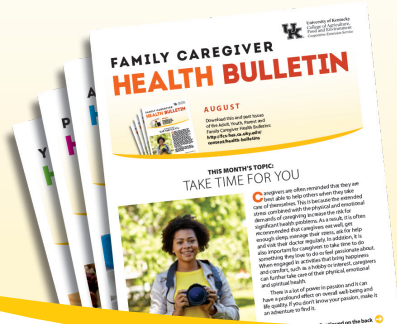




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FAMILY CAREGIVER HEALTH BULLETIN



SEPTEMBER 2021

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
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THIS MONTH'S TOPIC:

PREVENT FALLS: PLAY BINGOCIZE®!



At the start of the fall season, we embrace Fall Prevention Awareness Day on Sept. 22. Falls are a serious matter and public health concern. They are the leading cause of injury-related emergency department visits among older adults. In addition to causing bruises, fractures, and head injuries, falls can lead to loss of independence, institutionalization, and even death. While aging does not cause falls, older adults are at greater risk for falling as vision, muscle mass, balance, coordination, and reaction time deteriorate. Some medications and health conditions or diseases may also increase the risk for falling.

One way to prevent falls and celebrate Falls Prevention Awareness Day is to embrace the education-based activity, Bingocize® with FCS Extension. Dr. Jason Crandall at Western Kentucky University created Bingocize®. He created a socially engaging group-based game that combines health education and exercise in the format of bingo. Dr.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Exercise will not only reduce the risk of falls, but it will help prevent chronic disease and enhance life quality.



➔ Continued from page 1

Crandall and his research team have tested the program and demonstrated that more than 90% of older adults who played two times a week for 10 weeks significantly improved physical, social, and mental health. Dr. Crandall trained 60 FCS Extension agents to lead programs close to you!

Contact your local Extension agent to sign up for a Bingocize® class. Exercise will not only reduce the risk of falls, but it will help prevent chronic disease and enhance life quality. Bingocize® is free and can even be offered remotely. The format is fun, social, and different from traditional exercise classes. In addition to a falls prevention unit, ask your FCS agent about playing Bingocize® for exercise and nutrition.

To learn more about Bingocize®, visit https://www.wku.edu/bingocize/about_bingocize. For more information about Bingocize® near you, contact your local FCS Extension agent.



CENTER FOR APPLIED SCIENCE
IN HEALTH & AGING

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic, Ph.D.
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com

