

Prevent Falls: Falls Prevention Resources for Older Adults

1. **Farewell to Falls** is a free, home-based program of the Trauma Center at Stanford. The program works with older adults to help reduce falls. Please contact them at 650-724-9369 for more information!
2. **Stepping On:** Stepping On is an evidence-based, group-based falls prevention program, for older adults. The program meets for seven weeks, along with a home visit conducted by an occupational therapist. Please call 408-730-7356 for more information.

To all participants who contribute:

The requested contribution is \$1.80 per meal. This amount only covers a portion of the total cost of the meal. While no one will be denied for not contributing, we ask everyone to contribute what they can, as any contribution will assist the program to continue home delivery of nutritious meals.



THANK
YOU!



Osteoporosis & Bone Health

What is Osteoporosis? Osteoporosis is a bone disease that develops when bone density and bone mass decrease. This can lead to a decrease in bone strength and can increase the risk of fractures (broken bones).



Who is at Risk? Osteoporosis is the major cause of fractures in postmenopausal women and in older men. Fractures can occur in any bone, but happen most often in bones of the hip, vertebrae in the spine, and wrist.

What can I do to reduce my risk of osteoporosis and improve my bone health?

1. Eat 3-4 servings of calcium rich foods per day.
2. Get at least 30 minutes of daily physical activity that involves weight bearing exercises.
3. Practice improving your posture in all daily activities.
4. Watch your step to avoid falling.
5. Remove items in your home that you are likely to trip over.
6. Avoid smoking and limit alcohol intake.

Key Nutrients Important for Maintaining Bone Health

Calcium, vitamin D and magnesium are key nutrients for bone health.

Key Nutrients for Bone Health	Food Sources
<p>Calcium: Older adults need 1,200 mg of calcium per day.</p> 	<p><u>Food sources with 200mg or more of calcium:</u></p> <ul style="list-style-type: none"> • Low-fat milk (1 cup) • Low-fat yogurt (6 oz.) • Low-fat Greek yogurt (6 oz.) • Low-fat mozzarella cheese (1 oz.) • Low-fat cottage cheese (6 oz.)
<p>Non Dairy Rich Calcium Food Sources</p> 	<p><u>Food sources with 150mg or more of calcium:</u></p> <ul style="list-style-type: none"> • Kale & Collard greens (1 cup) • Soybeans (1 cup) • Bok choy (1 cup) • Salmon (3 oz.) • Fortified Almond Milk (1 cup) • Fortified Orange Juice (1 cup) • Tofu (4 oz.) • Baked Beans (4 oz.)
<p>Vitamin D: Older adult men need 800 IU and older adult women need 600 IU of Vitamin D each day.</p>	<p><u>Food sources with 100 IU or more of Vitamin D:</u></p> <ul style="list-style-type: none"> • Salmon (3 oz.) • Canned light tuna (3.5 oz.) • Low-fat fortified milk or almond milk (1 cup) • Fortified Orange Juice (1 cup)
<p>Magnesium: Older adult men need 420mg and older adult women need 320mg of Magnesium each day.</p>	<p><u>Food sources with 50mg or more of magnesium:</u></p> <ul style="list-style-type: none"> • Almonds, Cashews, or Pumpkin seeds (1 oz.) • Black Beans or Edamame beans (1/2 cup) • Quinoa (1/2 cup)

Strength Training Exercises for Bone Health

1. Working with weights

- Obtain an appropriate hand weight you can handle (ie. 1, 2, or 3 lbs.)
- You can also use household items in place of weights such as:
 - Filling a plastic milk jug with sand or water and closing the opening securely with a lid.
 - Filling a sock with dried beans and tying up the open end.
 - Using a common grocery item such as a bag of rice, soup can, or bottle of water.

2. Sample exercise with weight: Wrist Curl

- Rest your forearm on the arm of a sturdy chair with your hand over the edge
- Hold weight with palm facing upward
- Slowly bend your wrist up and down
- Repeat 10-15 times

