

HEALTHY SENIORS

SEPTEMBER 2023

Brought to you by the South Heartland District Health Department



Falls Prevention

More than 1/3 of Americans age 65 and older fall each year. Don't be one of them!

Reduce your chances of fall:

- Keep books, papers, shoes, and other small items off the floor.
- Ask your doctor if your medications can make you dizzy.
- Get your vision and hearing checked annually and update your eye glasses.
- Install nightlights in all of your rooms and hallways.
- Use non-slip rubber mats in the bathtub or shower.
- Wear your shoes, even when you are indoors.

The next Stepping On class with SHDHD & Brodstone will start at 10 a.m., Sept. 20, in Superior at the auditorium. There will also be a class starting at 10 a.m., Oct. 31, at Good Sam in Hastings. Call Liz Chamberlain at 402-462-6211 for more information or to sign-up.

Prepare for the "triple threat"

With the fall/winter season just around the corner, it's time to start thinking about getting vaccinated against influenza, COVID-19 (new monovalent vaccine), and Respiratory Syncytial Virus, RSV, (new vaccine available this fall - check with your health care provider or SHDHD to learn more).

Check the South Heartland District Health Department website for more information about when and where you can get updated immunizations.

<https://southheartlandhealth.ne.gov/what-we-do/immunizations/>