

NEWS FROM Legislator

Lou D'Amaro



SUFFOLK COUNTY LEGISLATURE
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For Immediate Release
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Prepare Now – Avoid an Accident Later

REGISTER NOW FOR LOCALLY-HELD SUFFOLK COUNTY FALL PREVENTION PROGRAMS

(HUNTINGTON STATION, NY... September 3, 2014) – Suffolk County Legislator Lou D'Amaro (D-Huntington Station) would like to inform residents that County Executive Steve Bellone and Commissioner of Health Services James Tomarken have expanded the County's vital "Falls Prevention Program" and are offering workshops at local venues this September. The free programs aim to help mature adults reduce the risks of falls and improve their quality of life.

Stepping On*

'Stepping On,' is a seven-week model program that focuses on improving balance and strength, home and community safety, vision, safe footwear and medication review. According to the Centers for Disease Control and Prevention (CDC), the program has proven to reduce falls for participants by 31 percent.

Huntington

Huntington Library, 338 Main St., Huntington
Tuesdays, September 16, 23, 30 and October 7, 14, 21, 28; classes run from 10:30 am to 12 pm.
To register, contact: Nancy Freeman (631) 427-5165 ext. 299 or Nelida Zoeller (631) 853-6472
Workshop registration will take place on September 16 and 23 only.

**Please be aware: the number of openings for "Stepping On" is limited and will be filled on a first-come, first-served basis.*

(more)

Staying Independent for Life

“Staying Independent for Life” covers much of the information that is provided in the ‘Stepping On’ program in a condensed two-hour session.

Huntington

Huntington Library, 338 Main St., Huntington

September 9, 2014, 10:00 a.m.-12:30 p.m.

To register, call Nancy Freeman (631) 427-5165 ext. 299

Programs will be rolled out in other communities throughout Suffolk County over the course of the year. For additional information about Suffolk County falls prevention programs, call the Suffolk County Department of Health Services at (631) 853-3089 or visit:

<http://www.suffolkcountyny.gov/Departments/HealthServices/PreventiveMedicine/FallsPrevention.aspx>

“According to The National Council on Aging, every 15 seconds a senior citizen is treated in a hospital emergency room for a fall-related accident,” said Legislator D’Amaro. “Through awareness and increased participation in fall prevention programs, we hope to be able to cut down on the frequency and severity of these incidents. I hope many people will enroll either themselves or their loved ones in these programs.”

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Suffolk County Legislator Lou D’Amaro represents the 17th Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Education & Information Technology and Human Services committees of the Suffolk County Legislature.