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## News For Older Americans

### Proactive Steps To Reduce Your Fall Risk

(NAPSA)-Research by the Centers for Disease Control and Prevention shows that falls are the leading cause of fatal and non-fatal injuries for seniors. Fortunately, through a combination of technology solutions and lifestyle choices, seniors can be prepared for the event of a fall, as well as take proactive measures to decrease the likelihood during Fall Prevention Awareness Week (September 22 to 28) and all through the year.

For example, medical alert devices, such as Philips Lifeline, can provide access to a Response Center to contact emergency help should a fall occur. In the event of a fall, time between the fall and getting medical attention matters. Studies show that seniors using a medical alert device saw an emergency response time more than 320 times faster than seniors having to call for help on their own. Beyond using these devices, Fall Prevention Awareness Week marks an occasion to remind seniors that staying physically and mentally active can help prevent falls. To begin and maintain this activity, here are three recommended steps seniors can take to support an independent and healthier life:

- **Establish a regular fitness regimen.** Sedentary lifestyles can gradually cause poor flexibility, loss of strength and decreased bone mass-all of which will increase the chances of falling. Establishing a consistent fitness routine will put your body in better shape and make exercise easier as you get older.

- **Adhere to medication and physician orders.** Eighty-seven percent of adults aged 65 or older take at least two medications and 42 percent take five or more. With long lists of medication, adherence can be difficult-but



**Stay fit to stay on your feet. The stronger and more flexible you are, the lower your risk of falling.**

it's vital to follow all directives and advice from your physician to avoid mistakes that can lead to falls.

- **Stay social in your community.** Although many older Americans value their independence, it's important to be social and surrounded by others who care about you. This will help lower your chances of depression, make you happier as you age, and increase the chances of someone being there for you if you fall and need help.

If you or a loved one is concerned about fall risk, take this advice to heart and consider sharing with friends. By combining this advice with available technologies, such as medical alert devices, you can be properly prepared for all circumstances.

**Learn More**

For further information about aging well and learning how you can prevent falls, visit [www.lifeline.philips.com](http://www.lifeline.philips.com).

## It's CASH in the Classifieds!

*SELL IT in the  
Classifieds in  
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### Share The Health This Holiday Season With DIY Apple Gift Baskets

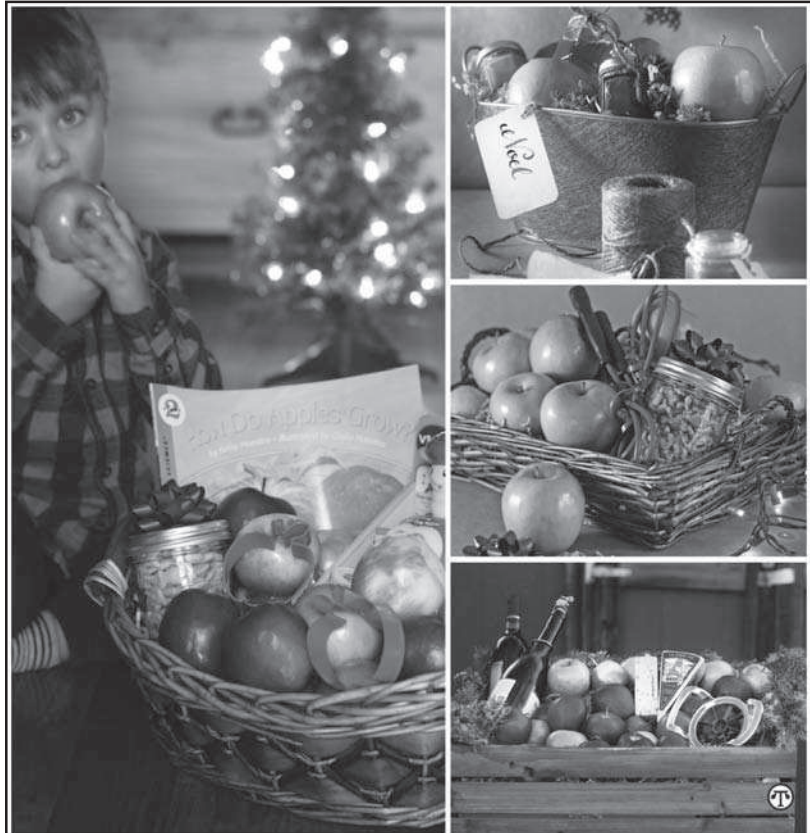
(NAPSA)-Looking for an inspired, affordable holiday gift this season? The key ingredient may already be in your kitchen: Apples, a perfect centerpiece for a custom, create-your-own gift basket.

Apples are affordable, delicious, universally loved and always available-and presenting them in beautiful baskets that you've complemented with other personalized gifts makes for a truly creative and healthy holiday gift. Giving apples also shows you care about your friends'

- **For Kids.** Fill a bright basket with colorful apples, crunchy crackers and other fun surprises such as books or small toys. Customize a basket for each kid in your life!

- **For Fitness Fanatics.** Give your workout buddy a head start on his or her New Year's resolutions with a basket full of post-workout snacks such as apples and walnuts, gym accessories and a clean eating cookbook.

- **For Sweet Tooths.** Have a sweetie who loves sweets? Satisfy his or her



and family's well-being, and adding extra items shows you took the time to make something just for them.

Consider these five simple steps for a do-it-yourself (DIY) apple gift basket:

1. **Find an artful basket-**either one you already have or a simple, inexpensive basket from a craft store, closest big-box retailer, or even your grocery store.

2. **Fill with healthy, wholesome apples-**red, green and yellow-the more colors, the merrier.

3. **Personalize with foods or trinkets your giftee will enjoy-**nothing fancy; simple stocking stuffers will do.

4. **Consider a theme for the basket-**Is the recipient a music aficionado? Bird watcher? Golf addict? Match the theme to the person-like our suggestions, pictured.

5. **Accent with ribbons, stuffing and personalized labels-**so they know this was created by you just for them.

Looking for inspiration for your DIY apple gift basket? Here are four ideas:

cravings with a basket of apples paired with yummy caramel, chocolate sauce and honey (homemade or store-bought).

- **For Friends, Family and Co-workers.** Whether you're playing secret Santa or looking for a last-minute gift, prepare a basket for a perfect night in: A beautiful assortment of apples (with a handy slicer), savory cheese, delicious wine and a fun wine stopper as a keepsake.

Have a DIY apple gift basket idea of your own? Share it on Pinterest and other social media. After all, what's better than sharing ideas for the gift of health?

**Learn More**

For apple health information and delicious recipes for any season, see [www.USApples.org](http://www.USApples.org) and @USApples on Pinterest.

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Saturday's  
Graphic

Sagittarius, The Archer  
11/22-12/21

## Graphic Search

Here is how it works...

We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

## Good Luck

**TOM JACKSON** found the Thanksgiving graphic on page 10B (TR Hunter - bottom left-hand corner of New Listing #2665) He has won a gift certificate to The Chicken Coop.

Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper: Monday by 3:00 PM



Wednesday's  
Graphic