to combat both the statistics and the results of fear! Arm yourself and the loved ones you care for. Education is the first important step. To see if you or your loved one's home is falls safe visit www.ncoa.org/article/falls-free-checkup

Contents

- Falls Prevention
- Medicare Open Enrollment
- Local classes for caregivers

... and more!

Environmentally conscious?

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Send us an email at

info@AreaAgencyonAging.org

to be added to our

Caregiver News

email list



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WWW.AREAAGENCYONAGING.ORG

Get the support you need to live as independently as possible in the setting of your choice



Offering Choices for Independent Lives

**Medicare Open Enrollment Starts Soon.
Let us Help You Navigate the Changes!**



Medicare Open Enrollment

If you or a loved one is on Medicare, Open Enrollment is the time when you can make changes to Medicare coverage. Medicare's Open Enrollment period runs October 15 - December 7, and any changes you make will take effect on January 1, 2022. Open enrollment is an opportunity to understand changes you can make to coverage and review current Medicare health and drug plans. Also, refresh on protecting yourself from enrollment fraud. Contact Area Agency on Aging's Michigan Medicare Medicaid Assistance Plan Regional Coordinator, Mistelle, at (269) 408-4354 or email info@areaagencyonaging.org. You can download a screening packet or find a counsellor near you by visiting AreaAgencyonAging.org/Medicare-Medicaid

Falls Prevention Class

Looking for a way to reduce the risk of falls for you and/or the person for whom you're caregiving?

Call today and register for the Falls Prevention Hybrid Class that will be held Tuesday, October 19, 2:00-3:00 p.m.

This is a hybrid class: you can choose to attend in person at the Campus for Creative Aging or via Zoom.

This class is taught in conjunction with our partners at Caring Circle.

Learn the leading causes of most falls. Describe four elements of strong mobility. Prioritize 2 key steps in your daily routine to help prevent falls.

Call and register today!

Free Zoom Classes Through RIV AAA

Musical Mondays with Brandon Pierce, Mondays starting October 1, 12:00-1:00 p.m.

Chronic Pain PATH (Personal Action Toward Health), 6-week virtual workshop
Thursdays starting October 4, 1:00-3:00 p.m.

Intro to Microsoft Excel Hybrid Class, Six sessions on October 11, 12, 13 and 18, 19, 20 from 9:00 a.m. to 11:00 a.m. In-person or via Zoom-You choose! \$50 fee for this class.

Chronic Pain PATH (Personal Action Toward Health), 6-week IN-PERSON free 6-week class Tuesdays starting October 12, 1:00-3:30 p.m. at River Valley Senior Center, 13321 Red Arrow Highway, Sawyer, MI

Falls Prevention Hybrid Class, Tuesday, October 19, 2:00-3:00 p.m. at the Campus for Creative Aging or via Zoom.

Caregiver Support Group Hosted in Conjunction with Caring Circle, Every third Tuesday, October 19, 7:00-10:00 p.m. via Zoom.

All About Apples! by Healthy Cooking with Bronson, Wednesday, October 20, 2:00-3:00 p.m. via Zoom.

Carriage House Cider Tour, from The Campus for Creative Aging, Wednesday, October 20, 5:00-6:30 p.m. Free in-person tour of Carriage House Ciders, 920 North Shore Drive, Benton Harbor, MI

A Journey through Dementia Minds, a free interactive storytelling performance by individuals living with dementia. Thursday, October 21, 3:00-4:30 p.m. either via Zoom or at The Heritage Museum and Cultural Center, 601 Main Street, St. Joseph, MI

To register today, call Amy Nichols at 269-982-7748 or email
AmyNichols@AreaAgencyonAging.org.

For a complete, up-to-date listing, visit <https://campusforcreativeaging.org/classes/>

Region IV Area Agency on Aging
2900 Lakeview Avenue
St. Joseph, MI 49085

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Dementia Minds

Imagine if a loved one could tell you everything, they want you to know about their Dementia diagnosis. We invite our communities to join for a special event at the Heritage Center in St. Joseph, or on Zoom on Thursday October 21, 2021 from 3-4:30 pm as we present 'A Journey Through Dementia Minds.

A Journey with Dementia Minds is an interactive presentation by eight individuals living with dementia. In this dramatic and humorous performance, you will experience their journey beginning with the recognition that something was wrong through the feelings that follow diagnosis. Register by calling (269) 982-7748 or visit CampusforCreativeAging.Org.

Contact us at:

**Info-Line
for
Aging and Disability
(800) 654-2810**

**Region IV
Area Agency on Aging
2900 Lakeview Avenue
St. Joseph, MI 49085**

Region IV Area Agency on Aging supports your caregiving and aging needs

AreaAgencyonAging.org