

Navigator

The Bazzeni Wellness Center Community Newsletter

September/October 2019

Falls in Older Adults

One of the most common reasons we treat older adults with life-threatening injuries in the Emergency Department is due to falls. No one wants to fall or is trying to fall, but things happen. We don't call them accidents, because they are all preventable and falls are not something that just happens because you get older. Did you know that if you are even worried about falling that increases your risk for a fall? It doesn't matter if you have fallen before or not, there are steps we can all take to reduce our risk of a fall.

- **Stay active and fit** – That comfy recliner is not your best friend! You should be active and do exercises that make your legs stronger and improve your balance. Walking is a great start, but everyone should be involved in a program that specifically helps strength and balance, like Tai Chi, Yoga, or more formal programs like Stepping On or Matter of Balance that can help get you started if you haven't been very active in a while.
 - **Talk to Your Doctor** – Ask your doctor to evaluate your risk for a fall and things you can do to decrease that risk. Ask your doctor to review ALL of your medications to see if any make you dizzy or weak. You can also ask about vitamins or supplements that may help maintain bone strength and reduce the risk of injury from a fall.
 - **Have Your Eyes Checked** – Poor vision makes it difficult to see objects and hazards that may cause you to trip and fall. Have your eyes checked every year and any time you notice changes in your vision.
 - **Make Your Home Safer** – Get rid of clutter; make sure there is plenty of light, a clear path to the bathroom at night, and no electrical cords or slippery rugs that may cause you to fall. Stairs should have stable railings and you can have grab rails installed in the bathroom to help with stability around those slippery surfaces.
- We are all around hazards that increase our risk for falls and we all have the ability to learn what those risks are and what we can do to insure that we don't fall. The more active, strong, and confident we are in our daily lives, the less likely we are to get injured. Don't let the rocking chair get you! If you would like more information on how you can prevent falls or on strength and balance classes and other programs to keep you active, contact us at 562-491-9811.

Terry Liddell RN, MICN – Trauma Educator/Injury Prevention Coordinator

see page 2 for Fall Prevention Summit



Events



Fall Prevention and Healthy Aging Summit

Thursday, September 12th
9:00AM-12:00PM

Special Event

September is Fall Prevention and Healthy Aging Month. Please join us in celebrating this month's awareness and receive health screenings, preventative health education, and community resources. Also, keynote speaker, celebrity Gerontologist *Di Patterson* presenting on "Top Ten Tips for Success in Aging." Space is limited and will fill up quickly, you don't want to miss this event! Register by calling, 888-478-6279.



Yoga

Every Tuesday
1:30PM-2:30PM

Tami leads a one (1) hour gentle yoga class designed for everyone. Seated postures, forward folding, side bending, twists, as well as balance poses. A final guided relaxation ends the class-leaving students with a peaceful and calm state of being. Students should bring mat, blanket or beach towel and water. Please call to reserve your spot, 562-491-9811.

Classes

A Matter of Balance

September 17th - November 5th
Meets every Tuesday for 8 weeks
10:00AM-12:00PM

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. You will learn how to view falls as controllable, make changes to reduce fall risks at home, exercise to increase strength and balance and set goals for increasing activity. Space is limited, to register call, 888-478-6279.



Senior Fitness

Monday, Wednesday & Friday
9:30AM-10:30AM
\$20 Blue Card Members
\$18 Gold Card Members

This class is enjoyable and easy to follow. Exercises such as chair workouts, stretching & balancing, light & moderate movements all help increase strength and muscle tone. Sign-up today! To sign-up today call, 562-491-9811. **No class on 9/2**

Stepping On

September 20th - November 1st
Meets every Friday for 7 weeks
10:00AM-12:00PM

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks you'll learn to identify and remove or avoid fall hazards in your home and outside. How vision, hearing, medication and footwear affect your risk of falling, and much more. Space is limited, to register call 888-478-6279.



Breast Cancer Awareness

Breast Cancer Facts

October is Breast Cancer Awareness Month, we are sharing information to promote your health.

Breast cancer is a disease where the cells of the breast grow out of control. Breast cancer can begin in different parts of the breast. It can start in the breast and move to different parts of the body. This is called metastasis.

While some people have no warning signs of breast cancer, here are a few that should be checked with your health care provider if they occur:

- A new lump in the breast or armpit
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin

Risk Factors for Breast Cancer:

While anyone with breasts can get breast cancer, women tend to have a higher percentage of the disease.

Risk Factors that cannot be changed:

Aging: risk for breast cancer increases after age 50.

Having Dense breasts – Dense breasts are harder to examine manually / and with a mammogram. The density of the breasts makes tumors harder to find when they occur.

Family History of breast cancer- a women's risk is increased if she has a female family member with the disease. If her mother, sister, or aunt has had the disease, her risk is increased.

Ways to decrease your risk factors:

Get regular physical exercise – at least 150 minutes per week increases your chances of prevention.

Maintaining a regular weight for your height.

Drinking alcohol increases your risk the more alcohol you consume.

Smoking cigarettes increases your risk of having cancer period.

**For more information on breast cancer prevention and breast health promotion, go to the CDC website (www.cdc.gov)
Kay Marie Anthony- Nurse Practitioner, Community Health Educator**

Breast Cancer Awareness

Thursday, October 3rd
10:00AM-12:00PM



Many women and men are affected by breast cancer. You or someone you know has been affected by Breast Cancer. Join us in an educational presentation discussing early detection, screening and prevention. To register call, 888-478-6279.

Maternal Child Health



Tours of Delivery Suites and Private Rooms

We invite expectant mothers and their companions to join us for a maternity tour of the hospital, including private patient rooms and labor and delivery suites. Tours are weekly in English and Spanish. To schedule a tour call, 888-478-6279

Childbirth Classes

Welcoming a baby is an exciting time and there is a lot to learn and prepare for. That's why St. Mary offers childbirth preparation classes for you and your labor companion.

- Week 1 – Stages of Labor
- Week 2 – Breathing Techniques, Medications
- Week 3 – Labor & Delivery Process
- Week 4 – Breastfeeding Class

When: Tuesday evenings from 6:00 to 8:00 p.m.
Who: For expectant mothers and their labor companion
To register for classes, please call, 888-478-6279.



Dignity Health®

St. Mary Medical Center

1050 Linden Avenue
Long Beach, CA 90813

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RETURN SERVICE REQUESTED

September/October 2019

Bazzeni Wellness Center

1027 Linden Avenue, Long Beach
Hours: Monday - Friday 9:00 a.m. - 4:30 p.m.
Closed 12:00 a.m. - 1:00 p.m. daily
Office Line: 562-491-9811

STAFF

Kit G. Katz
Community Health Director

Damaris Pelayo
Community Health Manager

Sister Celeste Trahan, CCVI
VP Mission Integration

VOLUNTEERS

Patrick Houston
Florence St. Peter

If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este foyeto en español porfavor llame al 562.491.9187.



Paint and Relax

Tuesday, September 6th
10:30AM-12:00PM

This is a targeted use of painting and other activities to help keep the mind sharp and promote dexterity in a setting that is fun, casual and social. Artistic activities can help reduce stress, but also boost self-esteem and confidence. This 1 1/2 hour painting class will be led by an Italian Art Instructor who will guide you set-by-step. Absolutely no experience necessary! All supplies included! \$20 Blue Card Members \$15 Gold & Gold Plus Members. To reserve your spot call 562-491-9187.

Vendor Trick- or Treat

Thursday, October 31st
1:00PM-3:00PM

Join us for a Spooktacular time during a vendor trick or treat event. Enjoy games, prizes and don't forget to wear your best Halloween costume for our best dressed contest. To reserve call, 888-478-6279.

