

Maryland Falls Prevention Activities 2014

Organization	County	Activities (<i>please describe the activity; provide the date(s), location, address, time etc.</i>)	Contact Person	Contact person's email address/ telephone number
<p>Parkville Senior Center 8601 Harford Road - 21234</p>	<p>Baltimore</p>	<p>Are You at Risk? Balance Awareness Clinic- Tuesday, September 16th 1:15 p.m. One of our goals physical therapist is to help prevent our patients from falling down. Part of the inner ear is the balance system and since we are balance specialists, our great desire is to prevent falls. - Did you know that dizziness is the number one complaint of persons over 70?</p> <p>At this clinic, you will learn:</p> <ul style="list-style-type: none"> • The difference between vertigo and dizziness • Causes of vertigo and dizziness • What a "fall" is and why it's important to you • Why you are at risk for falling as a senior • How to find out what your risk is for falling • What you can do to increase your risk of falling TODAY and in the future • Exercises to decrease your risk and increase your overall balance • What to do if you do fall • How Physical Therapy helps with vestibular disorders <p>Fall Risk Assessment - Screening Thursday, September 18th 11:00 a.m.</p> <p>Have your risk for falling assessed by a licensed Physical Therapist, trained in vestibular</p>	<p>Bonnie Riehl, Assistant Director</p>	<p>briehl@baltimorecountymd.gov 410-887-5338</p>

		disorders. Recommendations for vestibular rehabilitation are very helpful to retrain our brain how to avoid falls. Proper evaluation of balance problems and proper vestibular rehabilitation are extremely helpful for many patients. Free. All welcome.		
Baltimore County Department of Aging	Baltimore	<p>Get Ready, Get Set, Get Fit – 5K Run/ 1 Mile Walk Sunday, September 21, 2014 CCBC – Essex Campus 7201 Rossville Blvd. – 21237</p> <p>At this event there will be Baltimore County Gait Way 2 Better Balance Event from 7:30 a.m. – 10 a.m. Free balance screenings and educational materials on fall prevention</p>	Donna Bilz, Program Coordinator	dbilz@baltimorecountymd.gov 410-887-3423
Fleming Senior Center 641 Main Street - 21222	Baltimore	<p>Community Health Fair and Gait Way 2 Better Balance Event</p> <p>Tuesday, September 23, 2014 Noon – 4 p.m.</p> <p>Health Education on Fall Prevention and Home Safety and Balance Screenings, Vision Screenings, Bone Density Screenings and much more.</p>	Cynthia Mingo, Director	cmingo@baltimorecountymd.gov 410-887-7225
Calvert County Office On Aging	Calvert County	<p>Wednesday, September 24, 11 a.m., Southern Pines Senior Center, Lusby – An audiologist will talk about the inner workings of our ears and brain and the effect on balance.</p> <p>Monday, Wednesday, and Friday, September 15, 17, and 19, 10:30 a.m., Calvert Pines, Prince Frederick- All week a portion of Arthritis Foundation Exercise Program will focus on balance.</p>	Kerri Lipperini	lipperka@co.cal.md.us 410-535-4606

		<p>Balance Awareness Month Activities/Talks, North Beach Senior Center, North Beach</p> <ul style="list-style-type: none"> · Core Exercises- Tuesday, September 9, 10:30 a.m. · Home Safety- Thursday, September 18, 10:30 a.m. · Nutrition Talk- Tuesday, September 30, 10:30 a.m. 		
<p>Elkton Center 200 Chesapeake Blvd. Suite 1700 Elkton, MD 21921</p>	Cecil County	<p>9/2 12:00 Exercise for Fall Prevention 9/3 11:00 Toe & Heel Walking for Fall Prevention(discussion and demo) 9/5 10:30 Balance Exercises and Fall Prevention (discussion and demo) 9/8 11:00 Strong & Stable for Fall Prevention (discussion) 9/9 12:00 Stability Exercises (discussion and demo) 9/10 12:30 Build Your Strength to Prevent Falls (discussion) 9/12 10:30 Falls Prevention (discussion) 9/15 11:00 Medications & Falls (discussion) 9/16 12:00 NCOA Falls Prevention (discussion) 9/17 12:00 Stretch & Flex for Fall Prevention (discussion and demo) 9/19 10:00 Neck Rotations & Stretches for Fall Prevention (discussion and demo) 9/22 10:30 Fall Prevention Exercise w/Karen (exercise) 9/23 10:15 Fall Prevention Word Find 12:00 Fall Prevention Bingo 9/24 11:00 Preventing Falls & Fractures (discussion) 9/26 10:00 Slip, Trips & Falls (discussion)</p>	Teresa Gordon	<p>tgordon@ccgov.org 410-996-8181</p>

<p>Healthy Lifestyle Fitness Center 200 Chesapeake Blvd Suite 2500 Elkton, MD 21921</p>	<p>Cecil County</p>	<p>Balance Training sessions for Fitness Center Members:</p> <p>9/10 11:00 9/12 10:00 9/15 9:00 9/18 3:30 9/23 9:30 9/24 2:00</p>	<p>Heike Button</p>	<p>hbutton@ccgov.org 410-620-3101</p>
<p>Charles County Government Dept. of Aging – Indian Head Senior Center</p> <p>Richard R Clark Senior Center</p> <p>Waldorf Senior Center</p>	<p>Charles County</p>	<p>Monday, Sept 8th 6 Steps to Prevent a Fall – an informal talk to introduce Fall Prevention Week, Indian Head Senior Center, 100 Cornwallis sq, Indian Head MD at 10 am</p> <p>Tuesday, Sept 23rd an all day event starting with AFEP and an talk about Osteoporosis, then a Fall Prevention Home Safety checklist, followed by a 20 minute video from the city of Vacaville, CA https://www.youtube.com/watch?v=R6iOWea00w. Later in the day a Tai Chi demonstration.</p> <p>Matter of Balance Sept 10- Oct 29</p> <p>FREE Yoga Classes Sept 9 & Sept 26</p> <p>Fall Prevention class Sept 23</p> <p>FREE Yoga class Sept 16 & Sept 24</p>	<p>Cynthia L. Simmons</p> <p>Ruth Anderson Cole</p> <p>Debi Shanks</p> <p>Florence Robey</p> <p>Debi Shanks</p>	<p>simmonsc@charlescountymd.gov 301 743-2125</p> <p>coler@charlescountymd.gov</p> <p>shanksd@charlescountymd.gov</p> <p>robeyf@charlescountymd.gov</p> <p>brasherj@charlescountymd.gov</p>

		<p>Stay Steady Class Wednesdays Sept 10- Oct 15</p> <p>Lunch & Learn Fall Prevention Sept 24</p> <p>Fall Prevention Line Dance Sept 30</p>	<p>Julie Brasher</p> <p>Debi Shanks</p>	
<p>Eastern Shore Area Health Education Center/University of Maryland, Baltimore Geriatrics and Gerontology Education and Research Program/Johns Hopkins Geriatric Education Center Consortium</p>	<p>Eastern Shore</p>	<p><u>Two-Part Lecture Series:</u></p> <p><u>September 23, 2014 Frailty and Falls:</u> <u>Part 1</u></p> <p>William Hill Manor 501 Dutchman's Lane Easton, MD</p> <p>8:30am – 12:15pm</p> <p><u>September 30, 2014 Frailty and Falls:</u> <u>Part 2</u></p> <p>Eastern Shore Hospital Center 5262 Woods Road Cambridge, MD</p> <p>8:30am – 12:15pm</p>	<p>Lisa Widmaier</p>	<p>esahecgait@esahec.org</p> <p>814 Chesapeake Drive Cambridge, MD 21613</p> <p>410-221-2600</p>

		<p>Fall Prevention Awareness Day</p> <ul style="list-style-type: none"> • Tuesday, September 23, 2014 • 11:00 am—12 noon • Bain Center <p>5470 Ruth Keeton Way Columbia, MD 21044</p>		
<p>Montgomery County Department of Health and Human Services</p>	<p>Montgomery County</p>	<p>SPRINGHOUSE SENIOR LIVING OF SILVER SPRING Tuesday, Sept 2 12:00 – 1:00 pm 2201 Colston Dr, Silver Spring, MD 20910 <i>Brains Don't Bounce: What You Should Know about Falls and Memory</i></p> <p>CHARLES E. SMITH LIFE COMMUNITIES Tuesday, Sept 2 2:00 - 3:30 pm Ring House Social Hall 1801 E. Jefferson St, Rockville, MD 20852 <i>Balance Workshop</i></p>	<p>Emily Glazer</p>	<p>emily.glazer@montgomerycountymd.gov</p>

**CHARLES E. SMITH
LIFE COMMUNITIES**

Thursday, Sept 4
10:45 – 11:45 am
Ring House Social Hall
1801 E. Jefferson St, Rockville, MD 20852
Fall Safety Awareness Lecture

**SPRINGHOUSE SENIOR
LIVING OF BETHESDA**

Thursday, Sept 4
12:00 – 1:00 pm
4925 Battery Ln, Bethesda, MD 20814
*Brains Don't Bounce: What You Should Know about
Falls and Memory*

**CHARLES E. SMITH
LIFE COMMUNITIES**

Friday, Sept 5
1:00 – 2:00 pm
Wasserman Social Hall,
6121 Montrose Rd., Rockville, MD 20852
The Fear of Falling Lecture

GAITHERSBURG SENIOR CENTER

Tuesday, Sept 9
11:00 am – 12:00 pm
80-A Bureau Dr., Gaithersburg, MD 20878
*Home Modification to Prevent Falls- Strategies for
Independent Living*

FOREST OAK TOWERS

Tuesday, Sept 9
2:00 – 3:00 pm

101 Odenhal Ave, Gaithersburg, MD 20877
*Who Will Catch You When You Fall-Pushbutton
Emergency Help*

**FRIENDSHIP TERRACE
RETIREMENT COMMUNITY**

Wednesday, Sept 10 • 1pm
4201 Butterworth Pl, N.W.,
Washington, DC 20016
Falls Prevention- Right at Home, D.C.

**ADVENTIST REHABILITATION
HOSPITAL OUTPATIENT CLINIC**

Wednesday, Sept 10
11am – 1 pm
9909 Medical Center Dr.
(first floor),
Rockville, MD 20850
*Free Information and
Balance Assessment Clinic*

THRIVE YOGA

Wednesday, Sept 10
11:00am– 12:00 pm
1321 Rockville Pike,(downstairs)
Rockville, MD 20852
Yoga For Balance and Clarity

**ADVENTIST REHABILITATION
HOSPITAL OUTPATIENT CLINIC**

Thursday, Sept 11 • 11am – 1 pm
831 East University Blvd Suite 14,
Silver Spring, MD 20904
*Free information and
Balance Assessment Clinic*

ELIZABETH HOUSE

Thursday, Sept 11 • 12:30 – 1:30 pm
1400 Fenwick Ln, Silver Spring, MD 20910
Who Will Catch You When You Fall

**BETHESDA HEALTH AND
REHABILITATION CENTER**

Friday, Sept 12 • 1:00 – 2:00 pm
5721 Grosvenor Ln, Bethesda, MD 20814
Balance Counts

INGLESIDE AT KING FARM

Friday, Sept 12 • 2:00 – 3:00 pm
701 King Farm Blvd, Rockville, MD 20850
*Balance, Brain Health,
and Fall Prevention*

JCC OF GREATER WASHINGTON

Tuesday, Sept 16 • 12:00 - 1:00 pm
6125 Montrose Rd, Rockville, MD 20852
Falls Prevention and Balance Tips

VICTORY TERRACE

Tuesday, Sept 16 • 2:00 pm
9440 Newbridge Dr, Potomac, MD 20854
Falls and Safety in Your Home

**WYNGATE CITIZENS
ASSOCIATION (BETHESDA)**

Tuesday, Sept 16 • 7:30- 8:30 pm
Ayrilawn Program Center
5650 Oakmont Ave, Bethesda, MD 20814
Home Modifications for Fall Prevention

SCHWEINHAUT SENIOR CENTER

Wednesday, Sept 17 • 10:30 am – 1:00 pm
1000 Forest Glen Rd, Silver Spring, MD
Falls Prevention

HOLLY HALL APARTMENTS

Wednesday, Sept. 17 • 12:30 – 1:30 pm
10110 New Hampshire Ave,
Silver Spring, MD 20906
*Fall Prevention,
Medication, and Balance*

**KENSINGTON PARK
SENIOR LIVING**

Wednesday, Sept 17 • 3:30 – 5:00 pm
3620 Littledale Rd, Kensington, MD 20895
*Brains Don't Bounce: What You
Should Know about Falls and Memory*

ASBURY METHODIST VILLAGE

Thursday, Sept 18 • 9:30 – 11:30 am
Wilson Health Center
301 Russell Ave, Gaithersburg, MD 20877
Susan I. Wranik, MS,MA,CCC-SLP
Speech-Language Pathologist
Complimentary Breakfast

**FIVE STAR PREMIER
RESIDENCE OF CHEVY CHASE**

Thursday, Sept 18 • 2:00 – 3:00 pm
8100 Connecticut Ave,
Chevy Chase, MD 20815
Preventing Falls at Home

ARCOLA TOWER

Thursday, Sept 18 • 2:30 – 3:30 pm
1135 University Blvd. W.,
Silver Spring, MD 20902
Who Will Catch You When You Fall

**FRIENDSHIP HEIGHTS
VILLAGE CENTER**

Friday, Sept 19 • 12:30 – 2:00 pm
4433 S. Park Ave, Chevy Chase, MD 20815
Preventing Falls – One Step at a Time

WAVERLY HOUSE

Friday, Sept 19 • 3:00 – 4:00 pm
4521 East West Hwy, Bethesda, MD 20814
Who Will Catch You When You Fall

**HOLY CROSS HOSPITAL
SENIOR SOURCE**

Tuesday, Sept 23 • 10:00 am – 3:00 pm
8580 Second Ave, Silver Spring, MD 20910
*Screenings, Falls Prevention and
Recovery Education, Exercise
Demos and interactive Activities*

TOWN CENTER APARTMENTS

Tuesday, Sept 23 • 10:00 am – 3:00 pm
90 Monroe St, Rockville, MD 20850
Who Will Catch You When You Fall

HOLIDAY PARK SENIOR CENTER

Tuesday, Sept 23 • 1:00 – 2:00 pm
3950 Ferrara Dr, Wheaton, MD 20906
240-777-4999
Stay Firm on Your Feet

ROCKVILLE SENIOR CENTER

Tuesday, Sept 23 • 1:00 – 2:30 pm
1150 Carnation Dr, Rockville, MD 20850
Falls and Safety in Your Home

**FIVE STAR PREMIER
RESIDENCE OF ASPENWOOD**

Tuesday, Sept 23 • 2 – 3 pm
14400 Homecrest Rd,
Silver Spring, MD 20906
Preventing Falls at Home

HOLIDAY PARK SENIOR CENTER

Wednesday, Sept 24 • 6:30 – 7:30 pm
3950 Ferrara Dr, Wheaton, MD 20906
Stay Firm on Your Feet

WHITE OAK SENIOR CENTER

Thursday, Sept 25 • 11:00am – 12:00 pm
1700 April Ln, Silver Spring, MD 20904
Balance and Falls Prevention Workshop

HOMECREST HOUSE

Monday, Sept 29 • 6:30 – 7:30 pm
14508 Homecrest Rd,
Silver Spring, MD 20906
Living Safely with Low Vision

**SUNRISE AT FOX HILL ASSISTED
LIVING AND MEMORY CARE**

Tuesday, Sept 30 • 2:00 -3:30 pm
8300 Burdette Rd, Bethesda, MD 20817
Falls Prevention

**MEDSTAR MONTGOMERY
MEDICAL CENTER**

		Tuesday, Sept 30 • 2:00 –5:00 pm 18101 Prince Philip Dr, Olney, MD 20832 <i>Free Balance Screening</i>		
Prince George’s County Area Agency on Aging	Prince George’s County	Fall Prevention materials and resource information will be a part of the County’s Club 300 and a part of Active Aging Week activities September 22-26, 2014.	Linda Nunes-Schrag	Prince George’s County AAA 6420 Allentown Road Camp Springs. MD 20748 301-248-0039
Washington County Health Department in partnership with Meritus Health	Washington County, Maryland	Stepping On Reunion --all past Stepping On participants are invited to join us to celebrate falls prevention week by reviewing key concepts explored during the Stepping On program. We have several guest speakers lined up to discuss various falls prevention topics. Event Details: Thursday, September 25th. 10:00-12:30 p.m. Western Maryland Hospital Center, 1500 Pennsylvania Ave., Hagerstown, MD	Amanda Distefano	Amanda.distefano@maryland.gov 240-313-3357
Washington County Health Department in partnership with Senior Center	Washington County, Maryland	Senior Fall Prevention Presentation as part of Senior Center Week and Senior Center open house event. Event Details: Washington County Senior Center, 1500 Pennsylvania Ave. Hagerstown, MD Thursday, Sept. 25th., 1:30 – 2:30 p.m.	Amanda Distefano	Amanda.distefano@maryland.gov 240-313-3357
MAC, Inc.	Wicomico County	Various Activities at MAC, Inc.	Leigh Ann Eagle	Lae2@macinc.org
Worcester County Recreation and Parks Department	Worcester County	Health Fair - to include Tai Chi Demonstrations, information on Stepping on and other evidence based classes, discussion led by a representatives from hearing aid facility, Physical Therapy center will bring information on falls rehabilitation, and custom orthotics will be in attendance to talk about their role in fall prevention. Also, the Commission on Aging will be represented.	Lea Cataggio	lcataggio@co.worcester.md.us