



Our Calling Is To Prevent Falling.

FALL EDITION 2021

Fall Prevention Awareness Week

By Dr. Lianne Rogers PT, DPT

The first day of fall is right around the corner, September 22, 2021 to be exact. It also happens to be national Fall Prevention Awareness Day. This year the Arizona Fall Prevention Coalition is observing the entire week (Sept. 20-24) as Fall Prevention Awareness week.

According to the Arizona Department of Health Services data, falls in Arizona continue to be the leading cause of injury-related deaths among Arizona residents 65+ years.

In 2020, Arizona had 51,280 emergency room visits due to falls from those 65 and older. Males 85 years old and older had the highest fall mortality rate.

Sara Keown from Phoenix Fire department states, "the fire department responds to 193,000 EMS calls annually and out of those calls, 22,000 are categorized as Fall calls."

These statistics are stunning if you are reading them for the first time. Unfortunately for me, these are statistics that I have been aware of for far too long. While falls are a major public health issue, I hope these statistics will move you to do your part to join forces with the coalition or a community partner to educate our communities and older adults.

Our mission at the coalition has

been to reduce the risk of falls in Arizona through education, outreach, evaluation, and advocacy. In previous years the coalition has hosted "Light Up the Night," an event honoring those who lost their lives to a fall and "Stand Up to Falls Symposium" which brought notable speakers presenting on various aspects of falls and fall prevention to the professional and public communities.

This year Strategic Promotion co-chairs, Jeff Case and Kelvin Barte, both retired fire chiefs, have been collaborating with cities and fire departments across Arizona to create a public service announcement (PSA) that will have a statewide reach! Be on the lookout for the PSA to broadcast on all social media platforms as well as possibilities for radio and tv.

In addition to the PSA, the coalition is acquiring proclamations from the Governor and various mayors around the state.

Additionally, each chapter has their respective events taking place in September. Please refer to the following pages for more information on events each chapter will be hosting in their region.

I know many community partners are hosting various fall prevention awareness events in September



Dr. Lianne Rogers PT, DPT
Education Committee Chair

and on behalf of the leadership council, I want to applaud and thank you for your efforts in keeping Arizonan's seniors safe and informed.

I realize that fall prevention awareness does not come down to a single day or week but a yearly campaign effort to reduce the number of falls and fall-related deaths in our state. As we all make a great push to showcase our events in September, let us remember the race is long and slow. If we continue to pursue in our efforts, we will one day see a trend in the right direction to reducing falls! May all your events this month and in the near future be safe and successful!

Community Member Spotlight

Stand Tall – Don't Fall: Develop Stability, Clarity, and Resilience

Written By: S. Christina Boyd



HIGHPOINT
MIND & MOVEMENT

Falling is a significant issue, whether for our aging population or for those who've experienced an accident, stroke, disease, or brain injury. Age-related falls alone have accounted for 800,000 hospitalizations each year in the United States. And, sadly, one in five of those falls result in a significant injury like head trauma or hip fracture. While there are standard recommendations to prevent falls, I've created a complementary approach to balance using techniques based on brain science and the neurology of the body.

Stand Tall-Don't Fall is a unique program based on a series of simple, sensory motor activities that focus on both the brain and body and how they integrate together. It incorporates purposeful movements from a variety of disciplines that stimulate efficient brain function. These enjoyable movements, combined with easy core strengthening exercises, promote stability, improve coordination, sharpen reflexes, and improve mental clarity.

The central foundation of Stand Tall Don't Fall is based on the neurology of the body, and the movements used in these classes facilitate mind-body

communication in three ways:

1. Our Left/Right connection affects how our two eyes, ears, hands, feet, and brain hemispheres work together for good vision, flexibility, side-to-side balance, and overall coordination.
2. Our Top/Bottom connection allows for greater spatial awareness to help us know where we are in space and the ability to organize our movements as we walk up and down stairs.
3. Our Front/Back connection improves posture for better stability as we sit, stand, and walk, and releases the Tendon Guard Reflex (a fear reflex) to allow for improved focus and attention.

Stand Tall – Don't Fall packs a lot into each class: retraining neural signals in the brain helps us regain optimal physical and mental functioning; and strengthening specific muscles of the body develops stability and flexibility. Combined, these two approaches help you improve balance, mental abilities, and emotional strength. For over five years, Stand Tall – Don't Fall has been helping those who have lost stability due to the

aging process, brain injury, stroke, Parkinson's, Multiple Sclerosis, or Fibromyalgia. Stand Tall has hastened the recovery process after surgery, augmented physical therapy programs, and helped those who use a wheelchair – or, those of us who simply sit too much of the day.

One of the most amazing things is how quickly people have seen results – from improved physical flexibility to mental stability and clarity. Class participants have shared that they are more stable when walking, can confidently use stairs, and have developed faster reflexes that have prevented falls. Participants have even seen improved speech and communication.

Last year presented many challenges and opportunities – the first, a variety of people coming to class with very different needs, resulted in the expansion of Stand Tall – Don't Fall, which now has two class levels to better accommodate all abilities. The second, which was a necessity during lockdown, was to offer classes online via Zoom. There has been such a wonderful response

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Committee Update

On behalf of the website committee, we are pleased to announce our efforts to improve access to information! We realize our current platform is limited and is challenging for the coalition to maintain an active role in updating website content and for our current members to stay up to date on our current and upcoming events, as well as current members to maintain an active role and stay up to date on the latest events. After careful consideration, we are planning to launch an updated website on a new platform. The foundation of the content will remain the same, our mission, vision, leadership committee and operations. What will be unique and updated is the resources, ease of joining as a general member or if you have a specific interest in one of our many committees we have developed. Connecting, communicating and sharing information will allow us to continue our expansion throughout the state. In order to be an effective organization and continue to support our mission to prevent falling, we knew we needed to join the times, so stay tuned as we will be wrapping up some final touches, hosting a preview for our leadership team and rolling out the new site early next year!



Written By Website Committee Chair Dr. Emily Reilly

Continued from page 2 Stand Tall

to this online format that Zoom classes have become a staple of this program even as we've brought back in-person classes, held in Flagstaff.

Level ONE is designed for those who prefer a class with less movement, are recovering from surgery, or have physical or cognitive limitations caused by age, accident, or disease. This class is done seated throughout the hour-long session and is conveniently held virtually on Zoom in order to allow participants to remain in the comfort and safety of their own homes.

Online: Thursdays at 11:00am (Arizona Time)



Level TWO is designed for those who do not have significant physical or cognitive limitations and are looking to improve balance and confidence when walking, navigating stairs, or on uneven ground. This class is done seated for 2/3 of the class and then incorporates standing for simple, rhythmic, whole-body movements to music during the remainder of the class.

In-Person in Flagstaff: Tuesdays at 2:30pm (Arizona Time) Online: Wednesdays at 2:00pm (Arizona Time)

Fall Prevention Awareness Events

Northern Chapter Events

Register Here: www.stopfalls2021.eventbrite.com

STOP FALLS THIS FALL

A FALL PREVENTION
AWARENESS DAY EVENT

September 21 @ 10am



FEATURED PRESENTATIONS

Locomotion Innovations
ARIZONA STATE UNIVERSITY

Firefighters & Falls
PRESCOTT FIRE DEPT.

CarFit Auto-Mobility
MIDWESTERN UNIVERSITY

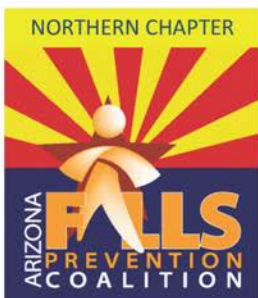
Tai Chi for Balance
NACOG AAA & YCCHS

Safe Surroundings
BANNER HEALTH

Common Questions
BACKWAY'S PHYSICAL THERAPY

Register at
www.stopfalls2021.eventbrite.com

Join the Northern AZ Falls Prevention Coalition and community partners for an interactive day of learning. **Stop Falls This Fall 2021** will



highlight different strategies older adults can take to stay safe and reduce their risk of a fall.

For Questions Contact:
Beth Brehio
928-460-5571

This event is complementary to the public.

Fall Prevention Awareness Events

Southern Chapter Events

Register here: <https://bit.ly/3y4kU5W>



FallsFree

The coronavirus pandemic has changed a lot of things
One thing that's still the same? Falling is NOT a normal part of aging. Take the first step to prevent a fall

- Answer 12 questions at ncoa.org/FallsFreeCheckUp
- Attend our free event to learn more

What: Connecting to be Falls Free®

When: Mon., Sept. 20, 2 - 3:30 pm Part I

Wed., Sept. 22, 2 - 3:30 pm Part II

Where: Two Virtual Panel Presentations
(Sept. 20 Part I & Sept. 22 Part II)



- Presentations with local experts about Medication Safety
- Fall Prevention Programs & Workshops in Pima County
- The role of Exercise & Physical Activity
- Community Connections & Resources

Register: <https://connectingtobefallsfree.eventbrite.com>

If you are experiencing difficulties with Eventbrite,
call Jennie at 520-305-3410.

Fall Prevention Awareness Events

Western Chapter Events

Zoom Link: <https://bit.ly/3y4kU5W>

JOIN US VIRTUALLY FOR:

"We're Not Gonna Fall For It"

WEDNESDAY, SEPTEMBER 22ND 2021
10AM – 11:15AM VIA ZOOM

<https://bit.ly/3y4kU5W>

*This is a FREE fast-paced event that will share how to protect yourself from a fall. **Be sure to log in at least 10 minutes early***

5 interactive sessions discussing these topics:

- *Just the Facts Ma'am!*
- *Fall Proof Your Home*
- *Are You at Risk?*
- *Get Back on Your Feet*
- *Staying Steady*



Guest speakers from Arizona Department of Health Services, City of Yuma Fire Department, Kingman Regional Medical Center and more!

WIN

****LIVE Drawing for 5 Amazing PRIZE Packages!****

WIN



Mark Your Calendars, Invite Your Friends and We'll See You There! - You Won't Want to Miss This!!

No Registration Required

For Questions Contact:
Carol Brown at CarolB@wacog.com or 928-217-7115
Rebecca Clayton at Rebeccaoc@wacog.com or 928-217-7120



Scan me

Hosted by: The Western Chapter of Arizona Falls Prevention Coalition

Please consider joining one of our committees to help advocate for fall prevention in our communities and state!

Awards Committee

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Strategic Communications Committee

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Kelvin Bartee ~ krbartee@cox.net



We want to know what you are doing to promote and prevent falls in your community! Do you have a program or event that you want to share with our members?

E-mail Lianner@cox.net to submit your article.

Please keep your article submission to 500 words.



If you are interested in being a part of our editorial team please reach out to Lianner@cox.net

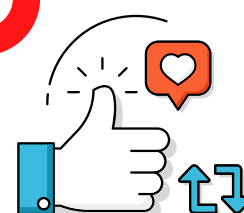
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www.azstopfalls.org
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