



Martha's Vineyard Falls Prevention Coalition

September 2022 Schedule of Events

The Martha's Vineyard Falls Prevention Coalition is proud to announce the following events for the upcoming September Falls Prevention Month. Most of the events, screenings and workshops will be held in-person so our citizens can interact with their community and the speakers. Presentations will circulate to every Council on Aging Center in September. All presentations, workshops and screening are free to the public and all are welcome.

Medication and Falls Risk: *What you should know and what you can do* presented by **Lewis Laskaris**, a retired MVH Pharmacist. The presentation will include topics on prescription and over-the-counter medication side effects, their fall risks to older adults and how to prepare and cope with problems associated with risks. 1 hour

- **Tuesday September 6, 10 AM** at the Edgartown Council on Aging, The Anchors 10 Daggett Street Edgartown (508) 627-4368 Meris Keating
- **Tuesday September 13 2 PM** Tisbury Senior Center 34 Pine Tree Road Vineyard Haven, (508) 696-4205 Joyce Stiles-Tucker
- **Tuesday September 20, 10 AM** Oak Bluffs Council on Aging at (in-person and zoom) 21 Wamsutta Avenue (508) 693-4509 ext. 3 Rose Cogliano
- **Tuesday September 27 10 AM** at the Up-Island Council on Aging Howes House 1042 State Road West Tisbury (508) 693-2896 Susan Merrill

The Martha's Vineyard Hospital Physical Therapy Department will present **Safety Tips for Using a Cane or Walker** *in-person interactive session* on Wednesdays at Island Council on Aging Centers.

- **Wednesday September 7 at 9:30 AM** at the Up-Island Council on Aging Howes House 1042 State Road West Tisbury (508) 693-2896 Susan Merrill
- **Wednesday September 14 at 9:30 AM** at the Tisbury Senior Center 34 Pine Tree Road Vineyard Haven, (508) 696-4205 Joyce Stiles-Tucker

- **Wednesday September 21 at 11 AM** Edgartown Council on Aging, The Anchors 10 Daggett Street Edgartown (508) 627-4368 Meris Keating
- **Wednesday September 28 at 10 AM** Oak Bluffs Council on Aging at (in-person and zoom) 21 Wamsutta Avenue (508) 693-4509 ext. 3 Rose Cogliano

Tisbury COA Falls Prevention Day Program September 20

10-11 AM	How to Recover from a Fall w/Catie
11-12 AM	How Poor Vision can Cause a Fall w/ Dr. Shea *
1-2 PM	Home Safety Checks w/ Lila Fischer
2-3 PM	Emergency Alert/ Response System *
	* waiting for confirmation

34 Pine Tree Road Vineyard Haven, (508) 696-4205 Joyce Stiles-Tucker

The Women’s Club of Martha’s Vineyard will host a talk on *Everything you wanted (or didn’t want) to know about fall risks and falls prevention* **By Cindy Trish, HAMV September 19 at noon.** It will be an hour long session to raise awareness of fall risks as we age, how we can minimize our fall risk and recover more quickly. Educate yourself on the myths of falling, exercises to prevent falling, and learn of all the resources we have here on the island to educate and empower each of us when it comes to falling, a natural part of life as we age. If you wish, share your "fall story" with us! St. Andrews Church 51 Winter Street Edgartown

YMCA and Martha’s Vineyard Hospital -September 22nd 10am – noon. Join Natasha Snowden, MV Hospital Physical Therapist, for an in-person workshop on fall prevention. Topics include; Fall Assessment....are you a risk for a fall?; How to get up once you have fallen; Learn how to get up once you have fallen; When you feel yourself falling, how do you fall to protect yourself from serious injury? This event is free and open to the public. **Contact the Y Front Desk to register: 508 696-7171**

Vineyard Complementary Medicine will provide **Pain-Free Movement and Balance Screening Wednesday, September 28th all day 9:00am - 7:00pm** 238 Edgartown-Vineyard Haven Road, Edgartown. for more information info@vcmppt.com or call 508-693-3800. **Reservation Required:** <https://vcmppt.com/clinics-screenings/>

A Matter of Balance is an evidence-based interactive program to educate, connect, and support our Older Adults who have experienced a fall or who are in fear of falling after having fallen. This program is an 8 week course 2 hours per week taught by 2 Coaches trained in A Matter of Balance curriculum. The Edgartown Council on Aging (The Anchors) will be hosting the **first course launching Thursday September 29 at 9:30-11:30 AM at the Anchors**. Registration required. Please contact trogers@hamv.org or your Council on Aging for more information.

A huge thank you to all of the local organizations who support the coalition! This wouldn't be possible without them.

Chilmark Board of Health
Consumer Activists
Edgartown Council on Aging-The Anchors
Elder Services of Cape Cod/Islands
Island Health Care Community Center
Martha's Vineyard Community Services
Martha's Vineyard Hospital
NAACP
Oak Bluffs Council on Aging
Tisbury Board of Health
Tisbury Council on Aging
Up Island Council on Aging
Vineyard Complementary Medicine
Vineyard Haven Library
VNA of Cape Cod - Martha's Vineyard Office
YMCA Healthy Agers

For more information on these events or any questions please contact:

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