

LET'S FEEL BETTER

NTIC Newsletter



Fall Prevention for Older Adults

One of the most common and serious issues aging adults face is falling. Fall prevention is crucial for older adults because falling can cause serious injuries, including but not limited to fractures, head trauma, and even death. Fear of falling can also lead to a decrease in physical activities and social isolation, further impacting the well-being of older adults.

Preventing and reducing falls can be achieved with a few steps:

Improve Balance and Exercise - By improving strength and flexibility, we reduce our risk of falling. Find a workout program near you or look online for movement that is fun for you.

ONE POT PASTA DISH

This one pot sun-dried tomato pasta dish is just as delicious as it is convenient.

25 MIN. FULL BODY FOR BEGINNERS

No equipment is needed for this full body 25 minute workout.

MEDITATION - FORGETTING TIME

Take 10 minutes to pause and reconnect with yourself during this Calm meditation.

Most senior centers offer programs and activities for people to join. Once you find a program that looks promising, bring a friend!

Talk to Your Doctor - Write a list of things you want to talk to your doctor about. If you have fallen or feel unsteady, speak to your doctor about a falls risk assessment. Consider consulting with other specialists such as an occupational or physical therapist. Most importantly, ask questions and be honest about your needs.

Review your Medications - Regularly review your medications with ALL of your care providers - doctor, pharmacist, etc.- to ensure your medications aren't increasing your risk of falls. Report any side effects like feeling dizzy, sleepy during the day, or experiencing coordination issues.

Care for Your Vision and Hearing - Being able to see and hear well is important for balance. Get your yearly eye exam and wear your contact lenses or glasses properly. Check for hearing changes. Hearing aids for mild-moderate hearing loss are sold over-the-counter. Add a nightlight in the bedroom, bathroom, and hallways.

Make Your Home Safer - Remove all tripping hazards, such as rugs, cords, and clutter on the floor. Replace lightbulbs with bright bulbs. Place a chair where you get dressed or put on shoes. Invest in a shower seat, grab bar, and adjustable showerhead. Keep frequently used items between waist and shoulder height so they can be reached without bending over or needing a stool.

Talk to Your Family and Friends - Share your concerns, they might have ideas and solutions! Be assertive with your needs, keep communicating, and don't be afraid to ask for help.

Resources: [National Council on Aging](#), [Resources in Your Community](#)

MIRANDA KELLEY

NTIC Wellness Coordinator

Email: mkelley@iu17.org

Website: www.NTIC.IU17.org

Phone: (570) 673-6001 ex: 2020

Free Virtual Financial Series



September 17
4:45-6 PM

**Money and
Relationships**



October 15
4:45-6 PM

**Financial
Clutter**



November 19
4:45-6 PM

Identify Theft



Sign up for one or all

NTIC Program

Be Well | Be Balanced | Be Connected | Be Successful

Silver: Earn 550 points, receive \$175

Gold: Earn 750 points, receive \$275

Platinum: Earn 900 points, receive \$375



Discover all the benefits of your well-being program!

Explore Health Advocate's member website and mobile app where you can review the full program and reward details, complete activities, track your points and progress, access curated health information, and more.

It's your personal hub for achieving your well-being goals!

HealthAdvocate.com/ntic

Registration Code: GV9A85V

Access Well-Being

Activity

Points/Max.

Personal Health Profile (PHP)	100/100
Personal Pathfinder	10/40
Access Health Advocate website or app	10/40
Link your Fitness Device	5/5
Learning Center	1/20
Personal Pathways	50/100
Preventive Care Exams	25/25
Vaccinations	20/60
Shingles, COVID, Flu, RSV, Pneumonia, HPV	
Tobacco-Free or Quit Tobacco Pathway	50/50
Well-Being Workshops	20/140
NTIC Challenges	40/200
Personal Challenges	5/20
Other Activities	
*Annual Physical	100/100
*Annual Health Screening	100/100
Met Healthy Outcomes	75/75
Dental Visit	30/60
Vision Exam	30/30
5K Walk/ Run/Bike	40/80
Proof of Primary Care Provider	30/30
Telemedicine Visit	25/25
Telemedicine Registration	40/40
Express Scripts	50/50
Plasma/ Blood Donation	15/60
No Texting/ Driving Pledge	15/15
Home Safety	10/20
Wellness Referral Program	25/50

**Required Activity to reach Platinum Level*

Your EAP Benefits:

One-on-One Personal & Professional Coaching

Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Best of all, these benefits are free for you and eligible family members!

Coaching is available in the following areas:

- ✓ **Wellness Coaching** - lose weight, get fit, reduce stress, quit tobacco, and get nutrition help.
- ✓ **Certified Financial Coaching** - get help for budgeting, credit, debt, money management and more.
- ✓ **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- ✓ **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- ✓ **Effective Communication** - improve your interpersonal communication skills to be more effective.
- ✓ **Home Purchasing** - get help with the home buying process, credit and financing basics.
- ✓ **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- ✓ **Relaxation Coaching for Beginners** - get support and referrals for relaxation, meditation, or yoga training programs.
- ✓ **Workplace Conflict** - improve interpersonal skills and learn methods for resolving conflict.
- ✓ **Retirement Coaching** - get help to address the practical and emotional aspects around retirement.
- ✓ **Succeeding as a Supervisor** - learn key management concepts and ways to develop and empower employees.

Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Comprehensive personal and professional online trainings available in a variety of easy-to-use formats.
- Wellness tools and tips on diet, nutrition, fitness and smoking available in the Online Wellness Center.



To access a Coach, simply call 800.252.4555 and ask to speak to a Coach.



To access online support resources, simply login at www.theEAP.com.



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP



📞 800.252.4555

💻 www.theEAP.com

© ESI Employee Assistance Group