



Senior adults learning Tai Chi to improve mobility and balance.

November is Seniors' Fall Prevention Awareness Month!

Falls are the leading cause of injury for senior adults. Every year one in three British Columbians over the age of 65 will have a fall. Falls are the main reason why older adults lose their independence. (Source: HealthLinkBC)

There are many reasons older adults fall. They may lose their footing when stepping off a street curb or they may fall after getting dizzy from taking medications. Some falls may also be related to the effects of aging, such as muscle weakness or delayed reflexes, or falls may be related to the results of a stroke.

Some falls in older adults can be prevented, however each person's risks are a bit different therefore different prevention tips might be helpful for different risk factors.

Join us **November 13th** for our **Falls Prevention Wellness Session** with special guest presenter *Joan Parise from Home Instead Senior Care*. Learn more about the risks and preventative tips for maintaining your mobility and balance. *(Page 2)*



Don't **BUG** me!
Get Your
FLU Shot!

Inside This Issue

- November - Seniors' Fall Prevention Awareness Month
- November 6th:
Workshop: Frauds & Scams
- November 13th:
Wellness Session: Falls Prevention



Call Kathleen or
Lauren to Book
Your Tour Today!

604.240.8550

www.legacyseniorliving.com

November Learning Sessions

November 6th - 2:30 pm to 3:30 pm

Workshop: Frauds & Scams

Presented by Barb Mikulec, from the Council of Senior Citizens' Organizations of BC Health & Wellness Institute



This session investigates the ways in which fraudsters scam people in order to rob them of their money or possessions.

The top 10 scams against seniors in particular will be reviewed along with suggested tips for recognizing and avoiding being a victim of fraud. *Pre-register by November 4th to 604.240.8550.*

November 13th - 2:30 pm to 3:30 pm

Wellness Session: Falls Prevention

Presented by Joan Parise, MS, Business Development Manager with Home Instead Senior Care.



November is Falls Prevention Month!

Come learn about the risk factors for senior adults, and what you can do to improve and maintain your mobility and balance. *(Pictured: Seniors doing Tai Chi.)*

Stay independent and prevent a fall before it happens!
Pre-register by November 11th to 604.240.8550.

Visit Our Website to Subscribe to our Email Bulletin

About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

Contact Us

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Now Open!

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