

Next Meeting: Thursday, June 16, 2016 11am-1pm - [Tanoan Country](#)

June 2016

Sponsors (click to reveal website):

Supportive Care  
NEIGHBORHOOD  
Assisted Living • Memory Care • Nursing Care

Heritage  
Helping Hands



## Balance, Age, and Fall Prevention Strategies

Older adult falls are a serious public health problem. Often the public perception is that nothing can be done to prevent these falls as we get older. This is far from the truth. Falls are not a normal part of aging and many can be prevented with effective intervention. This presentation will review how the body controls balance, possible age and health-related changes that affect balance, and strategies to reduce the chances of falling.

### Presenter: Janet Popp, PT

Janet Popp is a physical therapist employed by Brookdale Home Health and holds a master's degree in gerontology. From UMass Boston. She is an adjunct lecturer at UNM Health Sciences Center Division of Physical Therapy and Chair of the NM Adult Falls Prevention Coalition. In addition, she is a fall risk assessment trainer under a contract with the NM Department of Health.

### Related Hot Links:

[Fall Prevention](#)

[New York Times Article on Aging](#)

[Alzheimer's Association](#)



### President's Piece:



*Falls suck. According to the NM Dept. of Health 2012 data (newest available...), unintentional fall-related injury was the third leading cause of unintentional injury-related death for all ages, behind poisoning and motor vehicle traffic injuries. In age-adjusted fall-related deaths, NM was the third highest among all other states - and a full 1.8 times higher than the national rate...and the leading cause of hospitalization, emergency department visits and death for our elders. For those who remained - an often-compromised quality of life.*

*We've got to do a better job of protecting our elders and their fall-risk susceptibility. Let's all commit to getting the help in where needed to reduce this gravitational epidemic in our state.*

## *NMACC Sac:* (fast links to helpful educational tidbits...)

[Spotlight Senior Services](#) will now be led by Lisa Quintana in coordination with fellow NMACC board members, Val Romero and Gina Bryant. The new name of the group will be Silver Linings Connect! The next luncheon meeting is Wednesday, June 8th at [Palmilla Senior Living](#), 10301 Golf Course Rd NW from 3:30 PM - 5:00 PM. The theme is "Maragaritaville"! For more information, please call Lisa at [505-417-9771](tel:505-417-9771) or email inquiries to [info@silverliningsconnect.com](mailto:info@silverliningsconnect.com).

## *NMACC Snacks:* (non-profit events & causes...)

### Alzheimer's Association- NM Chapter Upcoming Events:

- **June 20th** the **Longest Day** a fundraiser participants are encouraged to fund raise by doing what they love to do, bowling, hiking, cooking, playing tennis etc .Register online at [alz.org/newmexico](http://alz.org/newmexico). The event will be MorningStar Senior Living. The address is 8051 Palomas Ave NE. The fun will be from 8:30 AM to 10:30 AM as well as 6:30 PM to 9:00 PM. If you would like further information, please Shellie Sims at 505.750.9540
- **June 20th** the **UnFOREgettable Golf Classic Tournament** held at Tanoan Country Club, registration is taking place now. Great prizes, breakfast, and lunch will be served. Registration is coming to a close so please sign up to play as soon as possible!

### NMACC Membership Options:

INDIVIDUAL memberships (\$155) may only be used by the member (non-transferable).

FLEXIBLE memberships (\$175) are valid for any ONE member of a business entity (transferable within the business).



**Please bring some extra cash for those raffle tickets! All proceeds benefit the NMACC Education fund, and who knows? You might just be lucky enough to win something really cool!**

## *NMACC Almanac:* (Upcoming Meetings)

July 21, Aug 18, Sep 15, Oct 20, Nov 17, Dec 7 (holiday party)

*NMACC to Go* submissions for announcements of any kind will be published the month of the event, unless the event scheduled is before the date of distribution. For accuracy, "series" events (reoccurring meetings) must be submitted monthly. Please provide a link and email contact/phone number to your event. Send submissions to: [NMACC to Go](#)

Deadline for the next edition: **July 7th**

Go to [nm-acc.org](http://nm-acc.org) to find out more. Want to attend the luncheon? Email [info@nm-acc.org](mailto:info@nm-acc.org).