

## Safe Today. Healthy Tomorrow.



The Administration for Community Living (ACL) and the Administration on Aging (AoA) are promoting health, safety, and building community by recognizing Older Americans Month. The theme for Older Americans Month 2014 is “Safe Today. Healthy Tomorrow.” The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury. The following safety tips underscore the importance of helping older adults take control of their safety –

### Talk to Your Healthcare Provider

- ✓ Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination
- ✓ Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community

### Manage Medications

- ✓ Be aware of how your medications interact with other prescription and over-the-counter drugs, certain foods, alcohol, and other medical conditions

### Prevent Falls

- ✓ Install handrails and grab bars wherever they are helpful
- ✓ Ensure ample lighting inside and outside of your home. Add one or more nightlights between your bedroom and bathroom

### Prevent Fire and Burns

- ✓ Test smoke detectors regularly. Have one in or near your cooking area and bedrooms
- ✓ Do not smoke in your home

Learn more about Older Americans Month at <http://acl.gov/olderamericansmonth>

Resources: Administration for Community Living <http://acl.gov>

### **YOU CAN HELP SENIORS STAY HEALTHY**

If you want to stay healthy and safe, please follow the Safety Tips listed in this newsletter. Your donation to Mobile Meals helps us to assure the safety of those that need our services. Will you help?

Your gift of \$3.00 pays for one meal for someone who cannot pay. It's simple. Just place your check in the envelope you received.

Thank you!

*Phil Marcin*

Development Director

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

### **GRIEVANCE POLICY**

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.