

Project NOW

Community Action Agency

ROCK ISLAND COUNTY SENIOR CENTER

2221 - 11TH STREET
ROCK ISLAND IL 61201

(309) 788-6335 or (800) 788-6308



10 FALL PREVENTION TIPS for Seniors

Falls remain a leading cause for injury in the United States: in fact, one in three older adults falls each year. In 2013 alone, over 2.5 million non-fatal falls were treated in the emergency room. Although falls may be more common in older adults, they can happen to anyone of any age, and there are many things you can do both in and out of the home to decrease the risk of falling.

Below are 10 Simple Tips for Fall Prevention from the National Safety Council and Other Resources



1 Remove tripping hazards such as books and papers, shoes, and boxes from stairs and hallways, and secure rugs.¹



6 Wear sensible shoes with nonskid soles and a proper fit.²



2 Install grab-bars in the bathroom, both around the toilet and in the shower.¹



Poor vision is a major factor in falls. **Get an eye exam** at least once a year to keep prescriptions current and eyes functioning their best.³



3 Keep frequently used items within **easy reach**, so you don't have to climb or strain for them.¹



Consider adding extra personal security by using a **mobile alert system with GPS** to access emergency help at any time.



4 Make sure that both inside and outside the home has **adequate lighting** so you can see your path while walking.¹



Medication errors are one of the main catalysts for falls. Keep an updated medication list, as well as all current labels attached to the bottle. Make sure to take the instructed dose, and talk to the pharmacist about any questions.⁴



5 Check and repair any damages to walkways or steps regularly.¹



Stay active! Even gentle exercise can increase strength and balance, helping to reduce the risk of falls.^{5,6}



Save the Date

The Annual Holiday Party for Seniors

will be held on December 7, 2017. Details to follow.



Mercer County
(309) 582-2644

Happy Grandparents Day



September 10th

SEPTEMBER IS



MONTH

EAT FRUITS & VEGGIES OF DIFFERENT COLORS - DARK GREEN, ORANGE, RED, YELLOW, BLUE, PURPLE, & WHITE TO GET THE BROADEST RANGE OF NUTRIENTS.

THE ROCK ISLAND COUNTY SENIOR CENTER POLICY STATES THAT ALL PERSONS 60 AND OVER CAN BE SERVED WITH NO REGARD TO DURATION OF RESIDENCY OR CITIZENSHIP. The Rock Island County Senior Center does not discriminate in admission to or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; The U.S Civil Rights Act Section 504 of rehabilitation Act; the Age Discrimination Act; The age Discrimination in employment act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging, for information, call 1-800-252-8966(Voice and TDD), or contact The Program Manager at WIAAA, 1-800-322-1051. Participants will not be denied service if they cannot or will not contribute to the cost of the meal. Senior Services funding provided by Western Illinois Area Agency on Aging.

MENU

Rock Island County
(309) 788-6335



SEPTEMBER 2017

MON	TUE	WED	THU	FRI
<p>goodbye, august</p> <p>hello, september</p>				<p>1. AMISH ROAST BEEF MAC & CHEESE FRENCH STYLE GREEN BEANS WHOLE WHEAT BREAD FRUIT COCKTAIL ORANGE JUICE & MILK</p>
<p>4. AGENCY CLOSED</p>	<p>5. BEEF & MACARONI CASSEROLE PEAS WHOLE WHEAT BREAD FRESH APPLE ORANGE JUICE & MILK</p>	<p>6. COUNTRY STYLE RIBS SPINACH POTATO SALAD WHOLE WHEAT BREAD FRESH ORANGE LEMON BARS APPLE JUICE & MILK</p>	<p>7. ROAST BEEF MASHED POTATOES & GRAVY WHOLE WHEAT BREAD CORN ORANGE JUICE & MILK</p>	<p>8. BAKED FISH SANDWICH OVEN BROWNED POTATOES ASPARAGUS W/ LEMON & ALMOND FRESH PLUM APPLE JUICE & MILK</p>
<p>11. MEATLOAF MASHED POTATOES PEAS DINNER ROLL SUGAR COOKIES ORANGE JUICE & MILK</p>	<p>12. SAUTEED CHICKEN BREAST BAKED SWEET POTATO LIMA BEANS WHOLE WHEAT BREAD OATMEAL COOKIES APPLE JUICE & MILK</p>	<p>13. BBQ PORK ON A BUN ROTINI PASTA SALAD GREEN BEANS FRESH PEAR GRAPE JUICE & MILK</p>	<p>14. BEEF & MACARONI CASSEROLE MIXED VEGETABLES WHOLE WHEAT BREAD APPLESAUCE APPLE JUICE & MILK</p>	<p>15. SEASONED CHICKEN MASHED POTATOES SPINACH WHOLE WHEAT BREAD CANATLOUPE CUBES COOKIES ORANGE JUICE & MILK</p>
<p>18. BEEF & NOODLES PICKLED BEETS DINNER ROLL FRESH APPLE APPLE JUICE & MILK</p>	<p>19. ROASTED CHICKEN BREAST AUGRATIN POTATOES SPINACH WHOLE WHEAT BREAD COOKIES ORANGE JUICE & MILK</p>	<p>20. CATFISH BABY RED POTATOES COLESLAW WHOLE WHEAT BREAD OAT. RAISIN COOKIES APPLE JUICE & MILK</p>	<p>21. COUNTRY STYLE RIBS MASHED POTATOES CARROTS DINNER ROLL FRUIT COCKTAIL ORANGE JUICE & MILK</p>	<p>22. SPAGHETTI TOSS SALAD W/ DRESSING DINNER ROLL SUMMER FRUIT CUP APPLE JUICE & MILK</p>
<p>25. SWEET & SOUR CHICKEN WITH RICE BROCCOLI FLORETS DINNER ROLL FRESH APPLE ORANGE JUICE & MILK</p>	<p>26. HOT DOG ON A BUN BAKED BEANS BEETS PEACHES APPLE JUICE & MILK</p>	<p>27. ROAST PORK LOIN BAKED YAM HALF SUCCOTASH WHOLE WHEAT BREAD CHOC. CHIP COOKIES ORANGE JUICE & MILK</p>	<p>28. BAKED CHICKEN BREAST BAKED POTATO MIXED VEGETABLES WHOLE WHEAT BREAD RANGER COOKIES APPLE JUICE & MILK</p>	<p>29. MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT BREAD RASPBERRY PASTRY APPLE JUICE & MILK</p>

THERE COULD BE SLIGHT VARIATIONS IN THIS MENU.

Suggested Donations: Congregate Meals \$3.00 & Home Delivered Meals \$4.00

Participants will not be denied service if they cannot or will not contribute to the cost of the meal.