



St. Mary's County Health Department

NEWS RELEASE

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FALL PREVENTION WORKSHOPS OFFERED TO SENIOR CITIZENS

Free workshop will teach ways to prevent falls and reduce injury

LEONARDTOWN, MD (November 9, 2006) – Patrons of the Loffler Senior Center attended a workshop on Thurs., Nov. 9, to learn about strategies to prevent falls. According to the latest statistics from 2004 released by the Maryland Department of Health and Mental Hygiene, falls are the number one injury sending St. Mary's County residents to the hospital.

St. Mary's County Health Department, the St. Mary's County Department of Aging, and Hearing Professionals, Inc. partnered to present the workshop. "Falls are especially a concern for our senior population, said Erin Reiney, injury prevention coordinator for the health department. "It is the leading cause of hospitalization for St. Mary's County residents aged 55 and over."

The Centers for Disease Control and Prevention (CDC) report that 20-30 percent of older adults who fall suffer moderate to severe injuries that reduce mobility and independence. However, many of those falls are preventable. At the workshop, seniors learned how having medications reviewed, getting their vision checked, exercising on a regular basis, and

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eliminating hazards from the home can decrease their risk of a fall.

Additional workshops are planned throughout November. Northern Senior Center will host a workshop on Thurs., Nov. 16, at 11a.m.; Garvey Senior Center, Tues., Nov. 21, at 11a.m.; and Oakley Senior Center, Thurs., Nov. 30, at 11a.m. All workshops are free and open to any St. Mary's County senior citizen. For more information, contact Erin Reiney at 301-475-4330, ext. 7831.

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Photo caption: At the Fall Prevention Workshop, Tracey Nalesnik, of Hearing Professionals, Inc., screens Donald Cooksey of Lexington Park to test for inner ear problems that may disturb balance.