



NEW YORK STATE SENATOR

Terrence Murphy

## Senator Murphy takes a step towards preventing falls

TERRENCE MURPHY September 26, 2018

| ISSUE: **SENIOR CITIZENS, SENIOR CENTERS, ELDER ABUSE PREVENTION, FALL PREVENTION**



VALHALLA, NY - Falls are the leading cause of fatal and nonfatal injuries for those 65 years of age and over. After falling, some people become afraid that they will fall again and this fear may cause them to limit their activities. This leads to reduced mobility and loss of physical fitness, which ends up actually increasing their risk of injury.

To help keep our senior population fit and provide valuable information about the dangers of falls and the best ways to avoid them, Senator Terrence Murphy partnered with Phelps Memorial Hospital Center and the Town of Mount Pleasant to sponsor a Fall Prevention Day

Awareness program at the Mount Pleasant Community Center on September 21st. Activities included balance training, Tai Chi, line dancing and Zumba Gold.

"Falls can be reduced through interventions such as a fall risk assessment by a health professional; regular physical activity to increase balance, strength, and flexibility; and home assessment and modification," said Senator Murphy. "Fall Prevention Day is an opportunity to share with older adults ways they can stay active, independent, and safe in their homes. The program helps seniors take control of their health and continue to participate in the activities they enjoy."



"A fall can compromise a senior's quality of life and independence," said Mount Pleasant Town Supervisor Carl Fulgenzi. "We want to be proactive in protecting our loved ones."

Educating seniors about the risks is only the first step in preventing them from taking a life-changing fall. Fall Prevention Day raises awareness about the dangers of falls and provides our seniors with services and information that will help reduce preventable injuries. We appreciate the efforts of Senator Murphy and Phelps Hospital to keep our seniors healthy and safe."

Senator Murphy, who has a Bachelor of Science in Nutrition and a Doctorate of Chiropractic, also gave a talk on nutrition and participated in a spirited question and answer session. He spoke on a wide variety of health-related subjects, ranging from salt to preservatives to the likelihood of overdosing on pepper.

As an added service to the community, Senator Murphy and the Mount Pleasant Police Department teamed up to offer his "Shed the Meds" program. The program had been such a success in when it was offered in Mount Pleasant in August that a return to the area seemed fitting. By bringing their unwanted or expired medications to the Center for safe disposal by the police, residents were helping to keep potentially hazardous drugs from getting into the wrong hands.