

# Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention  
Section, Forsyth County Department of Public Health



## Older Americans Month 2014

### Aging Facts

By the year 2020, the U.S will have more than 55 million adults over the age of 65.

Be aware of how your medications interact with other prescription and over-the-counter drugs, certain foods, alcohol, and other medical conditions.

Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination.

Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.

Prevent Falls: Install handrails and grab bars wherever they are helpful, especially around stairs and in bathrooms.

Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.

### Safe Today. Healthy Tomorrow.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.



Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

Live a longer, healthier life by taking control of your safety today! Learn more about Older Americans Month at <http://acl.gov/olderamericansmonth>

### National Senior Health & Fitness Day

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 28, 2014** as we celebrate the 21st annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.



For more information about local activities for seniors, contact the Forsyth County Department of Public Health, Adult Health Educator at (336) 703-3219.