

Young at Heart

Montgomery County Senior Newsletter

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THE YOUNG AT HEART IDEAL

*The **YOUNG AT HEART** Partners all offer many local programs which help older adults live better today and in the future.*

These programs also encourage older people to remain active and make behavioral changes. Contact one of the partners for more information on how to promote community efforts to serve older adults.

Turn the page for exciting information and programs!



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Discover the YMCA

By Roxanne Davis



Stop by your local YMCA and learn if you qualify for a free Y membership through your insurance program offering Silver-Sneakers® or Silver & Fit®. The Y has something for everyone whether it be exercise classes, social gatherings, volunteer opportunities or field trips.

SilverSneakers® is a preventative exercise program that enhances the quality of life for mature adults across the country. One of the

largest senior-focused exercise programs in the United States, this partnership between HCD and HMOs allows Medicare-eligible members of these health plans to participate in YMCA programs at no additional cost.

“The National Institute on Aging finds that staying physically active and exercising regularly can help prevent or delay some diseases and disabilities as people grow older,” said Roxanne Davis, YMCA Community Liaison. “We encourage our active older adults to stay active. Physical activity improves strength, energy and flexibility. Growing

older shouldn’t have to mean losing your strength or ability to do everyday tasks and the other things you enjoy.”

Active and Ageless! At the YMCA, not only do we focus on senior health fitness, we make sure our older adult members know they are an important part of our YMCA family. Meet new friends every time you visit the YMCA. The YMCA helps older adults remain active and vital contributors to our communities. The Y has fitness classes specifically designed for older adults. They give participants an opportunity to stay physically active or in some cases, to overcome their fear of exercise and begin

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Vaccinations for Seniors

Dr. Brian McNelis, M.D.



Vaccinations are an important piece of good health. Many seniors have some knowledge about vaccinations, but questions still remain. Through this article, we will provide information about the vaccinations recommended for seniors to help improve your knowledge and prepare you to discuss them with your doctor.

Every senior should receive an annual influenza vaccine.

Influenza (the flu) causes serious respiratory disease that can lead to hospitalization, and sometimes even death.

Therefore, it is recommended that flu vaccination begin as soon as the seasonal vaccine is available. It takes about two weeks for the vaccine to become

effective, so the earlier the better.

The shingles vaccination is recommended for patients age 60 older.

Shingles causes a very painful rash that usually lasts 7 to 10 days, and clears up after 2 to 4 weeks.

However, some patients can experience post-herpetic neuralgia

(PHN), which can last for years after the rash goes away. There is one vaccine approved in the United States, Zostavax, which reduces the risk of developing shingles and complications from shingles by about 50 percent.

Anyone over 60 should discuss with their physician the risks and benefits

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Vaccinations for Seniors (Cont.)

By Dr. Brian McNelis, M.D.

of this vaccine.

With tetanus, the vaccine comes combined with protection against Diphtheria and Pertussis (whooping cough), leading to confusing acronyms such as DT, Td, Tdap, DTaP, etc.

Let's help explain that. Uppercase letters signify full strength doses of Diphtheria (D), tetanus (T), and Pertussis (P). Lower case signifies a reduced dose booster for adults. Tetanus

can cause muscle stiffness (lockjaw), headache, fever, and can lead to difficulty swallowing and convulsions. Adults should get one dose of the tetanus and diphtheria vaccine every 10 years.

There are now two pneumonia vaccinations available, PCV13 (Prevnar), and PCV23 (Pneumovax). Every person 65 years and older should receive a dose of Prevnar, followed in

one year by a dose of Pneumovax. Patients with certain medical conditions should receive the pneumonia vaccinations before 65, and again at 65 or older, so make sure to discuss this with your doctor.

This covers the most common vaccinations senior citizens encounter. Vaccinations are important, so I encourage you to make it a priority when you talk to your doctor.

Summer Reading @ Your Library

By Devery Johnson, MLIS



Summer Reading Program for ALL AGES

May 30—July 14, 2017

Join us for free, fun programs this summer! All of them are free!

Sign up your grandkids, preteens, teens, and adults and have a great, free summer!!

KIDS

Ages 0-8

Pre-readers and independent readers can all get in on the fun! Read or listen to

10 books or complete 5 hours of reading and listening time to earn rewards!

PRETEENS

Ages 9-12

Special preteen only events will keep you and your grandchildren entertained.

TEENS

Ages 13-17

Teens complete an easy reading goal

and participate in free, fun activities!

For adults, you can register online for fabulous prizes!

ADULTS

Ages 18 & up

Adults get a chance to win great prizes for each book they read throughout the program.

Log Your Reading Read as many titles as you like (books, e-books, or audiobooks) and fill out your log tickets.

Return log tickets to your library branch or log reading online at www.countylibrary.org to be entered in prize drawings. Earn Prizes All tickets are due by closing time on July 14th. Each book read is a chance to win!

Summer Reading sign-up starts May 30th. Come in to your local library and get a schedule of programs and sign up!!

Fall Prevention

By



Stefani Diehl, Intern, Family & Consumer Sciences with Texas A&M AgriLife Extension – Montgomery County

As we age, the risk for falling increases significantly.

33% of adults aged 65 and older fall each year.

Hospitalization from fall related injuries in older adults occurs 5 times more often than from other causes.

This also means that 1/3 of elderly deaths are from fall related injuries. Fall related injuries are the leading cause of death in elderly adults.

Other consequences from falling include injury, disability, and increased health care costs.

Know the risks.

There are two categories in which the cause of a fall can be classified as; internal and external.

Internal risks are the internal conditions that affect one's ability to maintain his or her balance. These factors include: balance affected by

vision, hearing, medications, muscle weakness, bone density, reaction time, and urinary tract infections.

External risks are safety hazards within the environment that predispose one to slipping and tripping. These factors include: stairs, bedrails, bathroom accessibility, improper footwear, poor lighting, loose rugs, not using a cane or walker, and not using proper glasses

or hearing aids.

The most common activities that are associated with falls are transferring on and off beds, chairs, or toilets, and bending over to pick something up off the floor or a low surface. Carry a telephone with you at times when you are outside, in the kitchen or in the bathroom as these places are increased areas for falling.

Reduce your risk.

There are 3 things can be done to reduce your chance

of falling.

1) Identify a high risk person.

Consider your fall history.

Consult your doctors and pharmacist about your current prescriptions and the possible side effects of all the medications.

Assess the environment inside and outside of your home.

2) Modify internal risk factors.

Schedule regular hearing, vision, and physical exams.

Exercise to increase your muscle strength

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and flexibility.

Know what type of medications you are taking and the possible side effects that are related.

Medicines can lead to increased weakness, confusion, fatigue, and blurred vision.

3) Modify external risk factors.

Use nonslip mats around your home, most importantly in the bathroom to prevent falls while getting out of the show-

er or bath tub.

Ensure adequate lighting in all rooms of your home. Place motion activated night lights around your home to increase lighting at night.

Make sure you have appropriate footwear, good grip and fit will decrease your risk.

Remove loose objects that are on the floor that are potential tripping hazards.

Have a clear path from your bed to the bathroom.

There are many factors that go into preventing yourself from falling. As you age, it is important to give more attention to your health, as it can be a determinate for the rest of your life. Falling can result into many new issues that one did not anticipate. It can not only affect you, but it can also affect your loved ones.

Take the time to decide if you are at risk. If you are then take measures to reduce your risk of falling and fall related injuries.



Discover the YMCA (cont.)

being physically active. Y Active Older Adult fitness programs accommodate a wide variety of interests and functional abilities of older adults as well as social opportunities.

Water Aerobics, Seniorcize Aerobic classes, Zumba Gold® and Fit Over 50 Sculpting

Balance and Fall Prevention, Seniors/Beginning Yoga

SilverSneakers® Sit & Fit Classic, SilverSneakers YogaStretch® and SilverSneakers® BOOM

Monthly Field trips such as Museum of Fine Arts, The Strand, Kemah, Old Town Spring,

Brenham and local attractions. Transportation is provided

Social gatherings including daily coffee in the lobby, monthly Lunch and Learns, lunch and dinner outings, concerts, plays and much more.

Come and learn more at the YMCA.

A Partnership of information to help YOU live better longer

Texas A&M AgriLife Extension—

Amy Ressler: 936-539-7825 a-ressler@tamu.edu <http://fcs.tamu.edu/>

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Devery Johnson: 936-442-7737 www.countylibrary.org

YMCA—

Roxanne Davis: 281-681-6723 <http://www.ymcahouston.org>

Lone Star Family Health Center—

Ashley Hamlin: 936-523-2402 www.lonestarfamily.org