

Health & Wellness Tip of the Week

Week 25 June 18, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Member of the Blue Cross and Blue Shield Association.

Aging Doesn't Make us Fall – Safety Hazards in the Home Do

A healthy lifestyle is the goal for many of us as we get older. But a fall in our later years can be the end of the good life.

For those over 65, falls are the leading cause of injury-related deaths. The good news is that many of the causes of falls among older adults don't have to happen.

You can prevent falls by making the home safer:

- Clear clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip
- Make sure outdoor areas are well lit
- Use non-slip adhesive strips on stairs and non-skid mats in the bath and shower
- Put in grab bars in the tub, shower and near the toilet, and use railings on both sides of stairs
- Use enough lighting in every room and stairway including nightlights in the kitchen, bath and hallways

Source: National Safety Council

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