



October 2016

6 steps to prevent falls

1 in 3 Americans aged 65+ falls every year. However, falling is not an inevitable part of aging. Here are six steps that can help prevent falls:

1. Find a fun balance and exercise program—contact your local Area Agency on Aging for ideas.
2. Talk to your health care provider for an assessment on your risk of falling. Share your history of recent falls.
3. Regularly review your medications with your doctor—make sure side effects aren't increasing your risk of falling.

4. Get your vision and hearing checked and update eyeglasses and hearing aids as needed. Your eyes and ears are the key to keeping you on your feet!
5. Keep your home safe by removing tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members—enlist their support in completing your fall prevention steps.

*Source: National Council on Aging
ncoa.org/FallsPrevention*



Lift Assist Contact

If you do have a fall that doesn't result in injuries, but you still need help getting up, press your LifeLink button and our dispatchers will call your lift assist contact—a nearby friend or family member who can help you get up. Make sure your lift assist contact is up to date! Contact us at 734-477-6453—Option 1 to update your contact information.

Fall Recipe Corner

Pumpkins are here! Try your hand at pumpkin chili—it might just be your new fall favorite!

Pumpkin chili with chicken

Ingredients

- 3 tablespoons olive oil
- 1 sm. onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 jalapeño, seeded and chopped (optional)
- 2 cloves garlic, minced
- 1 1/2 lbs ground chicken (optional)
- 2 15-oz. cans tomatoes, undrained
- 1 15-oz. can pure pumpkin puree
- 2 cups low-sodium chicken broth
- 1 1/2 tablespoons chili powder
- 1 tablespoon cumin
- Salt and pepper
- 1 15-oz. can kidney beans, drained and rinsed
- 1 15-oz. can white kidney beans, drained and rinsed

Directions

1. Warm the oil in a large pot over medium heat. Add onion, bell pepper, jalapeño and garlic; sauté until tender, about 12 minutes. Transfer to a bowl. Add chicken to pot and cook, stirring until no pink remains, about 8 minutes. Return vegetables to pot.
2. Add tomatoes, pumpkin, broth, chili powder, cumin and 1/2 tsp. salt. Bring to a boil. Reduce heat to medium-low and stir in all beans. Cover and simmer, stirring occasionally, until chili thickens slightly, about 30 minutes. Season with salt and pepper to taste.

Source: myrecipes.com



Link-a-Friend!

EMS LifeLink is starting a referral program called, “Link-a-Friend”. When you refer a friend or family member to EMS LifeLink,



and they sign up with us, you get **50% off** one month’s bill! The more referrals you provide, the more months you’re eligible to receive a discount!

Would you like to contact us?

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