



Senior Viewpoint

gwinnettcounty senior services

"There's no place like home!"

October 2017

Seniors return to Buford

Buford Senior Center participants shared with other senior centers for nine months while Gwinnett County upgraded and expanded their building. But on Monday, October 2, the seniors returned to their newly renovated center.

Senior Center Program Supervisor Patricia Armour is just as excited as her seniors. She said that while the seniors enjoyed making new friends at other senior centers, they are ready to enjoy their center again.

Upgrades include:

- expanded dining room
- renovated restrooms
- new computer area and larger lobby
- new personal care room

Home safety tips to prevent falls

As autumn approaches and the days get shorter, seniors should pay more attention to potential fall hazards in and around the home. And as nightfall comes earlier and earlier, make sure light fixtures and lamps work for better visibility.

If your ceiling lights have burned out bulbs, get help to replace them. It is just as hazardous to climb a ladder to replace bulbs as it is to navigate through darkened hallways or rooms. It is also a good idea to plug in night lights in those hallways and in bathrooms.

Also, make sure that your porch light is working. You might leave by daylight but returning home after dark can make walking up your porch steps dangerous.

Senior Wellness Fair

Take advantage of the "Fall Into Health" Senior Wellness Fair on **Friday, October 27** from 9:00am to 1:00pm at the Bethesda Park Senior Center. This is an opportunity to talk with wellness exhibitors, partake in health screenings, and see fitness or cooking demonstrations.



gwinnettcounty parks & recreation

Fall Into Health

Senior Wellness Fair

Free!

Friday, October 27
9:00am – 1:00pm
Break Out into new,
fun and healthy habits!

Wellness Exhibitors * Health Screenings
Fitness Demos * Entertainment
Health Talks * Lunch for Purchase



Bethesda Park Senior Center
225 Bethesda Church Road, Lawrenceville
678.277.0179
www.gwinnettparks.com



If you place area throw rugs over tile or wooden floors for fall and winter, be sure that there are not any loose corners to trip on. You must balance the reward of added home coziness with the reduction of slip, trip, or fall hazards.

Finally, fallen leaves can cover sidewalks and make it harder to see the pathway or walk without tripping on this material. Also, rainfall can make any leaf-covered pathway slippery, so try to sweep or rake leaves as often as possible.



National Fire Prevention Week

October 8 to October 14 is **National Fire Prevention Week**. This is a chance to reduce fire risks in your home because a house fire can move very fast and every second counts. According to the National Fire Protection Association, you have less than two minutes to safely get out of your house when the smoke alarms sound!

Key safety points to reduce fire risk include:

- Install smoke alarms. If you have smoke alarms, make sure that they are in working order and replace batteries, if necessary.
- Remove possibly combustible materials away from electric outlets or portable heaters.

- Clean your oven and stove top to prevent food spill crust from catching fire.
- Replace any electrical outlets that spark or trip breakers in the electric panel box.
- Make sure doors and windows are not blocked.
- Try to plan to have two ways out of every room.
- Have a designated outside place to meet.



It's time to get your flu shot

With flu season upon us, it's time for seniors to think about ways they can remain their healthiest. According to the Centers for Disease Control and Prevention (CDC), flu complications pose a greater risk to people age 65 years or older due to the immune system weakening with age. The best way to prevent the flu is to get a flu shot, particularly before the end of October. However, seniors can receive vaccinations as long as flu viruses circulate, which may occur until the end of January.

Seniors have a choice of two vaccines designed for their age group. The "high dose vaccine" has four times the antigen amount as the normal flu shot, and the "FLUAD" vaccine contains an adjuvant. Both vaccines create a stronger immune response, and may cause mild side effects, such as headache, muscle ache, malaise, and pain, swelling, and redness at the injection site.

The CDC recommends seniors do not receive the nasal spray flu vaccine, intradermal flu shot, or jet injector flu vaccine.

The CDC also advises seniors to remain up to date on their pneumococcal vaccinations, which protect against diseases like pneumonia, meningitis, etc. Seniors should check with their doctors about which vaccines are best for them.

And don't forget to maintain healthy habits such as covering coughs, frequently washing hands, avoiding those who are sick, and seeing a doctor as soon as flu symptoms begin to develop!



Senior Centers

Buford

2755 Sawnee Avenue
Buford, GA 30518
678.225.5367

Centerville

3075 Bethany Church Road
Snellville, GA 30039
678.277.0230

Lawrenceville

Rhodes Jordan Park
225 Benson Street
Lawrenceville, GA 30046
678.277.0970

Norcross

5030 Georgia Belle Court
Norcross, GA 30093
678.225.5430

