

DO YOU HAVE **concerns** about **falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies for managing concerns about falls.

YOU WILL LEARN TO:

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

WHO SHOULD ATTEND?

- anyone 60 years and older who have concerns about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Methodist Healthcare Ministries
of South Texas, Inc.**

Is Hosting

"A MATTER OF BALANCE"

May 1st - May 24th

**Mondays and Wednesdays
10:00 A.M. - 12:00 Noon**

**First United Methodist Church
120 N. 4th Street
Kingsville, TX**

**For Additional Information Contact:
Kathleen Hurst, RN, Wesley Nurse
361-592-3786**

Khurst@mhm.org

**THIS FREE EDUCATIONAL PROGRAM IS
BROUGHT TO YOU IN PARTNERSHIP WITH:**



CLASSES ARE FREE!



A Matter of Balance: Managing Concerns About Falls

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Were you born in 1952?

“WHAT YOU NEED TO KNOW”

A healthy life is a good life. The Medicare benefits you've earned ensure that you can receive the care you need, when you need it. When it comes to Medicare benefits, the most important thing to remember is to apply for them at age 65. Here are 3 tips to consider when turning 65.

1. When and how should I apply to Medicare?

It's important to know when to sign up. You can sign up for Medicare for the first time during your initial enrollment period. The initial enrollment period is seven months surrounding your birth month (the three months before your birth month, your birth month, and the three months after your birth month).

2. Which parts of Medicare should I sign up for? If you are not working or do not have health insurance at age 65, you should enroll in Medicare. You have two options to choose from : Original Medicare (with Part D and a Medigap policy potentially added on) OR a Medicare Advantage Plan.

3. Where can I find trustworthy advice? It's important to look before you leap when choosing a Medicare plan. Take time to read and discuss options with a licensed benefits counselor. You can access their help for free by setting up an appointment at the Area Agency on Aging.

If you or someone you know is a new Medicare Beneficiary, have questions regarding Medicare benefits, and/or want to know about Medicaid eligibility, call the **AREA AGENCY ON AGING/COASTAL BEND AGING & DISABILITY RESOURCE CENTER** to schedule an appointment with the **BENEFITS COUNSELOR**.

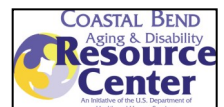
For more information contact

~ **LETICIA OCHOA** ~

Benefits Counselor

Office: 361-883-3935
Email: letty@cbcogaaa.org or
sylvanna@cbcogaaa.org

*The Benefits Counseling Service
is a program of the:*



*The Area Agency on Aging
is a program of the:*

