



1020 Washington St. N, Twin Falls, Idaho  
208-737-5900 [www.phd5.idaho.gov](http://www.phd5.idaho.gov)

September 3, 2010

**PRESS RELEASE – For Immediate Release**

Contact: Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator, 737-5988

**September is Active Aging Month**

TWIN FALLS-South Central Public Health District (SCPHD) is joining the Fall Prevention Center of Excellence and the National Council on Aging by observing Fall Prevention Awareness Week September 19-25 with the focus on September 23<sup>rd</sup> as Falls Prevention Awareness Day. SCPHD will be providing a Fit and Fall Proof™ Class Leader Training on September 10 from 9:00 a.m. to 3:30 p.m. Fall Prevention Awareness Week is a great opportunity to raise awareness of falls and reduce fall risk in south central Idaho.

South Central Public Health District encourages older adults to join in the Fall Prevention Awareness Week by attending an exercise class in Carey, Eden, Kimberly, Hailey, Oakley, Twin Falls, or Wendell.

The Fit and Fall Proof™ Program training is for anyone interested in volunteering.

**Interested persons need to call 737-5988 by September 8 to register for the training. Space is limited.** The training is for individuals that are interested in volunteering their time for a minimum of one year. Individuals interested do not have to have a physical education degree but should have exercise experience and some knowledge and/or the desire to help keep area seniors healthy.

According to the U.S. Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury deaths among older adults age 65 and older. One in three adults in this age group falls each year. It is estimated that 108 Idaho older adults died due to accidental falls in 2008. Also in 2008, Idaho Emergency Medical Services responded to 6,684 fall-related calls for individuals 65 years and older. Of those who fell, 63% were transported to a hospital for follow-up care.

The good news is that most falls are preventable. Recommendations for preventing falls among older adults include regular exercise, having a medication review, having yearly vision checks, and reducing hazards in their homes that can cause falls.

For more information, contact Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator, at 737-5988.

Side Bar #1

	<b>Location</b>	<b>Time</b>	<b>Days</b>
Carey	Carey Community Center	10:00 a.m.	T & Th
Eden	First Segregation Fire Station	10:30 a.m.	T, Th & F
Hailey	Blaine County Senior Connection	10:00 a.m.	M, W, & F
Kimberly	Ageless Senior Center	10:30 a.m.	M, W, & F
Oakley	Oakley Fire Station	11:00 a.m.	T & Th
Twin Falls	Twin Falls Senior Federation	10:30 a.m.	M, W, & F
*Wendell	Living Waters Presbyterian Church	10:00 a.m.	T & Th

\*Will resume classes in October; call 737-5988 for more information.