



FALL PREVENTION MONTH
PAGE 1



8TH WONDER OF THE WORLD
PAGE 1



HOW TELEMARKETERS
GET YOUR NUMBER
PAGE 2

Issue 41 | September | 2013

ATTORNEY GENERAL
BILL SCHUETTE'S

Senior Brigade

September is Fall Prevention Awareness Month. This year's theme, *Preventing Falls - One Step at a Time*, encourages older adults, family members, and caregivers to play a part in preventing falls.

The [National Council on Aging](#) reports that falling is the most common injury that leads to death among older Americans. In fact, [every 15 seconds](#), an older adult is seen in an Emergency Room due to injuries sustained from a fall.

The chances of falling and being seriously injured increase with age. Falling, or the fear of falling, can greatly impact older Americans' lives. They may limit their activities in order to avoid falling. This change in lifestyle could contribute to an increase in feelings of helplessness, depression, and possible physical decline.

In order to help prevent falls and remain independent for as long as possible, experts recommend the following fall prevention tips:

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Exercise regularly, incorporating movements that require balance and coordination into your routine. | <ul style="list-style-type: none"> • Review prescriptions with your healthcare provider. |
| <ul style="list-style-type: none"> • Have your vision checked annually. | <ul style="list-style-type: none"> • Keep pathways clear. |
| <ul style="list-style-type: none"> • Have your hearing tested annually. <p><i>People with mild hearing loss are nearly three times more likely to have a history of falling.</i></p> | <ul style="list-style-type: none"> • Slow down. <p><i>Get out of chairs slowly and don't rush to answer the phone.</i></p> |

Source: National Council on Aging and HealthInnovations

Please consult your doctor before beginning any fitness regimen.

Five beautiful Michigan locations (Frankenmuth, Frederik Meijer Gardens, Saugatuck Harbor and Natural Area, Sleeping Bear Dunes, and Soo Locks) have been nominated as the "8th Wonder of the World."

Don't miss the opportunity to help make one of these Michigan locations the "8th Wonder of the World."

Voting is available now through September 30, 2013.

Cast your vote today!



www.michigan.gov/seniorbrigade
AGCSI@michigan.gov
1-877-765-8388



SENIOR SMILES



© Daniel Shelton with permission of author—www.bencomicstrip.com



Look For Us At:

Gaylord Senior Expo September 4, 2013 Gaylord	Total Wellness Fair: Adults 50 & Better September 17, 2013 Farmington Hills
5th Annual Fall Open House September 13, 2013 Okemos	Seniors Rock! Resource Fair September 21, 2013 Trenton
11th Annual Senior Summit September 16, 2013 Canton	Health Fair September 24, 2013 Ypsilanti

I'M FROM MICHIGAN...

...where we use our hand as a map. Tim Allen, Jeff Daniels, James Earl Jones, Lily Tomlin, Pam Dawber, Madonna, Motown, Stevie Wonder, Kid Rock, Robin Williams, and Dean Cain are all from the Great Lakes State.

We love Faygo, Better Made Chips, Pioneer Sugar, Vernors, and Mackinac Island Fudge. We know that "UP" is a place, not a direction.

We cheer for the Tigers, Pistons, and Lions - no matter what. We play Euchre and swim in lakes and rivers. We bake with "soda" and drink "pop." We measure distance in hours and drive 65 mph in a foot of snow without a flinch.



7 WAYS TELEMARETERS GET YOUR NUMBER

1. You overshare your number;
2. You accept Terms of Service without reading them;
3. You list your phone number on social media sites;
4. Auto dialers can call your number randomly;
5. You make calls to 800 and 888 phone numbers;
6. The credit bureaus give away your information; and
7. Third-party charitable fundraising companies.

Additional information on securing your number is available [here](#).



www.michigan.gov/seniorbrigade

AGCSI@michigan.gov

1-877-765-8388