

Safety in our Homes

The statistics on seniors and safety are quite disturbing. About one third of the senior population over the age of 65 falls each year, but since many incidents go unreported by seniors and unrecognized by family members or caregivers – this estimate is most likely quite low.

Approximately 9,500 deaths of older Americans are associated with falls each year. Falls are the leading cause of death from injury among people 65 and older, and the risk of falls increases proportionately with age. At 80 years, over half of seniors fall annually.



Erin Huey, will speak to us about safety in the home, such as prevention of slips, trips and falls. None of us is getting any younger, so this should be VERY helpful. You will be amazed at her tips - she's even going to cover lacing and walking shoes. You'll definitely want to take part in this, so WEAR CLEAN SOCKS!!!

SATURDAY, Mar. 17, 2018

11:30 AM

Golden Hunan

10334 Reseda Blvd., Northridge

Northeast corner of Devonshire and Reseda. Plenty of parking

(818) 363-5511

Menu: A Chinese smorgasbord of egg drop soup, salad, cashew chicken, beef with broccoli, mixed vegetables, kung pao chicken, lo mein noodles, fried shrimp, egg rolls, fried rice, and white rice. Cost is \$22.

Please **RSVP to Grace O'Bryan at 818-772-0679 or msdodgr2@sbcglobal.net** by Wednesday, March 14. Twenty-four hour notification is required for cancellations or caller will be billed. In order to avoid delay and congestion in the reception area, please write your check beforehand to AAUW/SFV Branch.

AAUW advances equity for women and girls through advocacy, education, philanthropy and research.

In principle and in practice, AAUW values and seeks a diverse membership.

There shall be no barriers to participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class