



For Immediate Release

Media Contact: Katie Davis, Executive Director,
katie@sebastopolseniorcenter.org

Sebastopol Area Senior Center Launches Free Fall Prevention Series in May

Sebastopol, CA, April 10, 2024 - The Sebastopol Area Senior Center is excited to announce the launch of its Fall Prevention Series, starting in May. This comprehensive program aims to address the growing concern of fall-related incidents in the region.

Addressing a Critical Issue

Did you know that nearly 60% of the calls to the Sebastopol Fire Department are fall-related? Since 2017, the Sebastopol Area Senior Center has been proactively addressing this issue by organizing a fall prevention committee and implementing a plan to reduce falls in the community. Julie Smith, recently retired Physical Therapist and Lead Fall Prevention Leader at the Senior Center said, "developing the evidence-based balance classes at the Senior Center has provided a foundation for expanding our services to include more diverse and impactful offerings of activities related to falls, with the help of a team of retired and practicing medical professionals." She continues, "this Spring we are attempting to reach out to a spectrum of individuals from our most frail to our more able-bodied individuals in addressing their fall risks".

The center has grown its offerings from balance classes twice a week to a wide range of programs, including virtual balance classes, seated balance classes, bi-annual lecture series, fall risk screenings, medical foot care, Tai Chi, and partnerships with the Sonoma County Area Agency on Aging's Matter of Balance Program, as well as an array of other exercise and fitness programs.

The Fall Prevention Series

This May, the Sebastopol Area Senior Center invites the community to join its 4-part Fall Prevention Series. The series will cover various aspects of fall prevention, starting on May 1 with a presentation by retired Gerontologist Dr. Rhonda Berney, who will discuss the fear of falling as a risk factor for increased falls.

"Most seniors know that the risk of falling increases as we age and that maintaining strength and balance can help prevent falls," said Dr. Berney. "However, what some people do not know is that some things done out of the fear of falling can actually increase the fear of falls, including limiting your walking or other daily activities. This class will teach you how to increase your confidence in your safety, which will help maintain our valued independence."

On May 10, the series will feature Tamara Lipori, Registered Public Health Nurse, who will present on foot conditions that may increase fall risk.

On May 17, join us for an appointment-based Fall Prevention Screening led by a team of retired and practicing medical professionals. In this one-on-one screening, participants will perform a series of physical activities to determine if you are at an increased risk of falling. And lastly, on May 22, Dr. Allan Bernstein, retired neurologist, will screen his previously recorded lecture on Common Neurological Conditions and Balance. Dr. Bernstein will be present to answer audience questions and elaborate on this lecture.

The Sebastopol Area Senior Center is committed to empowering seniors and promoting active, healthy lifestyles. The Fall Prevention Series is just one of the many initiatives the center has undertaken to support the well-being of the local community.

Please go online to register for any of these classes and/or make an appointment for the fall risk screening (space is limited!) or call 707-829-2440. All events are free to members, \$5 for non-members.

For more information and to register for the Fall Prevention Series, please visit the Sebastopol Area Senior Center's website at www.sebastopolseniorcenter.org or call (707) 829-2440.