Managing Concerns About Falls
Erin Cass of Healthy Aging

Erin spoke at our August Mended Hearts Meeting about fall prevention. She said falls are a major cause of injury and death for older adults and are the leading cause of injury hospitalization in the U.S. 1/2 to 1/2 of older adults acknowledge fear of falls. We learned that 1/2 to 1/3 of falls occur around the home. A majority of falls occur during routine activities. Falls aren’t caused by just one issue. It’s a combination of things coming together. **A large portion of falls are preventable!**

**A Matter of Balance: 8 Two-hour Classes**
This program is designed to benefit older adults who are concerned about falls, have sustained a fall in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, are age 60 or older, ambulatory and able to problem-solve. During the classes, participants learn to view falls and fear of falling as controllable, to set realistic goals for increasing activity, to change their environment to reduce fall risk factors and to promote exercise to increase strength and balance.

These classes of 8 to 12 people are held each month through December 31st, 2022 at the Wenatchee Valley YMCA. They are available free of charge and no YMCA membership is needed. They are led by trained Matter of Balance Volunteer Coaches.

**SAIL (Stay Active and Independent for Life) Fitness Classes**
This is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. Classes are held in various places throughout the community. They are free of charge and led by trained volunteers.

To attend Matter of Balance or SAIL Classes, contact Erin Cass at 509-393-9113 or Karen Bruggman at 509-662-6156.

**Join Mended Hearts Today**
Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more, contact Chris or Chuck Phelps, Membership Chairpersons, at 509-860-4554 or email: membership91@nwi.net.

**Peer Support is Just a Phone Call Away**
**Call 509-421-3641**

If you are a patient with heart disease, a caregiver of a loved one with heart disease, we are here for you -- you are not alone. Dominick Ferraro, our Greater Wenatchee Mended Hearts Visiting Program Chair, with be glad to talk with you about your heart condition and concerns.
What is Medicare Open Enrollment?

In October, you’ll start hearing a lot about the annual Medicare open enrollment period. It is a time when existing Medicare enrollees can make changes to their coverage. The annual open enrollment period runs from Oct. 15 through Dec. 17.

During this time, you can do the following things:
- Enroll in a Medicare Part D (drug coverage) plan
- Change from one Medicare Part D plan to another
- Cancel a Medicare Part D plan
- Switch from Medicare Advantage to original Medicare
- Enroll in a Medicare Advantage plan
- Change from one Medicare Advantage plan to another
- Enroll in a Medicare supplement plan if you want to switch from Medicare Advantage to original Medicare, Parts A (hospital) and B (medical).

If you are on a Medicare Advantage plan, you may want to review what plans are available. Selections change each year and some may be better suited to your current medical or financial status.

It's well worth your time to schedule a counseling session with a SHIBA Volunteer Advisor to review your situation. Washington State's Statewide Health Insurance Benefits Advisors (SHIBA) provides free, unbiased, and confidential help with Medicare and health care choices to people of all ages and backgrounds. SHIBA volunteer advisors help you identify the best plan that fits your needs that you can afford. To schedule a counseling session, call the Washington State Attorney General’s Office at 1-800-6900.

Mental Health is an Important Part of Heart Health

Here are some positive things to do to improve your mental health.

<table>
<thead>
<tr>
<th>Instead of doing this</th>
<th>Do this instead</th>
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<tbody>
<tr>
<td>Comparing Yourself</td>
<td>Embrace your uniqueness</td>
</tr>
<tr>
<td>Rush to do more</td>
<td>Take intentional breaks</td>
</tr>
<tr>
<td>Burn out at work</td>
<td>Listen to your body</td>
</tr>
<tr>
<td>Doubting yourself</td>
<td>Be confident in your skills</td>
</tr>
<tr>
<td>Wanting to give up</td>
<td>Try again tomorrow</td>
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<tr>
<td>Isolate yourself</td>
<td>Talk to a loved one</td>
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Help raise donations for Greater Wenatchee Mended Hearts 91

Link your Fred Meyers Rewards Card to Greater Wenatchee Mended Hearts 91 at www.fredmeyer.com/community rewards and search for us by our name. Then, every time you shop and use your Rewards card, you are helping Greater Wenatchee Mended Hearts 91 earn a donation.

Newsletter Publication

HEART BEAT AWAY is published monthly by Greater Wenatchee Mended Hearts, Chapter 91 and printed courtesy of Confluence Health. If you have an item you would like to include in the newsletter or would like to receive the newsletter, contact Ann Diede at 509-679-8181 or email: mendedhearts91@frontier.com.

Newsletters are sent each month to our members as a benefit of Greater Wenatchee Mended Hearts membership. We also send complimentary copies for three months to recent heart patients who have requested our newsletter, meeting visitors and others considering membership.