

## Area Agency on Aging District 7, Inc. and Gallia County Resource Center Complete “A Matter of Balance” Class at First Holzer Apartments



L to R, Seated: Bette Ryal, Jane Malone, Lois Young, and Judy Fife, all participants. Standing: Judy Rejoinis, Gallia County Resource Center; Carolyn Miles, James Clark, Annabelle Fellure, Ada France, all participants; Marcella Taylor, Gallia County Resource Center; Vicki Woyan, Area Agency on Aging District 7, Inc., Matter Of Balance Master Trainer; Shirley Doss, Director of Gallia County Resource Center; and Pamela K. Matura, Executive Director of the Area Agency on Aging District 7, Inc. *Not pictured, Hazel Camden.*

Throughout the month of February residents of the First Holzer Apartments along with several community members completed the first “A Matter of Balance” Class in Gallia County.

A Matter of Balance classes focus on reducing the fear of falling and increasing activity levels among participants. The program offers ideas for individuals to set realistic goals to increase activity, change their environments to reduce fall risk factors, and learn a series of simple exercises to increase strength and balance.

Participants at First Holzer Apartments and other attendees from the community felt a stronger desire to work harder in gaining strength and made changes to their environments such as removing throw rugs and organizing items so they are reachable to aid in reducing the chance of a fall.

A Matter of Balance participant remarked, “I can’t believe that something so simple as just moving my kitchen pots, pans, and dishes to a lower shelf has cut the time preparing meals. I find I move more quickly and confidently since removing my kitchen rug, too.”

Another participant chuckled, “And I can’t believe I am exercising again! You don’t have to go to a gym and use equipment. Just easy exercises you do at home have improved my strength and is giving me back my balance.”

National data also reveal positive outcomes from participation in the program including; 97% report feeling more comfortable talking about their fear of falling, 97% report feel more comfortable in increasing their activity, 99% report they continue to exercise after the class, and 98% would recommend others to sign-up!

If you have turned down a chance to participate in activities because of a fear of falling or wish to improve the quality of your life and remain independent -- participation in A Matter of Balance class may be your answer. Remember, there is no cost to participate or host a class.

The Area Agency on Aging District 7, Inc. and the Gallia County Resource Center want to offer A Matter of Balance to other interested individuals. If your facility, apartment complex, or community organization may be interested in hosting a class, please contact, Vicky Abdella, R.N., Director of Community Services at AAA7 by calling (800) 582-7277, ext. 254 for more information.