



# Prestige One-Day Motor Coach Events

Minnesota  
October 2007

## Welcome New Customers!

We'd like to welcome our new customers from Excel Bank Minnesota. Our friendly, knowledgeable staff looks forward to assisting you with all your banking needs. For the benefit of all our new and existing customers we have added these additional full-service locations:

**M&I Bank**  
5050 France Avenue South  
Edina  
952-836-3000

**M&I Bank**  
3325 Broadway Street NE  
Minneapolis  
612-238-2260

Member FDIC

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## Simple Steps Taken Today Can Prevent Falls Tomorrow

Today, nearly 41% of baby boomers are helping an aging parent. Boomers need safeguards in place to ensure their parents are protected at home. One major step toward peace of mind is making the senior's home as "injury proof" as possible.

Do you know of someone who has fallen recently—maybe even you? Falling doesn't have to be a normal part of the aging process. Educating ourselves about the risk of falls and simple ways to prevent them is an important first step.

These startling statistics outline the significance of home safety:

- Falls are a contributing factor in over 60% of all fatalities in the home. This is the sixth leading cause of death among people over 65.
- Fractures from falls are a leading cause of disability and often result in older people entering nursing homes. Once this occurs, 33% of people who suffer hip fractures die within one year.
- Medical costs due to fall related injuries accounted for more than \$19 billion in 2000

It's not all doom and gloom. Here are five ways you can act right now to reduce the risk of falling:

- 1 See your doctor and check out medications, eyesight, hearing, balance, dizziness and fatigue issues. Medication's side effects and interactions can easily cause falls.

- 2 Keep active! Yoga, Tai Chi, swimming, walking, stretching and stationary biking are all easy, low-impact ways to keep our bodies limber and strong. They also help improve coordination, balance and flexibility – and reduce falls.
- 3 In the dark, you can trip more easily. Put a lamp near your bed, have a light switch at the top and the bottom of the stairs. Install motion or light-sensor night-lights in hallways and bathrooms.
- 4 Wear slippers with rubber soles or comfortable tennis shoes when in your home. Make sure they fit well so you don't easily slip out of them or catch them on carpeting or furniture.
- 5 It's okay to have a little help sometimes. Use a cane, walker (with a seat for short breaks) or take someone's arm. It'll minimize your chances of tripping inside or outside.

Even though this may be a difficult subject to broach with our elders, it is crucial that we take the first step in bringing up concerns that we see. If we do it in a loving, respectful way, it is usually well received. Remember, we would want the same for ourselves—it's nice having someone watch out for us once in a while.

*Article courtesy of At Home Solutions*