



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 ASSESSMENT DATES/TIMES

- Monday September 17th 9:30am-11:30 am at the Brainerd Family YMCA 602 Oak Street Brainerd, MN 56401
- Tuesday September 11th 1:00pm-3:00 pm at the Crosslake Lutheran Church 35960 County Road 66 Crosslake, MN 56442
- Saturday September 15th 9:30am-2:30pm The Ageless Expo at Forestview Middle School

“We are proud to support Falls Prevention Awareness efforts as part of our year-round commitment to supporting older adults in Crow Wing County.” said Gina Heyer Long Term Care Supervisor.

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 Brainerd, Crosslake and Crosby. Class details are as follows:

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.

- **Crosslake Lutheran Church Crosslake** - Tuesdays 9/18/18 through 11/6/18
1:00pm – 3:00pm
- **Brainerd Family YMCA** – Mondays 10/01/2018 through 11/19/2018 1:00pm -
3:00pm
- **Hallett Center Crosby** – Tuesdays 09/25/2018 through 11/13/2018 8:30am -
10:30am
- **The Center Brainerd** – Tuesdays and Fridays 10/16/2018 through 11/09/2018
9:00am-11:00am
- **Brainerd Medical Center** –Tuesdays 9/25/18 through 11/13/18 10:00am-12:00pm

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:

Gina – 218-824-1237 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%.

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