



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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Contact: Jenni Lewis, Community Outreach
F-32 PO Box 500
Rio Grande, OH 45674
Phone: 1.800.582.7277, ext. 224
E-Mail: jlewis@aaa7.org
Website: www.aaa7.org

Event Marks 44,000 Steps Walked

The Area Agency on Aging District 7 (AAA7) recently hosted a one-mile falls prevention awareness walk at the University of Rio Grande track. “10 Million Steps to Prevent Falls” was a special event sponsored by STEADY U Ohio to observe National Falls Awareness Month in September.

Falls among older Ohioans have reached epidemic proportions; one in three older adults will fall this year, and falls are the leading cause of emergency room visits, hospitalizations and deaths among our elders. A single fall can change the life not only of the person who falls, but also his or her family members who may have to become a caregiver for their loved one. The good news is that falls are not a normal part of aging, and most falls can be prevented.

STEADY U Ohio is a comprehensive falls prevention initiative led by Governor John Kasich and the Ohio Department of Aging, and supported by Ohio government and state business partners. Visit www.steadyu.ohio.gov for falls prevention resources and tips tailored to individuals, families, health care providers, business and community leaders, and all Ohioans. Communities all across the state have been hosting “10 Million Steps to Prevent Falls” throughout the month with the number of participants and miles walked from each event being reported to the STEADY U Ohio initiative and counted toward the state’s goal of 10 million steps statewide. Walking is one of the most essential exercises we can do to maintain strength, endurance and flexibility as we age, so a group fitness walk is a great way to promote falls prevention.

The event the AAA7 recently held at the University of Rio Grande saw 22 people walking 44,000 steps in the name of falls prevention! The AAA7 wishes to recognize the following agencies and groups that joined them at the event: Arbors of Gallipolis, Holzer Assisted Living Gallipolis, Hamden Nursing and Rehab Center, Holzer Health System, and the University of Rio Grande Track and Field Sprint Crew.

For more information about falls management classes provided through the AAA7, please call toll-free at 1-800-582-7277 and ask for Carla Cox at extension 22284 or Jennifer Atkinson at extension 22247.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with

disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a trained staff member who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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Some of the participants for the Area Agency on Aging District 7 "10 Million Steps to Prevent Falls" walking event.