

funeral instructions will help your family grieve while being cost effective.

At Ephron's memorial service, Meryl Streep noted that when she found out she was on the list of speakers for the memorial, she felt "so privileged and so ticked off and so honored and so inept all at the same time that she couldn't help thinking that this is exactly what Nora intended."

Maybe someone will say the same about you. By Megan Gorman

6 Steps to Protect Your Older Loved One (or yourself) from a Fall

Did you know that 1 in 4 older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible. The good news about falls is that most of them can be prevented. The key is to know where to look.



Here are some common factors that can lead to a fall:

- Balance and gait - As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.
- Vision In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see. New

research suggests hearing loss can also contribute to the risk of falling.

- Medications- Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.
- Environment- Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.
- Chronic conditions- More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

Here are 6 easy steps you can take to help your older loved one reduce their risk of a fall:

1. Enlist their support in taking simple steps to stay safe. Ask your older loved one if they're concerned about falling. Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't hurt—even if they've already fallen in the past. If they're concerned about falling, dizziness, or balance, suggest that they discuss it with their health care provider who can assess their personal risk and suggest programs or services that could help.
2. Discuss their current health conditions. Find out if your older loved one is experiencing any problems with managing their own health. Are they having trouble remembering to take their medications—or are they experiencing side effects? Is it getting more difficult for them to do things they used to do easily? Are hearing and vision changes becoming problematic? Also make sure they're taking advantage of all the preventive benefits now offered under Medicare, such as the Annual Wellness visit. Encourage them to speak openly with their health care provider about all of their concerns.