

# Quarterly Companion

## AROUND THE TABLE

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### Six Steps to Prevent a Fall

Chances are you know someone who has fallen or who is afraid of falling. Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. The National Council on Aging shares resources to help individuals who have fallen or are at risk of falling and their families.

To prevent a fall, NCOA has identified six steps. Complete these statements by filling in the blank.

1. Find a good \_\_\_\_\_ and \_\_\_\_\_ program to build balance, strength, and flexibility. Your local Area Agency on Aging can help you find a program.
2. Talk to your healthcare provider. Ask for an \_\_\_\_\_ of your risk of falling. Share your history of recent falls.
3. Regularly review your \_\_\_\_\_ with your doctor or pharmacist. Make sure side effects are not increasing your risk of falling. Take medications only as prescribed.
4. Get your \_\_\_\_\_ and \_\_\_\_\_ checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.

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5. Keep your home safe by removing \_\_\_\_\_ hazards, increasing lighting, making stairs safe, and installing \_\_\_\_\_ in key areas.
6. Talk to your \_\_\_\_\_ members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

For more resources on fall prevention, visit NCOA's falls prevention page at [ncoa.org/older-adults/health/prevention/falls-prevention](https://ncoa.org/older-adults/health/prevention/falls-prevention).



**Answer Key :** 1) balance, exercise 2) assessment  
3) medications 4) vision, hearing 5) tripping, grab bars  
6) family

## Estate Planning is Worth the Effort

Estate planning can be overwhelming, but it is worth the effort. Having a plan in place can give you peace of mind, knowing that your wishes will be carried out. If you have a plan, review it regularly to make changes or updates. Make sure a trusted family member or fiduciary knows where to find important documents as part of your plan.

Unscramble the hints to learn more about estate planning.

A \_\_\_\_\_ is a document that specifies who is to inherit assets and who is responsible for handling the estate. (HINT: LIWL)

1. An arrangement where assets are held on behalf of another person is called a \_\_\_\_\_. (HINT: STRUT)
2. The \_\_\_\_\_ is a person named in a will that carries out the terms of the will. (HINT: XTECEURO)
3. An \_\_\_\_\_ tax is a tax on your right to transfer property at your death. (HINT: TASETE)
4. The part of the judicial system that handles wills and estates is called \_\_\_\_\_ Court. (HINT: TPEORBA)

Answer Key : 1) will 2) trust 3) executor  
4) estate 5) probate

## What Do Salmon, Flaxseed, Chia Seeds, and Walnuts Have in Common?

Omega-3 fatty acids are a type of fat shown to help lower triglycerides (one of the fats measured in your blood cholesterol panel) and lower the risk of heart disease. These are essential nutrients, meaning your body does not produce them on its own and, therefore, must be consumed through food.

There are three main types of omega-3s:

- alpha-linolenic acid (ALA)
- eicosapentaenoic acid (EPA)
- docosahexaenoic acid (DHA)

ALA is mainly found in nuts, seeds, and plant oils, while EPA and DHA are commonly found in fish and seafood. While most people get plenty of ALA, getting EPA and DHA can be more of a struggle.

To increase EPA and DHA intake, the Dietary Guidelines for Americans recommends adults eat at least eight ounces of fatty fish per week. Cold water fatty fish, such as salmon, Atlantic mackerel, albacore or skipjack tuna, herring, and sardines, have higher amounts of omega-3s.

Unless directed by a doctor, supplements are not recommended at this time. Fish oil supplements can interact with medications, including blood thinners, so tell your physician if you are taking them.

For more about seafood recipes and nutrition, visit [eatmidwestfish.org](http://eatmidwestfish.org), a partnership with Illinois-Indiana Sea Grant.

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