



AGECaring NEWSLETTER

Providing support and education for
older adults and caregivers

Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)

Fall Prevention Deserves Your Attention

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



How to Avoid Added Sugars this Season

Consuming excessive sugar in your food and drinks puts you at higher risk for things like Type 2 diabetes, obesity, fatty liver disease, heart disease and more.

“Many times, people don’t even realize how much sugar they’re eating because they don’t expect certain foods to be so loaded with it. And the labeling on packaged foods can be unclear.” -Anna Taylor, RD, LD

The American Heart Association (AHA) says beverages are the leading source of added sugars in most people’s diets. That includes:

- Soft drinks
- Fruit drinks
- Sports drinks
- Energy drinks
- Coffee (with added sweeteners)
- Tea (with added sweeteners)

Reducing some of these can be a great start to cutting back on unneeded sugars.

“Learn with us”



Aug. 9	Noon (Virtual)	The Importance of Brain Health & Lifelong Learning
Aug. 30	Noon (Virtual)	Understanding Dementia & Alzheimer’s Disease
Every Wed. Starting Sept. 13th	9 a.m.	Tai Chi at Pulaski Heights United Methodist Church
Sept. 12	Noon - 1 p.m.	Understanding Opioids & Non-Opioid Pain Management
Sept. 18-22		Fall Prevention Awareness Week
Sept. 26	11 a.m.	Family Caregiver Workshop- Dementia/Alzheimer’s at Pulaski Heights United Methodist Church

Check out our calendar!

[agec.UAMS.edu/
community-events](http://agec.UAMS.edu/community-events)

Use the AGEC website and Facebook page for **FREE PROGRAMS**



Watch Our Online Community Programs

Visit: patientslearn.UAMS.edu/agec

Use facebook.com/UAMSagec to view saved video content!

- Recognizing and Preventing Social Isolation
- Heart and Brain Health
- Eat Well, Live Well
- Ageless Grace Exercise video
- Healthy Cooking videos
- AGECaring Friends interviews
- Caregiving tips for Dementia and Alzheimer’s disease
- Understanding Dementia and Alzheimer’s Disease and many more!



Family Caregiver Workshop

Now online at agec.UAMS.edu/workshop

or check the calendar for in person workshops

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