



*“Our Adventures in Falling”-Beth Stern, Executive Director*

September is Falls Prevention month. Ironically, this month both my husband and I experienced falls! First, my husband – a daily runner- came back from a run and showed me scrapes on his knee, hip, elbow and hand. He had run on an unfamiliar back road and tripped over a large rock. Then, on Labor Day, we decided to eat dinner outside despite the growing threat of rain. As I stepped down from our house to our deck, carrying a tub of butter and salt and pepper shakers, my ankle rolled and down I went, butter, salt and pepper careening across the deck. After a few moments of seeing stars, I gingerly got up and limped to the table where we ate dinner before the rain started.

Fortunately, we did no lasting damage. My husband had a few bruises. I iced and elevated my ankle. But it brought home that falls can happen anytime, and we all need to take steps to both prevent them and limit any serious consequences. While my husband will still run on dirt roads, hopefully he'll avoid large rocks... and we are looking into putting an extra step between our house and deck.

What are you doing to prevent falls? Let us know so we can share your great ideas...and have a safe and happy autumn season!

