Falls Prevention Awareness Week
September 21 – 27, 2015

EVENTS CALENDAR

Monday, September 21st

- **County:** Camden
  - **Hosted By:** Kennedy Health
  - **Name of Event:** Leave the “Falling” to the Leaves
  - **Location:** Kennedy Health – Stratford
    - 18 East Laurel Road
    - Stratford, NJ 08084
  - **Time:** 12:00 – 2:00 PM
  - **Description/Additional Info:**
    Please visit the Fall Committee Display at the hospital lobby.

- **County:** Mercer
  - **Hosted By:** Robert Wood Johnson University Hospital (Hamilton)
  - **Name of Event:** “Staying Young: The Effects of Fitness on Aging”
  - **Location:** RWJ Fitness & Wellness Center
    - 3100 Quakerbridge Rd.
    - Mercerville, NJ 08619
  - **Time:** 9:30 AM – 1:00 PM
  - **Description/Additional Info:**
    Lecture by Dr. Arjun Saxena, Orthopedic Surgeon; Exercise and Nutrition break-out sessions; Agencies and Hospital Department Representation (Exercise & Falls Prevention); Prizes and refreshments!

  **Screenings Available:** Blood Pressure Screening

  **Registration Required:** 609-584-5900 or rwjhamilton.org/education
County: Mercer
Hosted By: Princeton Healthcare System
Name of Event: Balance Screening
Location: Princeton Healthcare System, Community Education & Outreach
Hamilton Area YMCA, John K. Rafferty Branch
Suite 100, Conference Room AB
1315 Whitehorse-Mercerville Rd.
Hamilton, NJ 08619
Time: 1:00 – 2:30 PM
Description/Additional Info:
In observance of National Falls Prevention Week, Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center at Princeton’s Outpatient Rehabilitation Network, will conduct individual balance screenings.

Screenings Available: Balance Screenings

Tuesday, September 22nd

County: Somerset
Hosted By: Kessler Rehabilitation Center
Somerset County Office on Aging & Disability Services
Name of Event: “How Safe Is Your Space?”
Location: Raritan Senior Center
614 First Avenue
Raritan, NJ 08869
Time: 10:30 AM
Description/Additional Info:
“How Safe is your Space?” by Kessler Rehabilitation Center (Did you know that falls are among the leading causes of injury and death in the United States, particularly amongst older adults. Every year, one in three adults over the age of 65 falls and 30% sustain moderate to severe injury, including contusions, fractures or head trauma, which often requires costly medical intervention and/or hospitalization. The best protection against injury is prevention).
**County:** Sussex  
**Hosted By:** Sussex County Department of Human Services, Division of Senior Services  
**Name of Event:** “Standing Tall Against Falls” Presentation  
**Location:** Franklin Senior Center  
  George Labance Lane  
  Franklin, NJ 07416  
**Time:** 10:00 AM  
**Description/Additional Info:** Division will be presenting the HealthEase Curriculum, Standing Tall Against Falls to the Senior Groups. Groups are then invited to remain to participate in the Congregate Lunch Program at each site. Placemats will also be distributed during the entire month at each of the nutrition sites and will be distributed to Meals on Wheels clients as well.

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**Wednesday, September 23rd**

**County:** Camden  
**Hosted By:** Kennedy Health  
**Name of Event:** Leave the “Falling” to the Leaves  
**Location:** Kennedy Health – Cherry Hill  
  2201 Chapel Ave West  
  Cherry Hill, NJ 08002  
**Time:** 12:00 – 2:00 PM  
**Description/Additional Info:** Please visit the Fall Committee Display at the hospital outside the cafeteria.

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**County:** Somerset  
**Hosted By:** Robert Wood Johnson University Hospital  
  Somerset County Office on Aging & Disability Services  
**Name of Event:** “Fall Awareness”  
**Location:** Quail Brook Senior Center  
  625 New Brunswick Road  
  Somerset, NJ 08873  
**Time:** 10:30 AM  
**Description/Additional Info:**  
“Fall Awareness: Seminar with FREE Balance Screenings” by Robert Wood Johnson University Hospital. (Robert Wood Johnson University Hospital will discuss fall awareness and then provide FREE balance screenings for anyone who requests them).  
**Screenings Available:** Balance Screenings
**County:** Somerset

**Hosted By:** Somerset County Office on Aging & Disability Services

**Name of Event:** “HealthEASE: Standing Tall Against Falls”

**Location:** Somerset County Senior Wellness Center

202 Mount Airy Road

Basking Ridge, NJ 07920

**Time:** 11:00 AM

**Description/Additional Info:**

“Standing Tall Against Falls” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services. (In this program created by the New Jersey Geriatric Education Center, UMDNJ-School of Osteopathic Medicine and the New Jersey Institute for Successful Aging, participants will learn to determine the risk factors associated with falls, realize how common falls are in older adults, understand the consequences that can occur from a fall, maintain a healthy lifestyle in order to reduce the risk of falls and identify what you should do if you fall).

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**Thursday, September 24th**

**County:** Gloucester

**Hosted By:** Kennedy Health

**Name of Event:** Leave the “Falling” to the Leaves

**Location:** Kennedy Health – Washington Township

435 Hurffville-Cross Keys Road

Turnersville, NJ 08012

**Time:** 12:00 – 2:00 PM

**Description/Additional Info:**

Please visit the Fall Committee Display at the hospital outside the cafeteria.
**County:** Somerset  
**Hosted By:** East Brunswick Foot Care  
Somerset County Office on Aging & Disability Services  
**Name of Event:** “Foot Clinic and Healthy Foot Presentation”  
**Location:** Hillsborough Senior Center  
339 South Branch Road  
Hillsborough, NJ 08844  
**Time:** 10:15 AM  
**Description/Additional Info:**

“Foot Clinic & Healthy Foot Presentation” by Dr. Sharon Joag, DPM, East Brunswick Foot Care.  
(Dr. Joag will review proper foot care, shoe choices and will include a FREE screening for those interested. Please call ahead at (908) 369-8700 for an appointment for the screening portion of the program).

**Screenings Available:** Foot Screening

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**Friday, September 25th**

**County:** Somerset  
**Hosted By:** Ivy Rehabilitation  
Somerset County Office on Aging & Disability Services  
**Name of Event:** “Fall Prevention Safety & Screening”  
**Location:** Hillsborough Senior Center  
339 South Branch Road  
Hillsborough, NJ 08844  
**Time:** 10:45 AM  
**Description/Additional Info:**

“Fall Prevention Safety & Screening” by Jennifer Perna, Ivy Rehabilitation.  
(Jennifer will offer an educational program for Falls Prevention Month. Following her program, Jennifer will be available for screenings for individuals that request them).

**Screenings Available:** Balance Screenings
County: Somerset  
Hosted By: Somerset County Office on Aging & Disability Services  
Name of Event: “HealthEASE: Standing Tall Against Falls”  
Location: Manville Senior Center  
20 South Third Avenue  
Manville, NJ 08835  
Time: 11:00 AM  
Description/Additional Info:  
“Standing Tall Against Falls” by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services. (In this program created by the New Jersey Geriatric Education Center, UMDNJ-School of Osteopathic Medicine and the New Jersey Institute for Successful Aging, participants will learn to determine the risk factors associated with falls, realize how common falls are in older adults, understand the consequences that can occur from a fall, maintain a healthy lifestyle in order to reduce the risk of falls and identify what you should do if you fall).

County: Somerset  
Hosted By: Somerset County Office on Aging & Disability Services  
Name of Event: “Ageless Grace”  
Location: Montgomery Senior Center  
356 Skillman Road  
Skillman, NJ 08558  
Time: 11:00 AM  
Description/Additional Info:  
Ageless Grace with Roz Gerken. (This program is designed to be done standing or sitting. Each of the 21 Ageless Grace tools focuses on different techniques: joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence and playfulness. Ageless Grace is based on the cutting edge science of neuroplasticity—the ability of the brain to change structurally and functionally).
Falls Prevention Events
Outside of Falls Prevention Awareness Week

**Monday, September 28th**

- **County:** Somerset
- **Hosted By:** University Medical Center of Princeton at Plainsboro
  - Somerset County Office on Aging & Disability Services
- **Name of Event:** “Improving Your Balance to Prevent Falls”
- **Location:** Montgomery Senior Center
  - 356 Skillman Road
  - Skillman, NJ 08558
- **Time:** 11:00 AM
  
  **Description/Additional Info:**
  
  “Improving Your Balance to Prevent Falls” by John Frank, PT, MSPT, University Medical Center of Princeton at Plainsboro, Outpatient Rehabilitation Network. (John will discuss some simple techniques you can do at home to improve your daily function and decrease your chances of falling as well as common causes of falls, including vision changes, medications, leg strength and balance).

**Tuesday, September 29th**

- **County:** Sussex
- **Hosted By:** Sussex County Department of Human Services, Division of Senior Services
- **Name of Event:** “Standing Tall Against Falls” Presentation
- **Location:** Hopatcong Senior Center
  - 42 Lakeside Blvd.
  - Hopatcong, NJ 07843
- **Time:** 10:00 AM
  
  **Description/Additional Info:**
  
  Division will be presenting the HealthEase Curriculum, Standing Tall Against Falls to the Senior Groups. Groups are then invited to remain to participate in the Congregate Lunch Program at each site. Placemats will also be distributed during the entire month at each of the nutrition sites and will be distributed to Meals on Wheels clients as well.
**County:** Somerset

**Hosted By:** Bernards Health Department
- Morristown Medical Center
- Bernards ShopRite
- Somerset County Office on Aging & Disability Services

**Name of Event:** “Got Healthy Bones?”

**Location:** Somerset County Senior Wellness Center
202 Mount Airy Road
Basking Ridge, NJ 07920

**Time:** 1:00 – 4:00 PM

**Description/Additional Info:**

“Got Healthy Bones? FREE Bone Density Screenings & Education,” 1:00-4:00 PM. (This program is presented by Morristown Medical Center in conjunction with Allison Napolitano, Registered Dietitian of Bernards Shoprite and the Bernards Township Health Department. The educational program will be presented at 1:00 and 2:30 PM. Appointments must be made through the Bernards Health Department by calling (908) 204-2520).

**Screenings Available:** Bone Density Screenings

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**County:** Sussex

**Hosted By:** Sussex County Department of Human Services, Division of Senior Services

**Name of Event:** “Standing Tall Against Falls” Presentation

**Location:** Vernon Senior Center
21 Church Street
Vernon, NJ 07462

**Time:** 10:00 AM

**Description/Additional Info:**

Division will be presenting the HealthEase Curriculum, Standing Tall Against Falls to the Senior Groups. Groups are then invited to remain to participate in the Congregate Lunch Program at each site. Placemats will also be distributed during the entire month at each of the nutrition sites and will be distributed to Meals on Wheels clients as well.
County: Middlesex

Hosted By: Raritan Bay Medical Center – Center for Balance

Name of Event: “Dr. Talk” Event

Location: 2 Hospital Plaza, Suite 420
Old Bridge, NJ 08857

Time: 5:00 – 6:30 PM

Description/Additional Info:

We will be hosting an informal event where anyone is invited to attend and can ask Dr. Rehman (Co-Medical Director of Balance Center) questions related to issues with balance disorders, dizziness, vertigo, etc. We will have light refreshments (hot and cold appetizers) and also a basket raffle for those attending event. We will go over the equipment used for testing and facility where testing is performed, as well as the written screening tool.