



PRESS RELEASE

FOR IMMEDIATE RELEASE
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Crow Wing County Focus on Falls Prevention

The National Council on Aging designates the month of September to focus on falls prevention. Falls are not a normal part of aging, but they are the leading cause of fatal and non-fatal injuries for older Americans. 1 in 3 adults, age 65, and older, will fall each year. Many falls can be prevented by making changes in your environment, like removing floor rugs, and being aware of your risk for falling.

Trained professionals are offering free falls assessments in Crow Wing County during the month of September. It only takes 10 minutes to complete a falls assessment and determine your risk of falling. The following free screening events are hosted by Crow Wing Energized in a joint effort with community partners and are intended to connect those needing more support with the resources and education that is available

FALLS ASSESSMENTS DATES/TIMES

Monday September 18

8am – 10am Hallett Center 470 8th Street Crosby, MN 56441

9am - 11am Mississippi Terrace 215-221 SW 4th Street Brainerd, MN 56401

Tuesday September 19

8am – 10am Essentia Health Brainerd Clinic 2024 S 6th Street Brainerd, MN 56401

9am – 11am Lord of Life Church 6190 Fairview Road Baxter, MN 56425

9am – 12pm Crosslake Lutheran Church 35960 County Road 66 Crosslake, MN 56442

11am – 12:30pm Brainerd Public Library 416 S 5th Street Brainerd, MN 56401

1pm – 3pm The Center 803 Kingwood Street Brainerd, MN 56401

3:30pm -5:30pm Essentia Health Baxter Clinic 13060 Isle Drive Baxter, MN 56425

Thursday September 21

8am – 10am The Center 803 Kingwood Street Brainerd, MN 56401

10am – 12pm Brainerd Area YMCA 602 Oak Street Brainerd, MN 56401

10am – 12pm Good Samaritan Society Home Care & Hospice 24090 Smiley Road Suite 200 Nisswa, MN 56468

1pm – 3pm Trinity Lutheran Church 1420 S 6th Street Brainerd, MN 56401

Friday September 22

9am – 12pm Calvary Evangelical Free Church 5925 Oberly Loop NW Walker, MN 56484

Wednesday September 27

9:30am -11am Northern Lakes Senior Living 8182 Excelsior Road Baxter, MN 56425

Our Vision: Being Minnesota's favorite place.

Our Mission: Serve well. Deliver value. Drive results.

Our Values: Be responsible. Treat people right. Build a better future.

“Falls prevention education can be life-changing, not just for the older adults that participate in these events, but for their loved ones, and even our community,” said Gina Heyer Long Term Care Supervisor. “We are proud to support Falls Prevention Awareness Day efforts as part of our year-round commitment to supporting older adults in Crow Wing County.”

One way to help prevent falls is to participate in a Matter of Balance class. This award-winning program was designed to manage falls and increase activity levels. The free class is a series of eight weekly sessions that include how to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Upcoming Matter of Balance classes are being held in Baxter, Brainerd, Crosslake, Crosby and Walker. Class details are as follows:

- **Mississippi Terrace Brainerd** – Mondays 9/25/2017 - 11/13/2017 9am – 11am
- **Crosslake Lutheran Church Crosslake** - Tuesdays 9/26/2017 - 11/14/2017 1pm – 3pm
- **Lord of Life Church Baxter** - Tuesdays 9/26/2017 - 11/14/2017 9am – 11am
- **May Creek Senior Living Walker** – Tuesdays 9/26/2017 - 11/14/2017 9:30am - 11:30am
- **Bethany Good Samaritan Society** – Tuesdays 09/26/2017 - 11/14/2017 - 10:00am - 12pm
- **YMCA Brainerd** – Mondays 10/02/2017 - 11/20/2017 1:00pm - 3:00pm
- **Hallett Center Crosby** – Tuesdays 10/03/2017 - 11/21/2017 8:00am - 10:00am
- **St. Andrews Catholic Church Brainerd** – Wednesdays 10/4/2017 – 11/22/2017 10am – 12pm
- **The Center Brainerd** – Wednesdays 10/11/2017 - 11/29/2017 2pm – 4pm
- **Northern Lakes Senior Living Baxter** – Wednesdays 10/25/2017 - 12/13/2017 1pm – 3pm

Crow Wing Energized and Central MN Council on Aging are pleased to offer this education. Class size is limited. To register online visit CrowWingEnergized.org or please call:
Clarissa – 218-821-7293 or
Joanna – 218-454-2554.

Community Services expends more than \$163 million dollars annually, of which 4.66%, \$7.6 million is funded by the county levy. In 2015, total program costs were \$163,133,479 with Medical Assistance programs being the highest spending area at \$110 million, or 67.5% of the total program costs. Social Service programs represent the second largest portion of the total at \$41.4 million, or 25.4%. Cash assistance programs were 6.3% of the total at \$10.2 million. While this is a

large portion of the county budget we have seen a significant decrease. For example, from 2009 to our 2017 budget, we have reduced tax levy dollars by \$1,209,306, a decrease of 14.3%.



