

Commorados April 2025

We had a great turn-out and a wonderful time during our April Commorados luncheon. I would like to thank Jason Cupps (Prattville Fire Department) for his wonderful presentation on safety issues and the Fall Prevention Checklist. If you want the Fall Prevention Check list, please let me know. His presentation was engaging, fun, and very informative.



May Commorados will be held on Thursday, May 8th at 11:00. Location will be the Welcome Food Pantry. We will have fun, fellowship, lunch, and a special program. If you want to ride the bus, the bus will leave CBC at 10:45. I hope to see you there.

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PRATTVILLE FIRE DEPARTMENT

Fall Prevention Checklist

MEDICATION & HEALTH

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Get regular check-ups and routine vision and hearing screenings.

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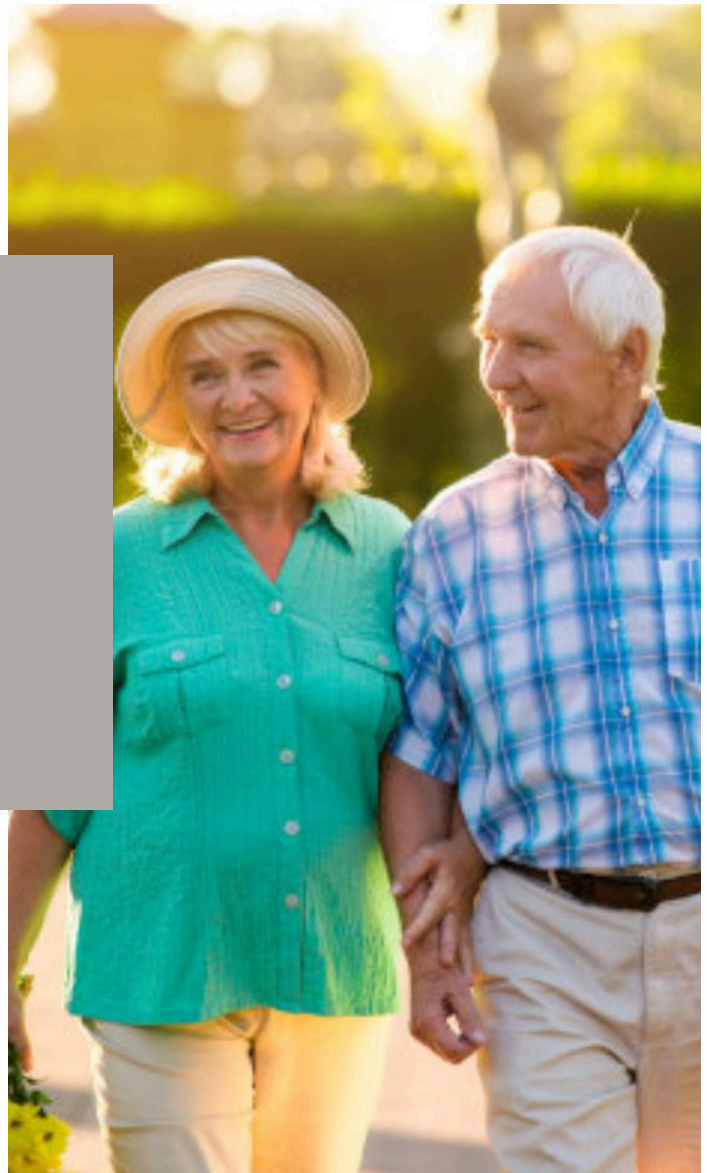
Review all medications (including over-the-counter drugs) with your doctor and/or pharmacist at least once a year.

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Tell your doctor immediately if you feel dizzy or if you have changes in balance.

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Use one pharmacy to have all of your prescriptions filled.



Falls are the leading cause of hospitalization for people age 65 and older. Reduce your risk of falling with these tips and suggestions.

continued on back



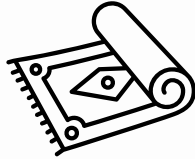


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TRIPPING HAZARDS

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Remove loose mats and throw rugs.

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Remove excess furniture that prevents you from moving around the room easily.

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Wear indoor shoes/slippers with non-slip soles.

STAIRS & OTHER HAZARDS

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Ensure there is a handrail on at least one side of all stairways, and add adhesive stair treads or a carpet runner on the steps for traction.

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Place frequently used items within easy reach. Avoid standing on a stool or chair to reach items.

EXERCISE & NUTRITION

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Join an exercise or fall prevention class in your area.

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Practice strength & balance like yoga or wall push-ups.

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Eat & drink water regularly to prevent dehydration & dizziness.

BATHROOM SAFETY

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Install a grab bar in your tub/shower area.

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Consider purchasing a bath bench and hand held shower head.

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Add night lights along the hall or path to the bathroom.

ASSISTIVE DEVICES

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Use a walker or cane if your balance is unstable.

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Consider purchasing a wearable medical alert device.