

'Tis the season for fall prevention awareness

The fall season conjures thoughts of cooler weather and falling leaves. Yet this time of year has become a national cautionary tale through Fall Prevention Awareness Week, which begins each year on the first day of fall.

People of all ages fall and hurt themselves, but older adults are at particular risk of serious injury when they fall, the leading cause of injury and hospital admission for trauma for our senior citizens.

During Fall Prevention Awareness Week, senior service organizations present health fairs and workshops to educate us as to what we can do to prevent falls.

"Ready, Steady, Balance" is the national theme of inspiring all of us to be aware of our surroundings, and take the time to be safe before we take a step. The older we get, the harder this is. We all have friends who have fallen over a cement divider in a parking lot, down a slippery stair, or just around the house doing normal things in too much of a hurry.

Meals on Wheels Senior Outreach Services invites you and your entire family to learn techniques for preventing falls at a **Pancake Breakfast and Senior Resource Fair** from 8:30 to 10:30 a.m. Sunday, Oct. 2, at the Pleasant Hill Senior Center, 233 Gregory Lane.

Pancakes will be flipped by kids of all ages and eaten with gusto for only \$5 for those 11 years and older, and adults of all ages. Tickets for children ages 4-10 are \$3. Those 3 years and under eat for free. Tickets are available at the door the day of the event, and are available in advance by contacting **Alayne Balke** at abalke@mowos.org, 925-891-4761 or visiting www.mowos.org for more information.

The Senior Resource Fair and Pancake Breakfast will be presented with the support of **John Muir Health** and the **Area Agency on Aging**, and **IndeeLift, Inc.**

The Center for Disease Control says that about 80 percent of falls don't cause injuries, but once down, folks may have a hard time getting up. **IndeeLift Inc.**, based in Livermore, has designed a "human fork lift" device that enables

people to get up from a fall by themselves. See this device in action at the Senior Resource Fair.

Hearts for Hope



FAITH BARNIDGE
GOOD NEIGHBORS

Youth Homes provides a stable home, residential treatment services and caring support for traumatized and emotionally abused foster children and adolescents in our community.

Established 50 years ago, Youth Homes supports foster children through crisis shelters, private foster home placement, group homes and community-based behavioral counseling, which helps prevent out-of-home placement.

Youth Homes provides a stable home, residential treatment services and caring support for traumatized and emotionally abused foster children and adolescents thanks to the staff, pictured here, and the many volunteers and agencies that support their work.

Support its work at the annual "Hearts of Hope" fundraiser, starting at 6 p.m. Saturday, Oct. 15, at Boundary Oak Golf Course, 3800 Valley Vista Road, in Walnut Creek. "Latin Nights" themed live music, food and attire will enhance your enjoyment of the evening, with silent and live auctions and a raffle (you need not be present to win).

Tickets cost \$175 and must be reserved by Oct. 11. Visit <http://youth-homes.org/Home/> or call 925-949-5489 for more information.

Youth Homes foster care partners with Contra Costa County Children & Family Services, Superior Court, Mt. Diablo Unified School District, Probation Department, county Mental Health Services, CASA (court-appointed special advocates), other nonprofit service providers and volunteers.

Go4theGoal

For the second year, Go4theGoal and UCSF Benioff Children's Hospital Oakland are teaming up to raise awareness for local kids battling cancer, and funds for the hospital's psychological intervention program.

And spearheading the campaign locally is



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COURTESY OF GREG DAVIS

Acalanes High School senior Molly Davis, a Go4theGoal's Lace Up 4 Pediatric Cancer campaign volunteer, is spearheading a local campaign to "lace up" after her 12-year-old brother was diagnosed with a malignant brain tumor. She got involved with local football teams and other fall sports teams, including her volleyball team, to participate by wearing special gold shoelaces in September events.

Acalanes High School senior **Molly Davis**. When she was 8, Molly's 12-year-old brother was diagnosed with a malignant brain tumor, and she and her family know first hand the importance of the hospital's therapy and support programs.

In 2015, Molly got her local football and other fall sports teams to Lace Up, and is bringing the program back to Acalanes this

year, and is reaching out to Campolindo and Miramonte to get all fall sports teams to participate.

"My goal in all of this is to be able to give back to (UCSF Benioff Children's Hospital Oakland) and also to bring awareness to the community," said Molly. "One way or another, everyone's lives have been touched by cancer, whether that was pediatric cancer or not, and this proj-



CHILD CARE COUNCIL

Celebrating the 40th anniversary luncheon of the Child Care Council. Jane Willemsen, council president and chief administrative officer with John Muir Medical Center in Walnut Creek, left, joined John F. Jones, Child Care Council executive director, and wife Michelle Jones in welcoming and thanking corporate and nonprofit partners and foundations, elected officials, and staff for helping improve the lives of more than two million children and families over the past 40 years.

ect is an opportunity for everyone to be able to give back while doing something as simple as playing their sport."

Go4theGoal and UCSF Benioff Oakland are encouraging schools and businesses to go gold on Friday, Sept. 30, for the sixth annual National Pediatric Cancer Awareness Day. For more information, visit Go4theGoal.org.

Corporate caring

Corporate Caring Volunteer Week is an opportunity for volunteers from the business community to get involved on a personal level with local community organizations. From Sept. 19-24, more than 2,220 employee volunteers are completing projects at over 100 community and service agencies.

Please send us a photo of employee volunteers helping those in need. Photos (high definition cell photos

are OK), must include identification from left to right and a brief description.

Be a member of DAR

The Anne Loucks Chapter of the National Society Daughters of the American Revolution, will be hosting a new member orientation at 7 p.m. Tuesday, Sept. 27, at a member's home. Email leslie7878s@gmail.com for reservations. The event is free.

DAR is a service organization whose goals are patriotism, education and historical preservation. To be eligible for membership, you must prove your lineage to a patriot who supported the American Revolution.

"Good Neighbors" is compiled by Faith Barnidge. Send club and organization news, notices of awards, and other submissions to goodneighbors@bayareanewsgroup.com.