DKH DAY KIMBALL HEALTHCARE

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DAY KIMBALL HEALTHCARE BEGINS FALL PREVENTION INITIATIVE

PUTNAM, CT - Day Kimball Healthcare's Geriatric Care Management Program is pleased to announce a new program for seniors called the Fall Prevention Initiative in Northeast Connecticut. The initiative is made possible by a grant from the Connecticut Collaboration for Fall Prevention at Yale University School of Medicine. Funding will be provided from the Aging Services Division of the State of Connecticut Department of Social Services.

According to the Connecticut Collaboration, 30% of the elderly fall each year and 10% suffer a serious injury such as a broken bone or head trauma. Common risk factors for falls include problems with dizziness, vision, gait, balance, taking four or more medications, foot problems and tripping hazards in the home. Research has shown that the rate of falling can be significantly reduced when risk factors are treated or corrected.

Day Kimball geriatric care team members, Kathy Demers, APRN and Angela Shamber, RN, will be offering evidence-based education to older adults, family caregivers and healthcare providers to increase awareness of fall risk factors, and interventions that can reduce the risk of falls and injury. Free seminars will be offered at senior centers and housing complexes, libraries and community agencies. In-home assessments and individualized counseling can be scheduled for persons age 60 and older who have fallen within the past year or are at high risk for falls. The schedule is as follows:

The Senior Association at the Pomfret Senior Center: Tuesday, December 7, 2010, 12:30-1:30 p.m.

DKH Arthritis Support Group, at the Pomfret Senior Center: Thursday, December 9, 2010, 10:30-11:30 a.m.

Chaplin Senior Center: Monday, December 13, 2010, 10:00-11:00 a.m.

Killingly Public Library: Tuesday, December 14, 2010, from 1:00-2:00 p.m.

Thompson Public Library, Community Room #2: Wednesday, December, 15, 2010, 12 noon-1:00 p.m.

Plainfield Senior Center: Thursday, December 16, 2010 from 9:00-10:00 a.m.

Parkinson's Disease Support Group at Day Kimball Hospital, RHF #3: Tuesday, December 21, 2010, 2:00-3:00 p.m.

For more information or to make a referral for an in-home evaluation, contact Day Kimball Healthcare's Geriatric Care Management Program at (860) 779-9270.

Day Kimball Healthcare is a non-profit, integrated medical services provider comprised of Day Kimball Hospital, four healthcare centers in Danielson, Dayville, Plainfield and Thompson, Day Kimball HomeCare, Hospice & Palliative Care of Northeastern CT, Day Kimball HomeMakers and Physician Services of Northeast CT. Its service area includes Northeast Connecticut as well as nearby Massachusetts and Rhode Island communities. Day Kimball Healthcare's comprehensive network offers more than 1,000 employees including more than 200 highly-skilled physicians, surgeons and specialists. Its website is *www.daykimball.org*.

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