

BALANCE

volume two

A Fall Prevention Workbook



Life-Long
Journeys of
Balance

pgs. 08, 12, 16, 20

Exercises
For All
Fitness Levels

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Ways to create an
Adaptive
Living Space

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by Eskaton

BALANCE MAGAZINE
volume two
Published: Fall 2019



Key to Longevity—Gentle Movement Daily

As a person who gravitates toward continuous learning and growth, the opportunity to learn, research and find data on the world's longest-lived cultures, and the attributes associated with longevity, is certainly compelling.

One of the most fascinating research studies I have read is Dan Buettner's research on Blue Zones[®] which outlines the commonalities among the world's longest-lived persons. In Buettner's research, he identifies five cultures around the world that have the highest concentration of centenarians (100+). These cultures embody nine specific lifestyle habits that promote longevity. One of these nine habits is "move naturally."

Moving naturally sounds attainable to most of us, but what does this mean? Buettner's research talks about daily natural movement around enjoyable activities, such as walking to get a cup of coffee with a friend or working in your garden. The goal is to incorporate up to one hour a day of gentle movement into your daily routine.

In this edition of Balance Magazine, you will find excellent resources and stories told by older adults throughout Eskaton's services, sharing their own movement journey and attention to daily, gentle movement.

May you be encouraged to identify and incorporate one new healthy habit this year.

Warmly,

Sheri Peifer
Senior Vice President, Chief Strategy Officer
Eskaton

Source: Buettner, Dan (2012). The blue zones: 9 lessons for living longer from the people who've lived the longest (2nd ed.). Washington, D.C.: National Geographic.

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Disclaimer: The information provided is for educational and informational purposes only. It is not intended to be a substitute for professional medical, financial, health, social or environmental advice.

KNOW THE FACTS!

Falls are not only painful, they are costly. And they can lead to serious complications and early death.



In the state of California there are **42 MILLION PEOPLE** over the age of **65 YEARS**

1 IN 4 Americans over the age of 65 fall each year

\$2 BILLION is spent annually on hospitalizations & medical expenses

Sources: Stop Falls Sacramento, CDC and NIH

TIPS TO REDUCE RISK OF CHRONIC DISEASE



Inactivity is a key risk factor for cardiovascular disease, cancer and diabetes



80% of adults 65+ are living with at least one chronic illness

\$2.7 TRILLION

Chronic diseases account for 75% of healthcare spending

LIFESTYLE TIPS TO REDUCE RISK



Make physical activity part of your routine



Eat a well balanced diet



Gradually add time & intensity to exercise



Quit smoking



Be active when you are most energetic



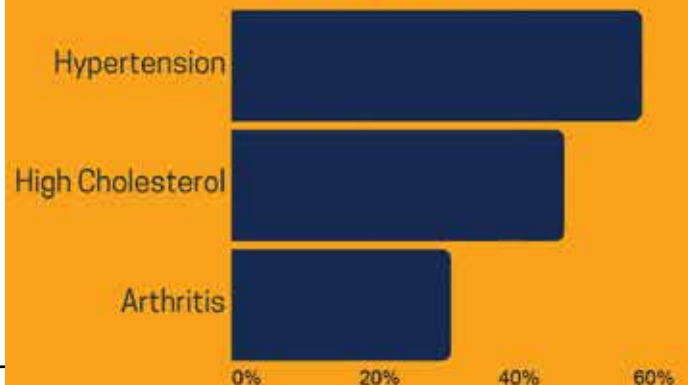
Incorporate more walks into your day

SEDENTARY LIFESTYLE



70% of Americans sit for 11+ hours per day

TOP 3 CHRONIC CONDITIONS FOR ADULTS 65+





CONNECTED: A WHOLE-PERSON APPROACH TO LIVING WELL

When it comes to being healthy, what matters?

Most of our conversations around health focus on diet and fitness. This narrow view of health neglects the diverse needs of the whole person. According to the University of Southern California, adults over the age of 65 can expect to live longer today than 40 years ago, but will live with at least one chronic disease or functional limitation.

Today nearly 80% of older adults live with at least one chronic disease, 25% live with a mental health disease, 30% experience loneliness, and 25% fall each year.

Our current healthcare system is predisposed to be more reactive than proactive, although many ailments can be prevented with a wholesome diet, increased activity and by drinking plenty of water.

A whole-person approach to health embraces the uniqueness of each person and the belief that well-being has nothing to do with age. Well-being includes seven domains: identity, security,

connectedness, meaning, growth, and joy. In order to live well you, need to feel well, be connected and have purpose.

Social connection is a component of lifestyle medicine. Humans are hardwired to interact because our social connections impact our health. Studies suggest that social connections contribute to a healthy body mass index, control blood sugars, decrease cardiovascular mortality, decrease depressive symptoms, mitigate post-traumatic stress disorder symptoms, and improve overall mental health.

Staying connected and engaged to your community is the best way to increase your overall health and well-being. It even helps keep you physically active. So opt-in when social opportunities are offered. Some ideas may include joining your local recreation center, volunteering in your local community, joining a walking club, and spending time with your friends and family.

Source: Dr. Allen Power, Dementia Beyond Disease, Health Professions Press, 2014; American Journal of Lifestyle Medicine, 2017; The National Council on Aging; AARP®



Learning to Balance

THE WHOLE - BODY APPROACH TO BALANCE

GOOD BALANCE TAKES COORDINATION.

What is balance? Balance is the ability to maintain your body's center of mass over your base of support while minimizing postural sway. Balance requires coordination among three complex systems in your body that receive information from three sources: Eyes, Ears and Touch.



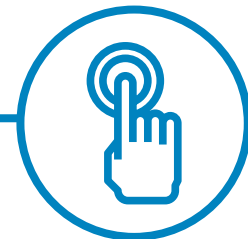
EYES

Your eyes provide information about your movement and position allowing you to avoid obstacles in your path. Changes in vision, as well as eye disease, can increase your fall risk. These changes may reduce clarity, alter depth perception and narrow your field of vision.



EARS

The vestibular system is located in the ears and allows you to decipher whether you, or the world around you, is moving. The number of vestibular neurons in the head begins to decrease around the age of 40. Fewer neurons can cause dizziness or head sway.



TOUCH

Did you know skin sensitivity allows you to complete many everyday tasks? Age-related changes in skin sensitivity make it more difficult to detect sudden changes in movement. These types of changes also contribute to the challenges of navigating in the dark.

Keep YOUR LIFE Balanced

THE **KEY** TO REDUCING YOUR RISK OF FALLING IS KNOWING YOUR RISK.



Many risks associated with falling can be reduced when the proper strategies are put into place. To learn more about how lifestyle plays a role in maintaining your balance, use the provided checklists and tools to enhance your well-being.

Lifestyle plays a significant role in reducing your risk of falling. There are three factors that influence falling: Physical, Behavioral and Environmental.



1

PHYSICAL

Changes in muscle strength, mass and balance occur with age—but physical movement can nearly reverse these age-related changes. Maintaining your physical, social and mental health is an important part of your fall-resilient lifestyle. *See page nine for ways to improve your holistic health.*



2

BEHAVIORAL

Being predominantly sedentary, eating an unbalanced diet, taking more than four medications, and drinking alcohol in excess increase the likelihood of falling. Adjusting your lifestyle to include more natural movement, eating a wholesome diet and talking with your doctor about your medications can reduce your risk. *See page 15 for ways to incorporate natural movement.*



3

ENVIRONMENTAL

Many cities and homes were not designed with the aging body in mind. Uneven surfaces, clutter, unsecured rugs, inadequate lighting and poorly maintained sidewalks can all pose increased risk for trips and slips. *See pages 18 and 19 for ways to create a more adaptive living space.*



How Sedentary is your Lifestyle?

CULTIVATE RESILIENCE THROUGH MOVEMENT

Inactivity not only increases risk of falling, but may impact our health as much as smoking, leading to increased risk of chronic health problems such as heart disease. You do not have to exercise to be active. Aim for 30 minutes of movement each day and gradually increase.

USE THIS GUIDE TO FIND OUT HOW ACTIVE YOUR LIFESTYLE IS:

1	Are you active for at least 30 minutes a day?	Yes (1 point)	No (0 points)
2	Do you sit for eight hours or more per day?	Yes (0 points)	No (1 point)
3	Are you on your feet standing for more than two hours per day?	Yes (1 point)	No (0 points)
4	Do you have two or more hobbies that include physical activity (i.e. gardening, dance, yoga)?	Yes (1 point)	No (0 points)
5	Are you recovering from an injury that prevents you from doing physical activity?	Yes (0 points)	No (1 point)
6	Do you engage in 30 minutes of light physical activity in your daily routine?	Yes (1 point)	No (0 points)
7	Do you watch TV sitting down for three or more hours per day?	Yes (0 points)	No (1 point)
8	Do you have pets that you walk or play with daily?	Yes (1 point)	No (0 points)
9	Do you incorporate stretches into your daily routine?	Yes (1 point)	No (0 points)

ADD UP YOUR POINTS

Your Score is

7 TO 9 POINTS - VERY ACTIVE

You have a very active lifestyle and are incorporating movement daily. Keep up what you are doing.

4 TO 6 POINTS - ACTIVE

You have an active lifestyle. Consider adding one or two more physical activities into your routine.

1 TO 3 POINTS - MODERATE

You are moderately active. Consider adding some additional physical activities into your lifestyle.

0 POINTS - NOT ACTIVE

Your lifestyle is predominately sedentary. Consider gradually adding simple movements into your lifestyle to reduce the risk of falling and improve well-being.

*Adapted from the
National Institute of Health*

Yen Lu Wong

Eskaton Village Carmichael | 77 years old



Yen Lu Wong grew up in Hong Kong, China. She attributes her longevity to her genes, lifestyle, mindset and connection to Buddha. Yen Lu is a movement artist, dancer and choreographer.

Yen Lu's stage life began at a young age. She was a performer with the Chinese Peking Opera, performance stage art that includes acrobatics, martial arts and music. In addition to traditional Chinese performance art, Yen Lu also practiced ballet as a young child in Hong Kong.

When she was growing up, Hong Kong was a British colony and traditions such as afternoon tea and ballet were commonplace. The first time she saw Margaret O'Brien perform on screen in "The Unfinished Dance," Yen Lu was inspired to learn ballet. Through her studies, teachings and collaborations, she created her own dance expression that continues to inspire her today.

Yen Lu lives her life as a fluid movement. Her definition of a life well lived is, "Take one day at a time and when life gives you lemons, make lemonade." She

believes happiness is a mindset and a choice. "Don't do anything that doesn't make you happy," she says.

Every morning, Yen Lu greets the day with Qigong, a series of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. Through Qigong, Yen Lu is able to connect her mind and body, helping her focus on the day ahead.

Yen Lu believes in the power of movement. She believes that integrating movement into one's

day changes both mindset and attitude. "People rarely think of motion and emotion as being connected," she says. "However, motion is the foundation of our being." She incorporates movement into her lifestyle through tai chi and walking. Yen Lu emphasizes that movement should not have to include an elevated heart rate and sweating—movement is natural and connects our mind and our body.

"Whatever comes to you is a source of happiness."



Balancing Your Lifestyle

ADAPT A LIFESTYLE WITH A WHOLE-BODY APPROACH

OLDER ADULTS WHO
adopt a
PEDOMETER ON
AVERAGE
INCREASE THEIR
PHYSICAL ACTIVITY BY
27%*

APP RECOMMENDATION

MapMyWalk
is a top pedometer app that not only tracks your steps, but also maps your walk. Explore trails that meet your particular distance and difficulty level.



MOVEMENT

Integrate more natural movement into your life.

- Incorporate movement into your daily routine that strengthens muscles: gardening, cleaning, picking up your grandchildren, swimming or stretching.
- Improve your balance by walking, jogging or squatting instead of bending over to pick something up.



NUTRITION

Adopt an attitude of abundance by focusing on eating more food with higher quality ingredients.

- Embrace foods in their most natural state, including eating more fruits and vegetables.
- Avoid foods high in sugars, refined oils, excess sodium, artificial additives and preservatives. A good rule is to reduce your processed foods intake.



MEDICATION

Four or more medications increase your risk of falling by 400%.

- Review your medications, including over-the-counter and supplements, with your physician and inquire about their side-effects.
- Ask your physician about all of your medications and inquire about approaches that would eliminate certain medications.



ALCOHOL

Reducing your consumption of alcohol is important, especially if you are taking medication.

- Alcohol is a factor in 60% of falls. Side effects include fatigue, drowsiness and decreased reaction time, which increase your chances of falling.
- Avoid mixing alcohol and medications.

*Harvard Health Publishing (2007)

Source: FallProof, Debra Rose, 2015



Pets and Their People

Pets can be a great prescription for people.

Pets can help lower blood pressure, decrease cholesterol, decrease feelings of loneliness, increase socialization, and increase opportunities for physical activity and going outdoors. People with cats are 30% less likely to have a heart attack and 40% less likely to have a stroke. Unconditional love from a pet can also reduce stress, anxiety and depression by encouraging the pet parent to be more social.

People need purpose, and animals provide a sense of meaning and connectedness. Studies

show that pets can improve mood and increase feelings of joy. People with pets also incorporate more movement into their day. From feeding to exercising, pet owners are more likely to be active—especially dog parents who are four times more likely than non pet-parents to go on a daily walk.

Animals bring a wide range of health benefits, including improved physical and mental well-being. Finding new ways to be active with your furry friend is a great way to boost your daily movement.

Learn more at
eskaton.org/pets





Is Fear Hindering You?

YOUR LIFESTYLE PLAYS A HUGE ROLE IN FALL PREVENTION

Activities like walking your dog can become difficult when you are afraid of the possibility of falling. Changing your attitude about falls can actually reduce your fear of falling and empower you to do the activities you love. If your fear of falling is high, we recommend working with a physical therapist or trainer to learn individualized strategies.

USE THIS CHECKLIST TO EVALUATE YOUR FEAR OF FALLING.

1	It is likely I will fall in the next month.	Yes (1 point)	No (0 points)
2	If I fall, I will be hurt in some way.	Yes (1 point)	No (0 points)
3	I cannot prevent a fall.	Yes (1 point)	No (0 points)
4	I am afraid of falling again.	Yes (1 point)	No (0 points)
5	If I fall, my life would change greatly.	Yes (1 point)	No (0 points)
6	One of my worst fears is that I will fall.	Yes (1 point)	No (0 points)
7	I am concerned about falling when performing chores around the house.	Yes (1 point)	No (0 points)
8	I am concerned about falling when outside my home.	Yes (1 point)	No (0 points)
9	I am concerned about falling when walking.	Yes (1 point)	No (0 points)
10	I frequently limit my activities to prevent a fall.	Yes (1 point)	No (0 points)

ADD UP YOUR POINTS

Your Score is

7 TO 10 POINTS - HIGH FEAR OF FALLING

Your score indicates that you have a high fear of falling. Your fear is negatively impacting your life and may be increasing your risk of falling.

4 TO 6 POINTS - MODERATE FEAR OF FALLING

Your score indicates that you are afraid of falling during certain activities to the extent that it negatively impacts your life.

0 TO 3 POINTS -

LOW FEAR OF FALLING

Your score indicates that you have a low fear of falling and a positive attitude and understanding that lifestyle changes and modifications can reduce fall risk.



Puzzle Solver

Bob Cleaves

Eskaton Village Roseville | 86 years old

“No matter how old you are, you can still be active and have a good time.”

Bob Cleaves is a California native who grew up in Southern California. He is 89 years old and attributes his longevity to exercising and his positive attitude. Bob is passionate about spending time with his wife of 66 years and his family ... and solving puzzles.

Bob has been solving puzzles his whole life. During his professional life, Bob worked at a foundry where he would design molds made from wood, metal and plastic. To make a quality casting, it is essential that the pattern is carefully designed, constructed and

finished each time. Even though he is retired, Bob continues to solve complex problems through brain games and exercise.

Keeping up with five grandchildren and six great-grandchildren keeps Bob very active. But he also intentionally incorporates movement and exercise into his daily routine. He participates in regular water classes and lifts weights at least a few times per week. Bob also believes in the power of relationships. He loves surrounding himself with people throughout his day. Outside of spending quality time with his family, he participates in potlucks and social hours.

His secret to a life well-lived, “The years go by so fast and we need to enjoy each day,” says Bob.

SWIMMING REDUCES
THE RISK OF
FALLING BY **33%**

FACT:

Swimmers experience less postural sway and have better balance.



SIT LESS. MOVE MORE.

YOUR WELL-BEING
DEPENDS ON MOVEMENT

“We have a brain for one reason and one reason only—and that is to produce adaptable and complex movement.”

–Daniel Wolpert

Physical activity has dropped by 32% in the United States in two generations. Vehicles, machines and technology now move for us. Sedentary lifestyles are normal in today’s society, but evolution designed humans to move.

“Exercise is optional. Movement is essential,” says Nanci Shaddy, fitness director at O’Connor Woods, an Eskaton-managed community. The difference between the two is that exercise is a modern invention. It is often seen as an obligation or chore for our physical well-being. However, most exercise regimes make us proficient in specific movements that are not practical in daily living.

Movement is something entirely different from exercise. Movement is ancient. Our bodies were designed to walk, run, climb, jump, crawl and swim. Public health research today supports that humans need more movement in their daily routine as opposed to more exercise to remain healthy. The problem many people have with exercise is that

they get bored or burnt out, stop exercising entirely and inevitably stop moving. Adding more natural movement into your daily routine is the best way to increase your flexibility, strength and balance. Activities like walking, gardening, cleaning, dancing and playing with your grandkids are great forms of movement and often require you to bend, squat, reach or duck down.

If you are looking for more structured programs for movement try yoga, Pilates, tai chi, dance or balance classes. The programs are structured to re-train your body to move naturally and will increase overall well-being.

Keep It Simple:

Walking, gardening, cleaning, dancing and playing with grandchildren are all great forms of movement.

Ready. Steady. Balance.

Try these six fun and simple exercises. For a complete list of exercises visit eskaton.org/exercise

Balance Class in Partnership with Kaiser Permanente and The Sacramento Ballet

"Be happy and surround yourself with good people," says Lonnie Capps, resident. Eskaton Monroe Lodge residents gather together every Wednesday morning for a Balance Class hosted by The Sacramento Ballet. The class is taught by ballerina Cynthia Drayer-Reyes and has tripled in size since the first session. The myth that ballet was a prerequisite was quickly debunked by the initial attendees, and the group often welcomes a new attendee each week.

Although ballet experience is not necessary; movement is required. The 60-minute class alternates from seated to standing positions and works primarily on breathing, posture, body awareness and strengthening. "My body awareness has improved tremendously," says Merrill Starr, Eskaton resident. "I never realized how connected my core strength was to my posture."

"Trying new things can be difficult, but push yourself to try something new," says Lonnie. She originally did not sign-up for the class because it was outside her comfort zone. But after talking with her peers, Lonnie made the decision to give it a try.

Participants agree that moving is necessary for living well. Class attendees contribute their longevity to their lifestyle and mindset. Hazel Lew, an Eskaton resident, lives with severe arthritis and back pain but, as long as she incorporates movement into her day, the pain is manageable.

Beyond decreased pain, other participants experience a wide array of benefits. Participants report increased energy, improved lower body strength and sounder sleep.

"Be gentle with yourself as you try something new. There is always a learning curve and you will improve," says Merrill. "Be open to the challenge of learning something new," says Hazel. "Learning something new is just as important as the activity itself. Whether it is walking, yoga or a balance class, find something that makes you happy and you will see the benefits."

Watch our video at eskaton.org/nofalls

1

STANDING OVERHEAD ARM REACH

- Stand beside a chair
- Inhale while slowly raising the opposite arm, reaching high while stretching your fingers above your head
- Exhale, and slowly lower your arm back down to your side
- Repeat five times



2

ONE LEG BALANCING OVERHEAD ARM REACH

- Stand beside a chair
- Inhale and slowly raise your arm overhead while lifting your knee as high as you can to balance on one foot
- Exhale, and slowly lower your arm back down to your side and your foot to the floor
- Repeat five times

3

SEATED CHIN TO CHEST

- Sit up as tall as you can in your chair
- Inhale and draw your shoulders away from your ears as you lengthen your spine
- Exhale fully and lower your chin to your chest
- Repeat five times with full, complete breaths



4

STANDING CHEST AND BICEPS STRETCH

- Stand tall with arms to your side
- Inhale and extend your arms at your sides with palms face up
- Exhale and slowly lower your arms back down to your sides
- Repeat five times



5

SEATED HEELS RAISE

- Sit tall in your chair with your hands on your thighs and feet flat on floor
- Raise your heels off the floor as you press down onto the balls of your feet
- Hold for three seconds and return your heels to the floor
- Repeat five times

6

SEATED ANKLE CIRCLES

- Sit in your chair and hold the back of one leg elevating your foot off the floor
- Circle your foot clockwise five times and then counter clockwise five times
- Repeat on each side



Eternal Optimist

Lonnie Capps

Eskaton Monroe Lodge | 85 years old



“Be happy and surround yourself with people.”

Lonnie Capps attributes her longevity to her genes and lifestyle. “I try to always be happy,” Lonnie says. “You need to focus on the positive things in your life and not your aches and pains as you age.” Lonnie loves to be around people, exercise and eat.

Movement has always been important to Lonnie. Even as a bank teller, she recalls being conscientious about not sitting down too much. She recognizes that trying something new can be hard at first. “Push yourself to try new things and just do it,” she says. Lonnie originally did not sign up for the balance class taught by The Sacramento Ballet because it was outside of her comfort zone. But after talking with her peers about the class she decided to give it a try.

She does not regret the decision. “I am stronger today than when I started. Simple tasks like opening a water bottle are easier now,” Lonnie says. She notices that she has more energy, improved strength and sleeps more soundly at night.

Lonnie's definition of a life well lived is not dwelling on the past and living in the moment. She brings her positive mindset to all the new things she tries and will continue finding a reason to smile.

*“I try to always be happy.
You need to focus on the positive
things in your life and not your aches and
pains as you age.”*

- Lonnie Capps, Eskaton resident

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Shining LIGHT ON Well-Being

Light is by far the most important way to maintain the body's daily rhythm. Our bodies need exposure to bright light in the daytime and darkness at night.

Indoor lighting becomes even more important as you age because it can impact your overall health, mood and mobility. Adults over 65 years old need more light but are also much more sensitive to glare, so lighting must be plentiful but also well-shielded. Adjusting the lighting in your home can help improve your vision, mobility and navigation.

Follow these tips to improve your lighting:

- **Let the sunshine in:** Not only is sunshine good for your circadian rhythm, it is a great source of ambient light and will brighten-up the entire space.
- **Get smart:** Upgrade your bulbs to work with a voice assistant (i.e. Amazon Alexa). Control your lights with your voice to ensure you always have light when you need it.
- **Paint refresh:** Dark walls absorb light so brighten-up your walls and ceiling with an off-white shade that has a light reflective value (LRV). We recommend 70-80 for walls and 80-90 for ceilings.
- **Avoid Recessed:** Recessed lights cause shadows and make activity and navigating more difficult by obscuring details.
- **Use dimmers:** Lighting dimmers provide you with the control over the amount of light you want at any given time.
- **Reduce glare:** Remember, as you increase lighting, you increase the risk of glare. Glare is dangerous for older eyes because when light scatters, it can obscure objects.



PROPER
LIGHTING
IMPROVES

VISION
MOBILITY
NAVIGATION

ON AVERAGE
— A PERSON —
SPENDS
90%
OF THEIR DAY
INDOORS

CREATING SAFE AND HEALTHY HOMES

The **Safe at Home** program provides modifications to improve accessibility and safety within the home.

HOME IMPROVEMENT SERVICES INCLUDE:



Handrails, ramps and transfer poles



Grab bars, toilet risers and shower stools



Safety lighting, lever door knobs and rocker switches



Call (916) 455-1880 or visit rebuildingtogethersacramento.org

Create an Accessible *Livable Space*

A supportive home environment is one that is adaptive to your changing needs. Leveraging technology and design modifications can make your home more livable today and in the future.

Although you may not be in the market to build or buy a new home, adopting smart home technologies and doing small home modifications can enhance the livability of your current home.

Here are some tips to make your home more accessible at any age.

Voice Assistant:

25% of older adults are living with a change in mobility. A voice assistant, like Alexa or Google Home can increase independence by integrating with the smart devices in your home. Voice assistants can turn on or off your lights, adjust your thermostat, unlock your front door, and control your television. They also have the additional perks of playing music, setting reminders, and reading the news.

Medication Assistant:

50% of adults over 65 take four or more medications. Taking more than four medications not only increases your risk of falling, but also increases the likelihood of incorrectly taking your medication. This tool reminds you to take your medication, tracks what you have taken and notifies you if you take the incorrect medication.

Home Modifications:

These modifications range in cost but ultimately improve your well-being and often add additional value to your home.

- Curbless shower or tub
- Reinforced grab bars
- Hand-held shower head
- Folding shower seat
- Stepless entry
- Stair chair lift

HELPFUL TIP

"Alexa, remind me to take my medications every day at 9 a.m."

✓ Checklist

10 SIMPLE CHANGES TO REDUCE THE RISK OF FALLING AT HOME

- Use low-glare lightbulbs
- Plug in night lights
- De-clutter your home
- Install reinforced handrails
- Add reflective, non-slip tape along uneven surfaces
- Remove area rugs
- Move items to be within easy reach
- Place non-slip mats or strips in the bathtub and on shower floors
- Use a shower chair
- Install lever handles that are easy to grasp on all doors



Intentionally
Balanced

Trudy Holk

Eskaton Village Carmichael

98 years old



“Move it or lose it.”

Trudy Holk was born in Crowley, Louisiana. She attributes her longevity to her genes, lifestyle and mindset. “I always look at the bright side. I always try to have a positive attitude,” she says. Trudy is passionate about volunteering, dancing and staying active.

Growing up, Trudy was a drum majorette and a cheerleader. The enthusiasm she had on the sidelines in high school continues to inspire her active mindset today. Trudy incorporates movement into her lifestyle at least five times per week through walking, tai chi and fitness classes.

Trudy believes in creating an intentional lifestyle that balances movement and diet. She purposefully

chooses activities that keep her moving and limits how much time she spends sitting. Although she never anticipated living to 100, her new goal is staying healthy, so she can enjoy being a centenarian.

Her definition of a life well lived is “staying positive no matter what.” When she has doubts, Trudy prays, and she says she prays a lot.

*“I always look at
the bright side.
I always try to have a
positive attitude.”*

- Trudy Holt, Eskaton resident

✓ Checklist

10 TECHNIQUES TO MINDFULLY REDUCE YOUR FALL RISK

- Pay attention to how your body feels while moving
- Ask yourself: "How is my body feeling right now?"
- Engage every muscle you are using
- While walking, only pay attention to walking
- To change directions while walking: stop, focus then turn
- Stay present. Distractions increase risk of falls
- Practice focused and controlled breathing
- Slow down when doing daily tasks.
- Pay attention to posture, shoulders back and head up
- Anchor your mind. Anchor your body

Source: Stanford, Farewell to Falls Program (2013).

The Renaissance Society of Sacramento promotes learning in retirement through seminars on topics chosen and coordinated by members.



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<https://www.csus.edu/org/rensoc/>
Email: renaissa@csus.edu
(916) 278-7834



Eskaton Telephone Reassurance

Socialization | Comfort | Connections

Do you know someone who needs the comfort of a friendly voice?



Get Connected Today - Call 916-334-1072 or eskaton.org/TR

ESKATON
Transforming the Aging Experience

What's Your PERFECT MOVE?

Movement is a great way to improve balance, strength and flexibility.

“Exercise is optional, movement is mandatory,” says Nanci Shaddy, fitness director at O’Connor Woods, an Eskaton-managed community. Movement and brain health are inherently interconnected, and research suggests that physical activity is just as beneficial for the brain as it is for the body.



WALKING

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can:

- Strengthen bones and joints
- Improve balance
- Tone muscles
- Decrease chance of injury



GARDENING

Spending time outside can help reduce depression, anger and stress. Furthermore, gardening is good for you because it can help reduce the risk of diseases such as stroke and osteoporosis as well as improve your immune system.



SWIMMING

Swimming is a good all-round activity because it keeps your heart rate up but takes some of the impact stress off your body, helping to:

- Improve balance
- Protect joints

— *Here are* —
2 TIPS TO KEEP
PHYSICALLY
ACTIVE!

1 Looking for a social outlet? Structured activities like yoga, tai chi, dancing and Pilates are great group-based programs that train your body to move naturally.

2 Look for ways to incorporate more natural movement into your daily routine. Some ideas include: walking your dog, parking your car farther away from the store, or stretching for five minutes when you wake up each morning.

A Place to be Active. A Place to be Social.



Who knew walking could be so fun? Join Inside Track at Arden Fair and meet friends, explore new opportunities and earn prizes. Inside Track is a free health and community driven mall-walking program designed to encourage safe exercise at Arden Fair.

arden fair

inside track



Learn more at
ardenfair.com/events/InsideTrack

ROUND OUT YOUR DIET

DIETS ARE NOT SUSTAINABLE. EMBRACE WHOLE INGREDIENTS FOR IMPROVED WELLNESS.



GREEN LEAFY VEGETABLES

Dark leafy greens are full of calcium and antioxidants, supporting strong bones and a healthy inflammatory response. Try:

- Spinach
- Kale
- Swiss chard



CRUCIFEROUS VEGETABLES

Cruciferous vegetables are rich sources of vitamins C, E, and K, supporting bone density and health. Try:

- Brussel sprouts
- Broccoli
- Bok choy



PLANT-BASED PROTEIN

Legumes and high protein vegetables are great for building and maintaining muscle mass. For example try:

- Lentils
- Chickpeas
- Quinoa



WATER

Your body needs water to properly function. Your tissue, spinal cord, joints and brain all depend on water to function. Hydrating foods include:

- Cucumbers
- Watermelon
- Berries

FRESH & WHOLESOME

Proper nutrition is an often-overlooked factor when considering fall prevention strategies. Opt for fresh, whole ingredients versus processed foods. Eat at regular intervals to keep your blood sugar levels even. Supply your body with the nutrients to help it thrive. These strategies will help you stay energetic, alert, and reduce your risk of falling.



OK, SO I WAS WRONG.

“After years of denial and accusing everyone else of speaking too softly and mumbling, you and your team proved it was actually me. Drats!

After years of believing hearing aids just magnified sound and cost too much anyway, I'm now 100% in. You have literally changed my life.

I am hearing things I haven't heard in years. I am able to actually participate in conversations instead of just staring into the distance and smiling...or laughing when others did just to try and fit in.

I have a supply of your business cards and have become one of your biggest boosters. Tell any one of your patients to call me if they need validation in making one of the best decisions they will ever make!

Thank you for all you have done for me, my wife, our friends and our family.”

– BEN GAY III, Placerville



Mark Payne, AuD, CCC-A



Michelle Throp, MS CCG-A

Marshall ENT & Hearing Center

4300 Golden Center Drive, Suite D
Placerville

3501 Palmer Drive, Suite 201
Cameron Park

530-344-2010

marshallhearing.org

ASK THE DOCTOR

Q Are balance disorders related to hearing loss?

A There are many causes of hearing loss, the most common are age and noise exposure. However, when there are abnormalities in the inner ear, balance issues can also occur resulting in feelings of imbalance, dizziness and vertigo. Some hearing loss and associated ear symptoms are treatable depending on the cause. If you are experiencing these or any other symptoms such as pain, pressure or loss of hearing in one ear, talk to your doctor about a referral to have a complete diagnostic audiological evaluation, which can only be performed by a licensed audiologist such as those at Marshall ENT & Hearing.

IF YOU:

- Experience dizziness or balance difficulty
- Need to have people repeat what they've said
- Have difficulty following conversations
- Are hearing muffled sounds
- Have difficulty hearing in noisy places
- Need to turn up the TV to hear better
- Feel frustration or embarrassment when trying to hear others
- Avoid social situations because of problems hearing
- Have ringing in the ears

FIRST, speak with your doctor about what you're experiencing.

Most insurance will cover a comprehensive evaluation when referred by a physician and performed by an audiologist. There are many advances in hearing technology that can address the different types of hearing conditions. Don't suffer in silence. Talk with your doctor today.

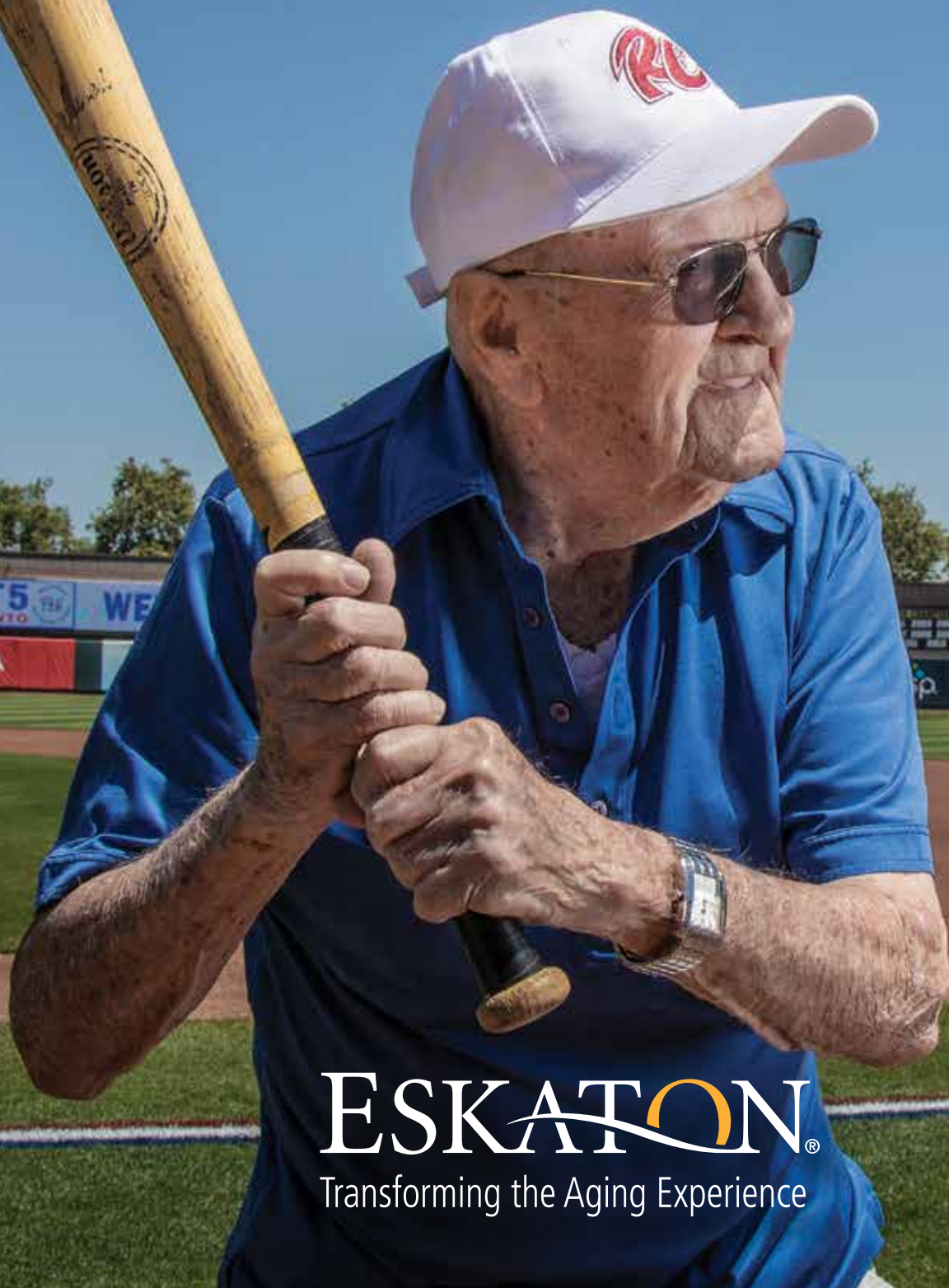




We believe in a healthy future.

At Kaiser Permanente, we believe health happens all around us. That's why we're proud to support Eskaton by partnering to bring fall prevention to its residents. We share a commitment to help our communities thrive.

AGE IS *Beautiful*



ESKATON®

Transforming the Aging Experience

Read about Mike:
ESKATON.ORG/AGEISBEAUTIFUL

ESKATON | Communities and Home Support

Eskaton Support Center

5105 Manzanita Avenue
Carmichael, CA 95608
916-334-0810

Consulting, Management and Support Services

5105 Manzanita Avenue
Carmichael, CA 95608
916-334-0810

HOME SUPPORT SERVICES

Live Well at Home by Eskaton

1640 Eskaton Loop
Roseville, CA 95747
916-459-3220

Eskaton Telephone Reassurance

916-334-1072
866-ESKATON (866-375-2866)

Eskaton Home Healthcare

9722 Fair Oaks Boulevard, Suite A
Fair Oaks, CA 95628
916-536-3750
800-499-8662

Eskaton Adult Day Health Center Carmichael

5105 Manzanita Avenue, Suite D
Carmichael, CA 95608
916-334-0296

Peninsula Health Care District Health & Fitness Center

1875 Trousdale Drive
Burlingame, CA 94010
650-443-3777

RESIDENTIAL LIVING COMMUNITIES

Eskaton Lodge Cameron Park

Assisted Living
3421 Palmer Drive
Cameron Park, CA 95682
530-672-8900
License # 097001275

Eskaton Lodge Gold River

Assisted Living, Pre-Memory and Memory Care
11390 Coloma Road
Gold River, CA 95670
916-852-7900
License # 347001241

Eskaton Lodge Granite Bay

Independent Living with Services and Assisted Living
8550 Barton Road
Granite Bay, CA 95746
916-789-0326
License # 317005628

Eskaton Monroe Lodge

Independent Living with Services
3225 Freeport Boulevard
Sacramento, CA 95818
916-441-1015

Eskaton Village Carmichael

Continuing Care Retirement Community: Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
3939 Walnut Avenue
Carmichael, CA 95608
916-974-2000 | 800-300-3929
License # 340313383 | COA # 202

Eskaton Village Grass Valley

Multi-Level Community: Independent Living with Services, Assisted Living and Memory Care
625 Eskaton Circle
Grass Valley, CA 95945
530-273-1778 | 888-958-7100
License # 297001933

Eskaton Village Placerville

Multi-Level Community: Independent Living with Services, Assisted Living and Memory Care
3380 Blairs Lane
Placerville, CA 95667
530-295-3400
License # 097005046

Eskaton Village Roseville

Multi-Level Community: Independent Living with Services, Assisted Living and Memory Care
1650 Eskaton Loop
Roseville, CA 95747
916-789-7831
License # 315002052

O'Connor Woods

Continuing Care Retirement Community: Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
3400 Wagner Heights Road
Stockton, CA 95209
209-956-3400
License # 390314809 | COA #230

The Parkview

Assisted Living and Memory Care
100 Valley Avenue
Pleasanton, CA 94566
925-461-3042
License # 015601283

The Trousdale

Assisted Living and Memory Care
1600 Trousdale Drive
Burlingame, CA 94010
650-443-3700
License # 41560101

REHABILITATION AND SKILLED NURSING COMMUNITIES

Eskaton Admissions Center

Referrals to Skilled Nursing Care
5105 Manzanita Avenue
Carmichael, CA 95608
916-334-1087

Eskaton Care Center Fair Oaks

11300 Fair Oaks Boulevard
Fair Oaks, CA 95628
916-965-4663
License # 030000190

Eskaton Care Center Greenhaven

455 Florin Road
Sacramento, CA 95831
916-393-2550
License # 100000158

Eskaton Care Center Manzanita

5318 Manzanita Avenue
Carmichael, CA 95608
916-331-8513
License # 030000153

Eskaton Village Carmichael Care Center

3847 Walnut Avenue
Carmichael, CA 95608
916-974-2060
License # 030000466

Meadowood Health and Rehabilitation at O'Connor Woods

Continuing Care Retirement Community: Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
3110 Wagner Heights Road
Stockton, CA 95209
209-956-3444
License # 100000631

AFFORDABLE HOUSING

TDD: 800-735-2922

Eskaton Clearlake Oaks Manor

75 Lake Street
Clearlake Oaks, CA 95423
707-998-9355

Eskaton Frank Jaconetti Manor

232 East Carson Street
Colusa, CA 95932
530-934-3535

Eskaton Hayfork Manor

125 Hyampom Road
Hayfork, CA 96041
530-628-5770

Eskaton Hazel Shirley Manor

11025 San Pablo Avenue
El Cerrito, CA 94530
510-232-3430

Eskaton Jefferson Manor

5959 – 66th Avenue
Sacramento, CA 95823
916-421-9422

Eskaton Kennedy Manor

714 North Humboldt Avenue
Willows, CA 95988
530-934-3535

Eskaton Lassen Manor

205 North Mesa Street
Susanville, CA 96130
530-257-0888

Eskaton Lincoln Manor

6600 Mother Lode Drive
Placerville, CA 95667
530-621-4455

Eskaton Manteca Manor

544 Eastwood Avenue
Manteca, CA 95336
209-823-8828

Eskaton Natomas Manor

2400 Northview Drive
Sacramento, CA 95833
916-920-3282

Eskaton Roseville Manor

1725 Pleasant Grove Boulevard
Roseville, CA 95747
916-771-8900

Eskaton Washington Manor

1020 Kingston Road
Mount Shasta, CA 96067
530-926-5339

Eskaton Wilson Manor

2140 Evergreen Avenue
West Sacramento, CA 95691
916-371-2060

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