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- 4 Get your vision and hearing checked annually and update your eyeglasses

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September 2014 Issue 53

ATTORNEY GENERAL
BILL SCHUETTE'S

Senior Brigade

Fall Prevention Awareness Month

September is Fall Prevention Awareness Month. This year's theme, *Strong Today, Falls Free® Tomorrow*, encourages older adults, family members, and caregivers to play a part in preventing fall-related injuries.

The [National Council on Aging](#) reports that one in three persons over the age of 65 falls each year. Many times these falls are serious enough to require hospitalization, and at times, falls can lead to death.

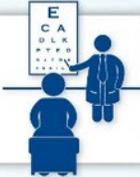
In order to help prevent falls and remain independent for as long as possible, the National Council on Aging recommends the following tips:

- 1** Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.


- 2** Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.


- 3** Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.


- 4** Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet.


- 5** Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.


- 6** Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.





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Senior Smiles



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YOU SCREAM, I SCREAM,
WE ALL SCREAM FOR
ICE CREAM

The winner of this year's Hudsonville Ice Cream Pure Michigan Limited Edition Flavor Contest is *Winter Campfire*.

You will find the winning flavor in local grocery stores beginning this winter.

The State of Michigan is looking for citizens that are interested in participating in usability studies that will help improve state websites and applications.

[Click here to learn more.](#)



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If you have been called on to raise your grandchildren, your life can be very different than what was expected. One of the challenges may involve grasping all the ways to keep children safe, especially while they're online.

Attorney General Bill Schuette has two special initiatives that will help make your life easier. The Michigan Cyber Safety Initiative is a program that provides online safety presentations to kindergarten through eighth-grade students.

The second and newest initiative is called OK2SAY. OK2SAY is a confidential reporting system specifically designed to help students or anyone report potential harm or criminal activity directed at school students, school employees, and schools. Middle school and high school students learn how to use the OK2SAY program during presentations provided at their school. Tips can be submitted via phone, text, mail, email, web, or even a mobile app.

All of the presentations are free and available state wide. Additional program information, forms, and videos are available at www.mi.gov/csi and www.mi.gov/ok2say.