

Why Fall Prevention is a Major Topic

- One in four Americans aged 65+ falls each year.
 - Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
 - Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
 - Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
 - In 2015, the total cost of fall injuries was \$50 billion. Medicare and Medicaid shouldered 75% of these costs.
 - The financial toll for falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.
- *CDC statistics

Lakeview Center for Active Aging

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Be sure to like us on Facebook!

<https://www.facebook.com/LakeviewCenterforActiveAging/>



Mission Statement: The purpose of the Lakeview Center is to serve older adults from all backgrounds throughout the Swannanoa Valley. It is committed to quality creative programming in recreation, health, wellness and education. Through outreach it also provides supportive services that enrich the lives of older adults. Recognizing that independence, dignity and self-respect are nurtured through recreation, the Center supports active living for older adults. The Lakeview Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.



LAKEVIEW CENTER

FOR ACTIVE AGING

MAY 2019

May is Older Americans Month, but it is also 'Correct your Posture Month'.

Why is good posture important?

BALANCE

Balance is a big deal here at Lakeview Center. We have classes for balance like Tai Chi, Yoga, Mindful Movement, and even 'A Matter of Balance'. Good posture is more than just the difference between Superman and Clark Kent. Good posture is ground zero for having good balance because standing up straight centers your weight directly over your feet. Good balance is important because it helps maintain good form, lessen injuries, and achieve greater gains from exercising. It actually improves your abilities in tennis, golf, running, dancing, skiing, and just about any sport or activity. But why is it especially important for seniors?

- Good posture that results in good balance means lessening the possibility for falls when walking across the floor or down the block or rising from a chair; going up and down stairs, toting packages, or even just turning to look behind you.
- Falls, according to the CDC, are the leading cause of *fatal* and *non-fatal* injuries for older Americans.
- Falls threaten seniors' safety and independence and generate enormous economic and personal costs.
- Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

The good news - you can improve your posture in just a few weeks by increasing your core strength and flexibility. Ask us how!

May is a great month for Older Americans to 'Correct Your Posture'!

UPDATES & ANNOUNCEMENTS

- Snack & Learn: Monday, May 6th, 11 - 11:45. Diane Trainor from SHIP will talk about Fraud and how to guard against it.
Monday, May 20th, 11 - 11:45. Health Ridge Pharmacy will do blood pressure checks and talk about a hot topic of the month.
- Asheville Tourist vs Greenville Driver. Monday, May 13th Van Clan. It's Education Day and we have press row seats - which means cushioned and shaded right behind home plate. Transportation plus tickets = \$18.50. Lunch at Pack's Tavern (price not included). Game starts at 10:35. Sign up ASAP!
- Senior Picnic in the Pavilion. Friday, May 17th, 11 am - 1 pm. Sign up by Fri., May 10th. Food & Drinks provided.
- Help Around the House will be back this June & July on select dates. Volunteer groups of 20 - 26 students will be available for full or 1/2 days for minor repairs, house cleaning, yard work, moving furniture, and light painting. Call 669-8610 to sign up.
- We will move Birthday celebrations to the last FRIDAY of the month this month.

SPECIAL ANNOUNCEMENT

This summer we will be hosting the Recreation & Parks Kids Summer Camp Program downstairs from June 17th to July 26th (6 weeks). All regular activities will move upstairs during this time. We will make every effort to make this as painless as possible for all our regular activities and possibly even fun. If you have any questions, please call 669-8610.

Fall Travel - The Great Cities of Canada

9 Day Trip beginning September 4, 2019

\$3399 includes Airfare and Ground transportation from Black Mountain

This 9 day adventure begins in Montreal, with a **rail tour** to Quebec City then on to Ottawa, cruises the 1000 Islands, then off to Toronto and Niagara Falls. Departure is Sept. 4th from Asheville Airport and returns Sept. 12th. \$3399 **includes both land & air transportation.** Booking discounts available. Passport required.

If you would like to learn more about these trips, please call or email Melinda (contact info on the back). While there is no commitment, we would love to hear from you as to your interest in this (or any other travel destinations). Don't forget to tell all your friends!

van clan

[(friends) + (road)]
www.fun.com



Van Clan May & June Schedule

Thurs., May 2nd Lunch: Native Kitchen & Social Pub, Swannanoa

Thurs., May 13th - Tourist Baseball Game, Pack Tavern Lunch \$18.50 plus lunch

Thurs., June 6th Lunch: Nine Mile, West Asheville

Thurs., June 13th - Flat Rock 'South Pacific'. Lunch at Mezzaluna in Hendersonville. Tickets plus transportation \$45. Lunch separate.

Linus Quilt group will meet on Friday, May 31st instead of the 4th Friday due to the Memorial Day Holiday.

The 1st Annual Senior Picnic

Mark your Calendars for Friday, May 17th. Plans are underway for food, music, and fun in the pavilion on the lake. We will also celebrate our LVC Volunteers for all they do. 11 am to 1:00 pm. Sign Up by May 10th.

Lakeview Center's Lunch Site

Lakeview Center partners with the Council on Aging to provide a hot, catered meal from the Moose Café five days a week. The only requirement is that you are 60 years old or older. If you want to participate but don't know how to get here, we can possibly take care of that too. There is no limit as to how many days you can come. In addition to a hot lunch, we have coffee and snacks, card games, singing, Sit and Be Fit exercises, chair yoga, expert presentations about healthy aging, and a host of other activities to enhance your social life. We are also a great resource for assistance in all your AGING questions.

To get started, call Trevia at 828 669 2035 to reserve your spot. You can register when you come and inquire about Mt. Mobility for transportation. Suggested donation per meal is \$1.50/day. Please call Trevia by 10:30 a.m. the day before you would like to come. Monthly menus, calendars, and newsletters are available or can be emailed to you so that you don't miss a thing.