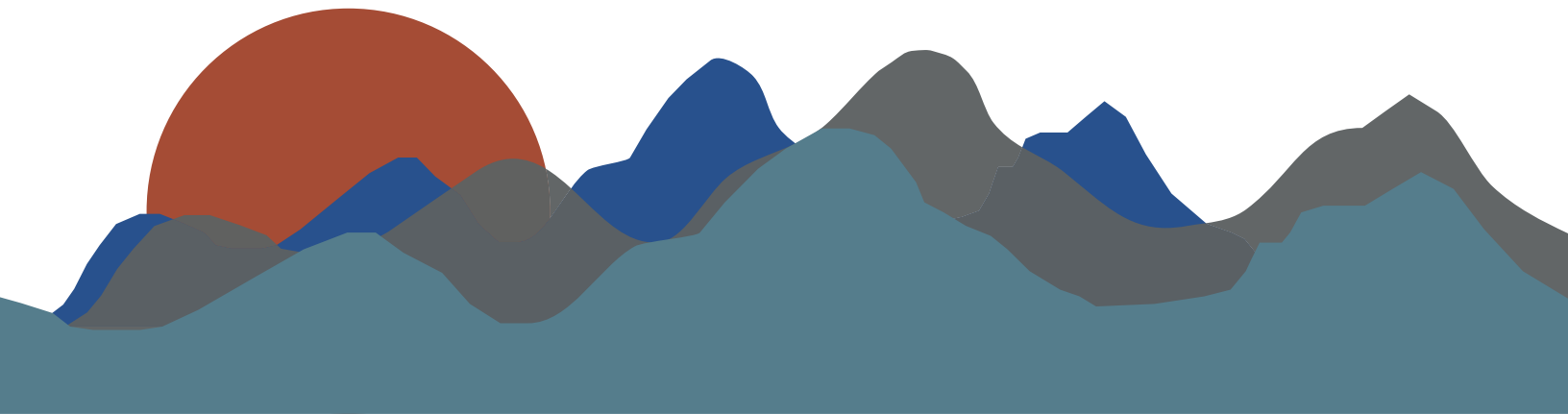


Age Friendly Carbon County

Newsletter - Winter/Spring 2020

»»» In This Issue

- Welcome!
- Simple Tips to Prevent a Fall
- New 2020 Carbon County Connect
- Winter Fitness & Safety
- Heart Rates for Exercising
- What's Coming Up?



Greetings and welcome to the Age Friendly Carbon County inaugural newsletter! We aim to deliver a quarterly newsletter which supports folks of all ages in Carbon County. The topic of this issue is staying active and avoiding slips and falls. We would also like to share resources and events in our county. Tell us what you would like to read about. We would love to hear from you! Please review the Core Values, Mission and Vision of Age Friendly Carbon County. If you are interested in participating as a member of our committee, contact Therese Picasso-Edwards at 446-2820 or therese@rlacf.org to learn more.

Core Values

We will:

1. Address aging-related concerns identified by the community.
2. Respect and consider all ideas.
3. Support people of all means and abilities.
4. Prioritize working with existing community assets.
5. Make decisions based on community input and feedback.

Vision

A safe, vibrant Carbon County that is inclusive of all ages and abilities.

Mission

Putting community ideas into action to create an age-friendly Carbon County.

Member of
AARP/WHO
Network of Age
Friendly Communities!

Simple Tips to Prevent a Fall

Excerpt from mayoclinic.com

Falls are a leading cause of injury among older adults. Consider six simple fall-prevention strategies.

1. Make an Appointment with Your Doctor

- What medications are you taking? Your doctor can review your medications for side effects and interactions that may increase your risk of falling.
- Have you fallen before? Write down details of when, where and how you fell.
- Could your health conditions cause a fall? Do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk?

2. Keep Moving

With your doctor's OK, consider activities such as walking, water workouts or tai chi – a gentle exercise that involves slow movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility. A physical therapist can create an exercise program to improve your balance, flexibility, muscle strength and gait.

3. Wear Sensible Shoes

Wear properly fitting, sturdy shoes with nonskid soles. Avoid walking in stockings.

4. Remove Home Hazards

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Remove loose rugs and repair loose, wooden floorboards & carpeting
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats and/or a bath seat in your bathtub or shower.

5. Light Up Your Living Space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

6. Use Assistive Devices

Your doctor might recommend a cane or walker to keep you steady. Also consider:

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub – plus a hand-held shower nozzle for bathing while sitting down
- An occupational therapist can provide other fall-prevention strategies.



The 2020 Carbon County Connect Community Services Directory is here! Stop by the Red Lodge Area Community Foundation at 122 Hauser Ave S to pick up a copy or contact Therese at 446-2820 or therese@rlacf.org

Check out our online directory at carboncountyconnect.com



Winter Fitness and Safety

By Jack Exley, MD - Age Friendly Carbon County Committee Member

Staying active in winter in Montana is a challenge but is very important to the health of our bodies and brains. Aging brings inevitable decline in our physical and mental function but that decline can be slowed by the maintenance of a level of physical fitness. Our safety, health and mental function greatly benefit from our commitment to staying active physically and mentally. Also, preventing falls and injuries is an important benefit of staying active as our strength, balance and vision decline.

There are many ways to stay fit during the winter including, but certainly not limited to the following: walking (indoors if mall, school or gym are available, or outdoors if safe paths or sidewalks exist), yoga, tai chi, dancing, bowling, NIA, and exercise videos. For more options ask your medical provider, another active person, or let your fingers do the walking for online guidance.

Achieving physical fitness while staying safe should be our goal. There are four components of fitness: strength, endurance, flexibility and balance and each of these has a role in keeping us safely moving and active! A physical therapist (a Medicare benefit), occupational therapist or athletic trainer can be very helpful in developing and guiding a personal program. A program can be designed even if one's disability is great, i.e. wheelchair confinement or some other limitation.

Physical activity and fitness are essential in slowing the aging process and helping us to maintain our independent living. Quality of life, continued productivity and safety can be enhanced! We can even improve our mental health and function as well as delay the onset of Alzheimer's. So--KEEP MOVING!

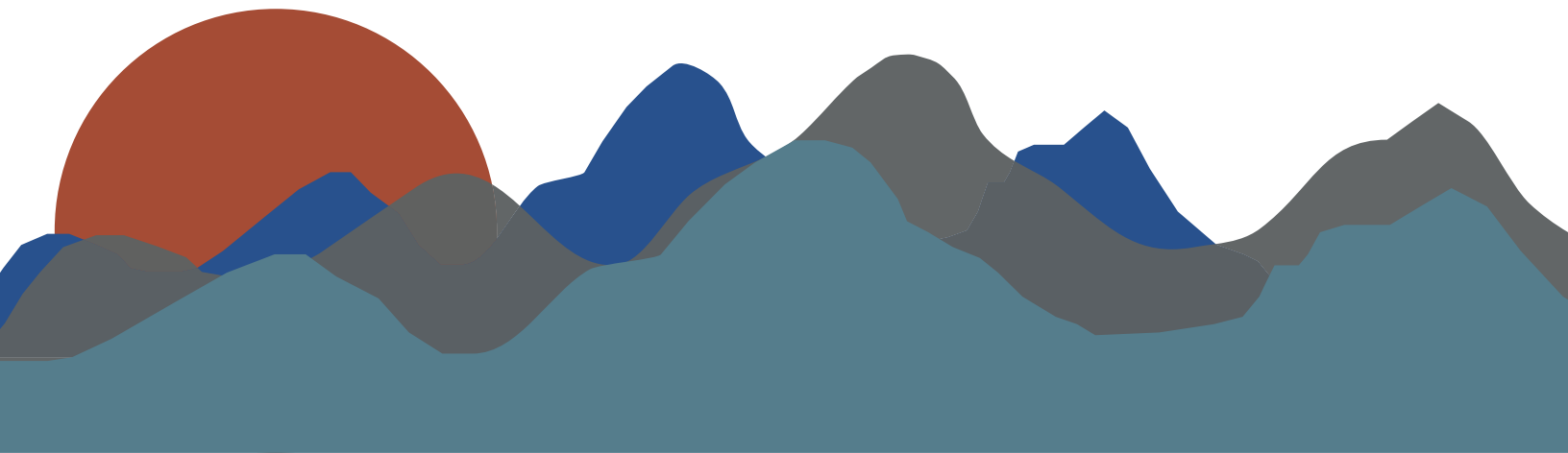


Estimated Heart Rates for Exercising

Subtract your age from 220 to approximate your maximum heart rate during exercise. Note that this number is just an estimate, not a definitive limit. If you're healthy, there's no danger going above this number for short periods of time.

Age (Years)	Maximum Heart Rate*	80% of Maximum Heart rate*
50	170	136
55	165	132
60	160	128
65	155	124
70	150	120
75	145	116
80	140	112

* beats per minute



»»» What's Coming Up?

March 14-15

National Ski-Joring Races

- Red Lodge Fairgrounds
- Races: 11:00 am - 3:00 pm
- Gate opens at 10:00 am

March 21

Ice Sculpting Demonstration

- **Absolute Zero Ice Design**
- Buses of Yellowstone
 - o 124 Broadway Ave N,
Red Lodge
- Noon to 4:00 pm
- Cost: Free

April 17, 18, 24, 25

Dinner Theater - You Can't Beat the House

- Free Range Banana & Mining Company
- Joliet Community Center
- Dinner at 6:00 pm - Curtain at 7:00 pm
- Tickets - \$22
- Purchase tickets at Joliet Community Center at 962-9027 or Library at 962-3013

April 19

2nd Annual Prime Rib Dinner

- Bridger Golden Age Society Senior Center
 - o 306 East Broadway Avenue
- Noon to 4:00 pm
- Tickets - \$15
- Tickets must be purchased by April 3
- Contact Wanda at 662-5092 for tickets

April 25

4th Annual Earth Day Festivities

- Red Lodge Lion's Park - 300-398 Villard Ave N, Red Lodge
- 10:00 am to 3:00 pm
- Cost - Free
- Contact Robin at (530) 450-5513

May 22

Projected Opening of the Beartooth Highway

*If you would like your event in Age Friendly Carbon County Newsletter - Contact Therese at 446-2820 or therese@rlacf.org