

# SOUTHWEST MATTERS

## SWIC NEWS—ADULT EDITION

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### Home Safety Assessments:

A Fall Prevention Service from  
SouthWest Improvement Council - SWIC

Falls are the leading cause of death in Colorado and the number one reason that thousands of people age 65 and older require treatment in the Emergency Department every year.

**Lighting, overall home conditions and other environmental factors** are extremely critical when assessing a person's risk for a fall. As a result, the **Handy Hearts Home Chore** program has added **Home Safety Assessments** to the list of services provided by this unique **volunteer program**.

Anyone 65 and older person residing in urban southwest Denver can call for this free assessment.

**Volunteers** will utilize a checklist to **evaluate lighting, bathroom safety, tripping hazards and other environmental hazards**. Once the checklist is completed, SWIC volunteers and staff will **make recommendations** and assist with **correcting dangerous situations**.

Take advantage of this **FREE service** and protect yourself from this preventable epidemic. **Call 303-934-4780** for assistance or more information.

### QUESTIONS FOR SWIC?

Main Number

303-934-2181

Fax Number

303-934-0035

### FOOD SAFETY

A presentation by

**Jessica Olin,**  
VOA Community Nutritionist

Thursday, March 23, 10:30 a.m.  
Eagle-Bear Hall

### Are you interested in Tai Chi?

**Volunteer instructors Patricia and David** have offered to teach **Beginning in April.**

*Minimum enrollment is 10!*

**TAI CHI** has been indentified by the **National Institute for Health** as the **number one** exercise for **senior fall prevention!**

The time is still to be decided based on YOUR feedback. Call Janice at 303-934-4780 for more information.

