



FALLS PREVENTION - SESSION 1 (Leader)

BINGO ROLLS (3)

****Remember to print Falls Prevention Take Home Card (week 1) to give to each participant after the session today!!****

Read aloud to the participants:

Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten older adults' safety and independence, as well as generate enormous economic and personal costs. Did you know?

- *Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.*
- *Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.*

However, falling is not an inevitable result of aging. Over the next 10 weeks, together, we will have fun playing bingo, complete some simple exercises, and learn some practical lifestyle adjustments we can make to substantially reduce the likelihood of falling. During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good". Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain.

The most important thing to remember over the next 10 weeks is to have fun!!

Source: National Council on Aging, 2018

BINGO ROLLS (3)

QUESTION 1: Bingocize® is played in which of the following countries?

- a. Poland
- b. England
- c. Finland
- d. All of the above**

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> ● While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. ● To increase difficulty, pump arms back and forth. 	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Top Shelf Reach Seated	30 seconds

<ul style="list-style-type: none"> ● Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> ● Sit on the edge of the chair, with feet on the floor, shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
BINGO ROLLS (3)	
<p>QUESTION 2: The regular game of bingo is played all over Poland.</p> <p>a. True</p> <p>b. False, bingo is a new game for people in Poland, but they love Bingocize®!</p>	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
Chair Stands	30 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 3: The regular game of bingo is played by approximately how many people in Britain?</p> <p>a. 190,000</p> <p>b. 590,000</p> <p>c. 1,900,000</p> <p>d. None of the above</p>	
BINGO ROLLS (3)	
Stiff Arthur’s Hip Seated	30 seconds
<ul style="list-style-type: none"> ● Shift weight to the right hip, and lift left hip off the chair. Shift your weight to the left hip, and lift your right hip off the chair. 	
Seated Balance Exercises	30 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.

QUESTION 4: The leading cause of fatal injury among older adults is....

- Car wrecks
- Falls
- Rock climbing
- None of the above

BINGO ROLLS (3)

Morning Walk Seated

30 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Side Steps Seated

30 seconds

- Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.

BINGO ROLLS (3)

Thumb to Fingers

30 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

Table Roll

30 seconds

- Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.

QUESTION 5: Falls are an inevitable consequence of aging, and there is nothing I can do about it.

- True
- False

BINGO ROLLS (3)

Trunk Rotation Seated

30 seconds

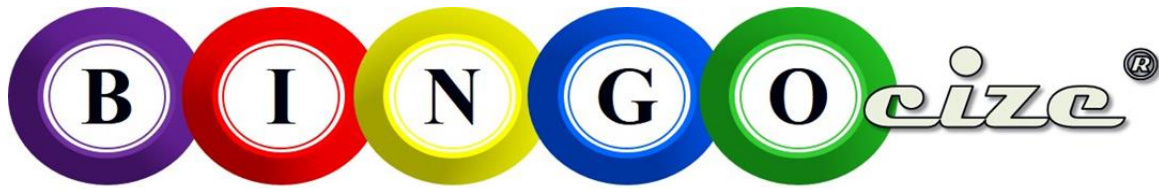
- Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left.

Breaststroke Seated

30 seconds

<ul style="list-style-type: none"> • Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> • Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Goodbye, Neighbor! Standing	30 seconds
<ul style="list-style-type: none"> • Stand. Then turn to the person on each side of you and shake their hand or give them a big hug! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 2 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

The takeaway message from our first session was falling is not an inevitable result of aging. There are six things we can do to reduce our chances of falling.

1. Find a good balance and exercise program- Good news! Bingocize® can help you prevent falls!
2. Talk to your healthcare provider about your falls risk.
3. Regularly review your medications with your doctor or pharmacist.
4. Get your vision and hearing checked annually, and update your eyeglasses.
5. Keep your home safe.
6. Talk to your family members about ways they can help you modify your home and make lifestyle changes.

We will learn more about each of these six things over the next few weeks.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you “feel good”. Remember to have fun!

Source: National Council on Aging, 2018

BINGO ROLLS (3)

QUESTION 6: People who have a moderate to high risk for falling may reduce their risk by:

- a) Medication management
- b) Increasing physical activity
- c) Home safety improvement
- d) All of the above

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. 	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> • Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> • Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
BINGO ROLLS (3)	
<p>QUESTION 7: What are the three most common problem areas for falls?</p> <ol style="list-style-type: none"> Garage, entrance, and living room Garden, living room, and kitchen Steps to entrances, inside stairs, and unsafe bathrooms Living room, laundry room, and kitchen 	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
Chair Stands	30 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 8: In a home with no stairs, which two rooms have the highest percentage of falls?</p> <ol style="list-style-type: none"> Living room and bedroom Kitchen and bathroom Bathroom and laundry room Hallway and bathroom 	
BINGO ROLLS (3)	
Stiff Arthur’s Hip Seated	30 seconds
<ul style="list-style-type: none"> Shift weight to the right hip, and lift left hip off of the chair. Shift your weight to the left hip, and lift your right hip off of the chair. 	
Seated Balance Exercises	30 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	

QUESTION 9: Where do approximately 75% of older adult fall?

- a. In or near the home
- b. At social events
- c. While exercising
- d. At work

BINGO ROLLS (3)

Morning Walk Seated

30 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Side Steps Seated

30 seconds

- Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.

BINGO ROLLS (3)

Thumb to Fingers

30 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

Table Roll

30 seconds

- Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.

QUESTION 10: What is a simple home safety improvement that can reduce the risk of falling?

- a. Better lighting
- b. Adding throw rugs
- c. Moving the furniture
- d. Buy more chairs

BINGO ROLLS (3)

Trunk Rotation Seated

30 seconds

<ul style="list-style-type: none"> Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Seated	30 seconds
<ul style="list-style-type: none"> Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 3 (Leader)

BINGO ROLLS (3)

****Remember to print Falls Prevention Take Home Card (week 2) to give to each participant after the session today!!****

Read aloud to the participants: In the past, the doctor typically took the lead, and the patient followed. Today, a good patient-doctor relationship is more of a partnership. You and your doctor can work as a team, along with nurses, physician assistants, pharmacists, and other healthcare providers, to manage your medical problems and keep you healthy. Your healthcare providers can assess your falls risk and review your medications.

You may feel a little sore from last week, but remember that's normal. We will begin to increase the amount of time we exercise, but although it is important to push yourself, make sure to find a pace that makes you "feel good". Have fun!

Source: Centers for Disease Control; National Center for Injury Prevention, 2018

BINGO ROLLS (3)

QUESTION 11: Your doctor can assess your falls risk by completing a series of simple functional tests. Examples are the Timed up and Go (TUG) and the 30-second chair stand test.

- a. True
- b. False

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> ● While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg. 	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> ● Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> ● Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
BINGO ROLLS (3)	
<p>QUESTION 12: Medication side effects and interactions can lead to falls.</p> <ul style="list-style-type: none"> a. True b. False 	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 13: Which of the following are ways your doctor can help reduce your falls risk?</p> <ul style="list-style-type: none"> a. Stop medications when possible. b. Switch to safer alternatives c. Reduce medications to the lowest effective dose d. All of the above 	
<p>WARNING! TALK WITH YOUR DOCTOR BEFORE MAKING ANY MEDICATION CHANGES!</p>	

BINGO ROLLS (3)	
Chest Press Seated	40 seconds
<ul style="list-style-type: none"> Place the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. For more resistance, grab the resistance band itself. 	
Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down 	
<p>QUESTION 14: The following type of medication can cause dizziness, sedation, confusion, blurred vision, or orthostatic hypotension (getting dizzy when you stand up).</p> <ol style="list-style-type: none"> Antihistamines Muscle relaxants Medications affecting blood pressure All of the above 	
BINGO ROLLS (3)	
Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	

QUESTION 15: Chronic conditions such as heart disease and diabetes are NOT risk factors for falls.

- a. True
- b. False

BINGO ROLLS (3)

Trunk Rotation Seated

40 seconds

- Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left.

Breaststroke Seated

40 seconds

- Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.

Tie Your Shoes Seated

40 seconds

- Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position.

Hi, Neighbor! Seated

40 seconds

- With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 4 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

You may still feel a little sore and tired, but hang in there. You may not feel the benefits yet, but you are already getting stronger, and your balance is getting better! Today we will review the information we covered in session 3. Remember your healthcare providers can assess your falls risk and review your medications. Also, enlist the help of your family members. They can help you to ask the right questions when visiting your doctor and help make your living environment safer.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, 2018

BINGO ROLLS (3)

QUESTION 16: Your doctor can assess your falls risk by completing a series of simple functional tests. Examples are the Timed up and Go (TUG) and the 30-second chair stand test.

- a. True
- b. False

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> ● While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg. 	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> ● Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> ● Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	

BINGO ROLLS (3)

QUESTION 17: Medication side effects and interactions can lead to falls.

- a. True
- b. False

Cueing Drill (make sure participants spread out)

40 seconds

- Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.

Chair Stands

40 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.
To decrease difficulty:
 - Push up with hands on seat/arms of wheelchair
 - Use cane or walkerTo increase difficulty:
 - Cross arms across chest when standing
 - Hold weight between handsAs you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.

QUESTION 18: Which of the following are ways your doctor can help reduce your falls risk?

- a. Stop medications when possible.
- b. Switch to safer alternatives
- c. Reduce medications to the lowest effective dose
- d. All of the above

WARNING! TALK WITH YOUR DOCTOR BEFORE MAKING ANY MEDICATION CHANGES!

BINGO ROLLS (3)

Chest Press Seated

40 seconds

- Place the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. For more resistance, grab the resistance band itself.

Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down 	
<p>QUESTION 19: The following type of medication can cause dizziness, sedation, confusion, blurred vision, or orthostatic hypotension (getting dizzy when you stand up).</p> <ol style="list-style-type: none"> Antihistamines Muscle relaxants Medications affecting blood pressure All of the above 	
BINGO ROLLS (3)	
Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 20: Chronic conditions such as heart disease and diabetes are NOT risk factors for falls.</p> <ol style="list-style-type: none"> True False 	

BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Seated	40 seconds
<ul style="list-style-type: none"> Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 5 (Leader)

BINGO ROLLS (3)

****Remember to print Falls Prevention Take Home Card (week 3) to give to each participant after the session today!!****

Read aloud to the participants: Even small changes in sight and hearing may cause you to fall. The risk increases even further when poor vision is accompanied with loss of both hearing and balance. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well, and wear it.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

QUESTION 21: Even a mild degree of hearing loss can _____ the risk of an accidental fall.

- a. Double
- b. Quadruple
- c. Triple
- d. None of the above

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> ● Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. ● To increase difficulty, pump arms back and forth. 	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg. 	
Good Morning!	40 seconds
<ul style="list-style-type: none"> ● Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> ● Scoot forward in your chair. Now scoot back in your chair. 	

BINGO ROLLS (3)

QUESTION 22: Hearing loss makes you less aware of what’s going on around you, like other people, pets, and your surroundings.

- a. True
- b. False

Grapevine (make sure participants spread out)

40 seconds

- Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.

Chair Stands

40 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.

QUESTION 23: Hearing loss may cause you to use more of your mental resources to hear and interpret speech and other sounds. This could leave fewer mental resources to maintain balance.

- a. True
- b. False

BINGO ROLLS (3)

Arm Curl Seated

40 seconds

- In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.

Arm Extensions Seated

40 seconds

- Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head, as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.

QUESTION 24: Hearing aids don’t make a difference in balance.

- a. True
- b. False, participants with hearing aids turned on are able to maintain balance twice as long as those who don’t.

BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 25: Wearing bifocals to see things better up close may impair depth perception and contrast sensitivity. This could increase risk for falls.</p> <p>a. True</p> <p>b. False</p> <p>Talk to your optometrist to determine your risk.</p>	
BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> Stand up with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"> Stand up straight with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	

Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> Stand behind a chair, and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs after 20 seconds, and repeat the exercise. 	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 6 (Leader)

BINGO ROLLS (3)

Read aloud to the participants: Remember poor vision and hearing can increase your fall risk dramatically. If you haven't already done so, please make sure your eyeglasses are updated and your hearing is checked.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

QUESTION 26: Even a mild degree of hearing loss can _____ the risk of an accidental fall.

- a. Double
- b. Quadruple
- c. Triple
- d. None of the above

Morning Walk Standing

40 seconds

- Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth

Spell Your Name Seated

40 seconds

- Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg.

Good Morning!

40 seconds

- Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.

Chair Scoot

40 seconds

- Scoot forward in your chair. Now scoot back in your chair.

BINGO ROLLS (3)

QUESTION 27: Hearing loss makes you less aware of what's going on around you, like other people, pets, and your surroundings.

- a. True
- b. False

Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 28: Hearing loss may cause you to use more of your mental resources to hear and interpret speech and other sounds. This could leave fewer mental resources to maintain balance.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
Arm Curl Seated	40 seconds
<ul style="list-style-type: none"> ● In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
Arm Extensions Seated	40 seconds
<ul style="list-style-type: none"> ● Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm. 	
<p>QUESTION 29: Hearing aids don't make a difference in balance.</p> <p>a. True</p> <p>b. False, participants with hearing aids turned on are able to maintain balance twice as long as those who don't.</p>	

BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 30: Wearing bifocals to see things better up close may impair depth perception and contrast sensitivity. This could increase risk for falls.</p> <p>a. True</p> <p>b. False</p> <p>Talk to your optometrist to determine your risk.</p>	
BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> Stand up with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"> Stand up straight with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	

Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> Stand behind a chair, and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs after 20 seconds, and repeat the exercise. 	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 7 (Leader)

BINGO ROLLS (3)

****Remember to print Falls Prevention Take Home Card (week 4) to give to each participant after the session today!!****

Read aloud to the participants:

Welcome to week 4. You are doing great! You're getting stronger, and your balance is improving. Feel more energy? Sleeping better? Feeling more confident? Pay attention to how you feel as we progress through the program. Today we will discuss some ways to modify your environment to help reduce falls. Here is list of just a few.

1. Get rid of clutter such as shoes, boxes, newspapers, etc.!
2. It is important to keep areas tidy to reduce the risk of falling.
3. Electrical cords should be taped or coiled to the wall.
4. Stairways should be free of clutter and any loose steps should be replaced. Outdoor areas should be cleared of debris such as leaves or snow.
5. Spills on hard floors should be cleaned as soon as possible to prevent slipping.
6. Organize your furniture such that you have room to walk (move plant stands, coffee tables, etc.). Once furniture is in a good location, do not rearrange!

(National Institute on Aging & National Council on Aging)

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 31: How can you fall proof outdoor home areas?

- a. Improve lighting
- b. Install handrails
- c. Add outdoor step grips and keeping walkway free of clutter (such as leaves)
- d. All of the above**

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth 	
Good morning!	40 seconds
<ul style="list-style-type: none"> • Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	

Rear Hip Extensions Standing	40 seconds
<ul style="list-style-type: none"> Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. Keeping your head and back aligned, lift one leg behind you, keeping it straight. Repeat with the opposite leg. To add a balance challenge, hover your hands over the back of the chair, and/or close your eyes. 	
Seated Crunches	40 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
BINGO ROLLS (3)	
<p>QUESTION 32: Outdoor mats are useful to prevent slipping.</p> <p>a. True</p> <p>b. False, like area rugs, they may cause tripping</p>	
Modified Skier (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 33: Home safety improvements such as repairing loose steps and adding grab bars can reduce the risk of falls.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
Lateral Raises	40 seconds
<ul style="list-style-type: none"> While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then <u>slowly</u> release to starting position. To make this exercise easier, alternate raising each arm. 	

Low Row Seated	40 seconds
<ul style="list-style-type: none"> From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position. 	
<p>QUESTION 34: Furniture in walkways</p> <ol style="list-style-type: none"> Can be helpful Should be cleared Should be rearranged monthly All of the above 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Standing	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Power Grip	40 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 35: Stairs can be better visualized by</p> <ol style="list-style-type: none"> Adding colored tape Good lighting Removing clutter All of the above 	

BINGO ROLLS (3)	
Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Charleston/Flapper Dance	40 seconds
<ul style="list-style-type: none"> Place hands on knees and cross knees back and forth 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 8 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

Today we will continue learning more ways to modify our environment to help reduce falls. A good way to improve safety of stairs is by adding colored tape.

- Select a color that is contrasting to the color of the stairs.
- Place the tape at the top and end of each stair.
- Gripping material can be used on hard floor steps.
- This is also a good time to make sure all the steps are even and there are no loose floorboards or carpet!
- Don't forget to add colored tape and gripping material to outdoor steps as well!

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 36: How can you fall proof outdoor home areas?

- a. Improve lighting
- b. Install handrails
- c. Add outdoor step grips and keep walkway free of clutter (such as leaves)
- d. All of the above

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Good morning!	40 seconds
<ul style="list-style-type: none"> • Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> • From a seated position, begin with your feet hip-width apart and eyes facing forward. Raise your heels off the ground, while keeping your knees straight. Slowly lower your heels back to the ground. 	

Seated Crunches	40 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
BINGO ROLLS (3)	
<p>QUESTION 37: Outdoor mats are useful to prevent slipping.</p> <p>a. True</p> <p>b. False, like area rugs, they may cause tripping</p>	
Three Dot Step (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward, about two to three feet. During this step lunge, reach the arms out in front, away from the body. Now, return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend and the back leg will remain straight. Return to the starting position. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 38: Home safety improvements such as repairing loose steps and adding grab bars can reduce the risk of falls.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
Lateral Raises	40 seconds
<ul style="list-style-type: none"> While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then <u>slowly</u> release to starting position. To make this exercise easier, alternate raising each arm. 	

Low Row Seated	40 seconds
<ul style="list-style-type: none"> From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position. 	
<p>QUESTION 39: Furniture in walkways</p> <ol style="list-style-type: none"> Can be helpful Should be cleared Should be rearranged monthly All of the above 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty: pump arms back and forth 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 40: Stairs can be better visualized by</p> <ol style="list-style-type: none"> Adding colored tape Good lighting Removing clutter All of the above 	

BINGO ROLLS (3)	
Side Flexion Seated	40 seconds
<ul style="list-style-type: none"> In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left. 	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 9 (Leader)

BINGO ROLLS (3)

Remember to print Falls Prevention Take Home Card (week 5) to give to each participant after the session today!!

Read aloud to the participants:

Today let's talk about more ways to make your home safer. Here are just a few things you can do.

1. Walkways should be cleared to provide yourself with plenty of room to walk.
2. It is recommended that all large rugs have a heavy rubber back or are secured with double-sided tape and are in good condition. Carpet should also be checked; corners that are sticking up can be dangerous!
3. Throw rugs and small area rugs are not recommended! If you do have them, make sure they will not slip by using double-sided tape or a heavy rubber back.
4. Outdoor steps should have gripping material, and in a contrasting color, if possible.
5. Ensure all floor boards are in good condition and even (no boards sticking up).
6. Non-slip strips can be placed on hard floors, which can be purchased at most hardware stores.

Before we get started, today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 41: Outdoor mats are useful to prevent slipping.

- a. True
- b. False- like area rugs, they may cause tripping.

Morning Walk Seated

40 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.

Single Leg Hamstring Curl Standing	40 seconds
<ul style="list-style-type: none"> Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.) 	
Staggered Stance	40 seconds
<ul style="list-style-type: none"> Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	
BINGO ROLLS (3)	
<p>Question 42: Throw rugs and small area rugs are recommended to reduce your chances of falling.</p> <p>a. True</p> <p>b. False</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 43: Walking in the grass is a better option if a sidewalk looks slippery</p> <p>a. True</p> <p>b. False</p>	

BINGO ROLLS (3)	
Chest Press Standing	40 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
<p>QUESTION 44: The use of stairs can be reduced in a two-story home by</p> <p>a. Moving your bedroom to the first floor</p> <p>b. Carrying everything at once</p> <p>c. Limiting activity</p> <p>d. All of the above</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	

QUESTION 45: Non-slip strips for hard floors can help prevent falls.

- a. True
- b. False

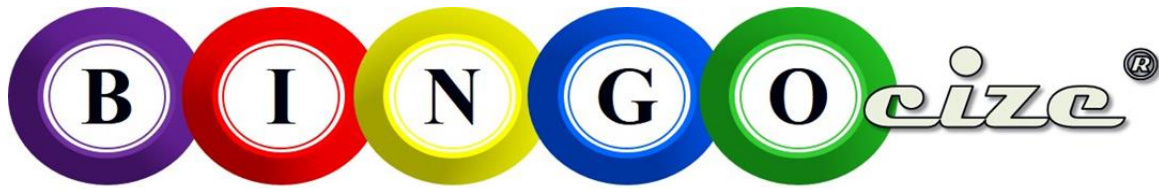
BINGO ROLLS (3)

Seated Balance Exercise	40 seconds
<ul style="list-style-type: none">● Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.	
Ballerina	40 seconds
<ul style="list-style-type: none">● Bring both arms up over head, put hands together, release hands, then put both arms back down.	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none">● Rotating arms around one another; pointing side to side-“Staying Alive” move	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none">● With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 10 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

Today let's talk about more ways to make your home safer. Improving the lighting in your home will help reduce your chances of falling. What are some things you can do to improve lighting in your home?

1. It is important to have good lighting, especially at entrances to home, stairways, and from bedroom to bathroom.
2. You should have easy to reach access to lighting, especially in your bedroom, such as a lamp, in case you need to get up during the night. Motion sensing lighting is also useful for entrances to home.
3. Light switches should be placed at the top and bottom of stairs, to allow access to lighting from either location.
4. Night lights can be useful in hallways, bathrooms, and bedrooms.
5. Have a plan if the power goes out, such as having flashlights next to the bed.

Before we get started, today, keep these things in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 46: Motion sensing lights remove the need to turn on the lights to make sure rooms, stairs, and hallways are always bright enough.

- a. True
- b. False

Morning Walk Seated

40 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty pump, arms back and forth.

Single Leg Hamstring Curl Standing

40 seconds

- Stand behind your chair, and hold onto the back for support. Your feet should be hip-width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.)

Staggered Stance	40 seconds
<ul style="list-style-type: none"> Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	
BINGO ROLLS (3)	
<p>Question 47: Lamps that turn on and off by simply touching are helpful for those with arthritis and loss of finger flexibility and strength.</p> <p>a. True b. False</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 48: Placing light switches at every doorway, to avoid walking great distances in a dimly lit or dark room, can increase the risk of falls.</p> <p>a. True b. False</p>	
BINGO ROLLS (3)	
Chest Press Standing	40 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	

Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
<p>QUESTION 49: Increasing the wattage of the bulbs in your home is a good idea to increase light intensity.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 50: Adjustable blinds or vertical shades should not be used to adjust lighting levels and glare.</p> <p>a. True</p> <p>b. False, Blinds and shades are a good way to control lighting levels and glare.</p>	
BINGO ROLLS (3)	
Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	

Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-“Staying Alive” move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 11 (Leader)

BINGO ROLLS (3)

Remember to print Falls Prevention Take Home Card (week 6) to give to each participant after the session today!!

Read aloud to the participants:

Can you believe we are starting week 6? You've all done so well! How are you feeling? I hope you are starting to make some of the changes we've discussed to reduce your fall risk...checking your floors, updating your lighting, and getting rid of clutter are just a few things we've discussed. Today we will focus on reducing your risk of falling by having things you use often in easy to reach areas (about waist level and lower).

Remember when you exercise that it's okay to push yourself, but it's not okay to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly okay!

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 51: It's ok to use a regular step stool or chair to reach items out of reach.

- a. True
- b. False, try not to use a step stool, but if necessary, make sure it is a steady stool with a bar. A chair should not be used as a step stool.

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Single Leg Hamstring Curl Standing	45 seconds
<ul style="list-style-type: none"> • Stand behind your chair, and hold onto the back for support. Your feet should be hip-width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.) 	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> • While seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	

BINGO ROLLS (3)

Question 52: Bingocize® exercises like the *Ballerina* can help improve your ability to reach for items such as dishes in the cabinet.

- a. True
- b. False

Grapevine (make sure participants spread out)

45 seconds

- Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.

Chair Stands

45 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.

Question 53: A(n) _____ can assess home environments and offer advice for fall prevention.

- a. Occupational therapist
- b. Psychotherapist
- c. Speech therapist
- d. None of the above

BINGO ROLLS (3)

Chest Press Standing

45 seconds

- Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.

Arm Curl Standing

45 seconds

- From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.

Question 54: Having things you use often in easy to reach areas is especially important in the

- a. Living room
- b. Kitchen
- c. Bathroom
- d. None of the above

BINGO ROLLS (3)

Morning Walk Standing

45 seconds

- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Heel Raises Standing

45 seconds

- While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.

BINGO ROLLS (3)

Thumb to Fingers

45 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

Power Grip

45 seconds

- Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.

QUESTION 55: A long-handled grasping device is never a good idea.

- a. True
- b. False, if you are physically unable, a grasping device can help prevent falls.

BINGO ROLLS (3)

Seated Balance Exercise

45 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.

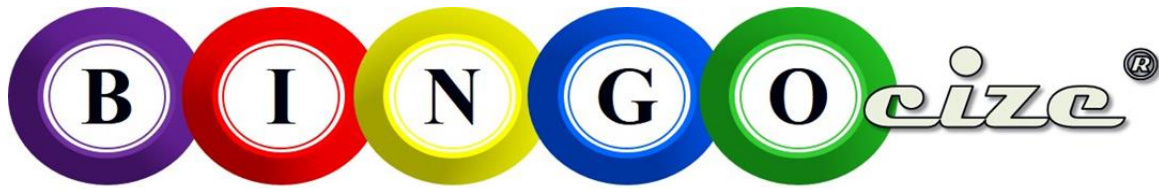
Ballerina

45 seconds

- Bring both arms up over head, put hands together, release hands, then put both arms back down.

Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-“Staying Alive” move 	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 12 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

Well, we are over halfway through the Bingocize® program. You're all doing so well! Today we are going to review some of the important changes we can make to our environments to reduce falls. Have you made changes? Are you feeling the effects of moving your body more?

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 56: Home safety improvements such as repairing loose steps and adding grab bars can reduce the risk of falls.

- a. True
- b. False

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Single Leg Hamstring Curl Standing	45 seconds
<ul style="list-style-type: none"> • Stand behind your chair and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes) 	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	

Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	
BINGO ROLLS (3)	
<p>Question 57: Stairs can be better visualized by</p> <ol style="list-style-type: none"> Adding colored tape Good lighting Removing clutter All of the above 	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	45 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 58: Throw rugs and small area rugs are recommended to reduce your chances of falling.</p> <ol style="list-style-type: none"> True False 	
BINGO ROLLS (3)	
Chest Press Standing	45 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	

Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
<p>QUESTION 59: Placing light switches at every doorway, to avoid walking great distances in a dimly lit or dark room, can increase the risk of falls.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	45 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 60: It's ok to use a regular step stool or chair to reach items out of reach.</p> <p>a. True</p> <p>b. False, try not to use a step stool, but if necessary, make sure it is a steady stool with a bar. A chair should not be used as a step stool.</p>	
BINGO ROLLS (3)	
Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	

Ballerina	45 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 13 (Leader)

BINGO ROLLS (3)

Remember to print Falls Prevention Take Home Card (week 7) to give to each participant after the session today!!

Read aloud to the participants:

Welcome to week 7! I hope you are having fun and feeling the positive effects of Bingocizing! We are going to mix it up a bit this week. Instead of our normal questions, we are going to play some fun trivia. Also, because you've been working very hard exercising, we are going to reduce the intensity this week to allow your body to recover. "Active recovery" and rest are important parts of any exercise program. And as always, remember to work at a pace that feels good to you!!

(Leader: Feel free to replace these trivia questions with some of your own. Have fun with it! Also, playing music during the session is encouraged, but not too loud. Make sure everyone can still hear your directions.)

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 61: Who was the legendary Benedictine monk who invented champagne?

- a. Peter Coors
- b. Dom Perignon
- c. Saint Francis
- d. None of the above

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> ● While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth 	
Static Balance	30 seconds
<ul style="list-style-type: none"> ● Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg. 	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> ● Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> ● While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	

BINGO ROLLS (3)

Question 62: Who was the actor who starred in 142 films including The Quiet Man, The Shootist, The Searchers, and Stagecoach?

- a. Gary Cooper
- b. James Stewart
- c. John Wayne
- d. None of the Above

Grapevine (make sure participants spread out)

30 seconds

- Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.

Swimming Dance

30 seconds

- While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.

QUESTION 63: In which film did Humphrey Bogart say, "We'll always have Paris"?

- a. It's a Wonderful Life
- b. Treasure of the Sierra Madre
- c. The African Queen
- d. None of the Above, ---Casablanca

BINGO ROLLS (3)

Chest Press Standing

30 seconds

- Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.

Arm Curl Standing

30 seconds

- From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.

QUESTION 64: In needlework, what does UFO refer to?

- a. Unidentified flying object
- b. Unusual fabric organization
- c. Unfinished object
- d. None of the above

BINGO ROLLS (3)

Morning Walk Standing

30 seconds

- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Heel Raises Standing

30 seconds

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.

BINGO ROLLS (3)

Thumb to Fingers

30 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

Power Grip

30 seconds

- Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.

QUESTION 65: Fried tarantulas, eggs boiled just before they're due to hatch, live octopus, and puffin hearts eaten raw when still-warm, are all traditional foods in other parts of the world—true or false?

- a. True
- b. False

BINGO ROLLS (3)

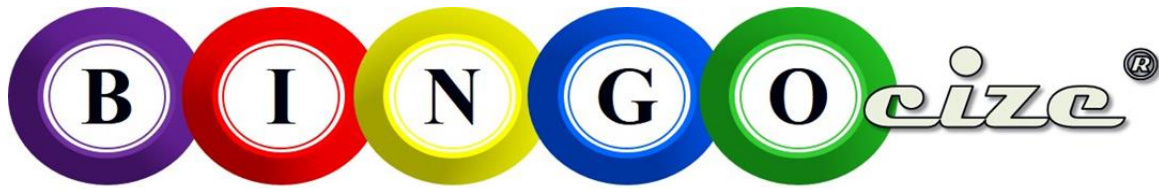
Seated Balance Exercise

30 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.

Ballerina	30 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	30 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 14 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

Let's have some more fun playing trivia today, and remember to modify the exercises if you need to. Make sure that you do what feels good...it's okay to push yourselves, but you should never feel pain when exercising.

(Leader: Feel free to replace existing trivia questions with some of your own. Have fun with it! Also, playing music during the session is encouraged. The "Twist" would be appropriate today!)

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

QUESTION 66: What television show featured a couple (who were married in real life) living in the same apartment building with their best friends and landlords in Manhattan?

- a. The Jeffersons
- b. Leave it to Beaver
- c. I Love Lucy
- d. None of the above

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> • While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Static Balance	30 seconds
<ul style="list-style-type: none"> • Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg. 	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> • While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	

BINGO ROLLS (3)

Question 67: In 1940, Hattie McDaniel was the first black person to win an Oscar. She won Best Supporting Actress for her role as Mammy in what movie?

- a. The African Queen
- b. Gone with the Wind
- c. Citizen Kane
- d. None of the Above

Grapevine (make sure participants spread out)

30 seconds

- Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.

Swimming Dance

30 seconds

- While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head

QUESTION 68: In 1962, which astronaut circled the earth three times in "Friendship 7," later became a U.S. Senator, and returned to space in 1998?

- a. Scott Carpenter
- b. Neil Armstrong
- c. John Glenn
- d. None of the above

BINGO ROLLS (3)

Chest Press Standing

30 seconds

- Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.

Arm Curl Standing

30 seconds

- From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.

QUESTION 69: Who was the man who hosted a long-running variety show from 1948 until 1971.

- a. Ed Sullivan
- b. Ed McMahon
- c. Johnny Carson
- d. None of the above

BINGO ROLLS (3)

The Twist

30 seconds

- Stand with your feet shoulder-width apart. Put equal weight on both feet. Keep your knees flexible, and keep your torso squared evenly with your hips.
- Move one foot forward. Gently budge one foot ahead of the other. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them.
- Hold your arms away from the body. Extend both arms outward and away from the body. Don't extend them straight out. You should keep them bent slightly at the elbow.
- As you twist, your arms will follow the movement of your hips. As your weight shifts to one side and your waist twists back, the arm of that same side will naturally move downward and back. To keep balance, the other arm should move upward and forward.
- Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner.
- Shift your body weight. As you rock from side to side, shift your center of gravity or body weight so that it is supported by the ball of your foot. You should alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back.

Heel Raises Standing

30 seconds

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.

BINGO ROLLS (3)

Thumb to Fingers

30 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

Baking Biscuits

30 seconds

- Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.

QUESTION 70: Who sang "The Twist"?

- a. Buddy Holly
- b. Ray Charles
- c. Chubby Checker
- d. None of the above

BINGO ROLLS (3)

Seated Balance Exercise	30 seconds
<ul style="list-style-type: none">• Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.	
Ballerina	30 seconds
<ul style="list-style-type: none">• Bring both arms up over head, put hands together, release hands, then put both arms back down.	
Rolling-Disco/John Travolta	30 seconds
<ul style="list-style-type: none">• Rotating arms around one another; pointing side to side-“Staying Alive” move	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none">• With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 15 (Leader)

BINGO ROLLS (3)

Remember to print Falls Prevention Take Home Card (week 8) to give to each participant after the session today!!

Read aloud to the participants:

Staying physically active as we grow older is very important. For the next few sessions, we will discuss the multiple benefits of increasing physical activity. While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls. We'll also discuss specific ways you can maintain an active lifestyle, but still keep your risks for falls low.

But don't forget, as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting stronger, but PAIN is not the goal! Have fun and be smart!

Source: National Council on Aging, 2017

BINGO ROLLS (3)

QUESTION 71: Limiting the amount of activity, especially physical activity, will reduce my chance of falling.

- a. True
- b. False, performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Grapevine	50 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise. 	

Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
BINGO ROLLS (3)	
<p>Question 72: What is one sign of muscle weakness?</p> <ul style="list-style-type: none"> a. Meeting your exercise goals b. Pushing with your hands to stand from the chair c. Losing weight d. Depression 	
Modified Skier	50 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Chair Stands	50 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> o Push up with hands on seat/arms of wheelchair o Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> o Cross arms across chest when standing o Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 73: Physical activity includes exercise and all other forms of movement e.g. walking to your car, mowing the lawn, gardening, etc.</p> <ul style="list-style-type: none"> a. True, physical activity includes all forms of movement. b. False 	
BINGO ROLLS (3)	
Open the Cupboard	50 seconds
<ul style="list-style-type: none"> In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position. 	

Arm Curl Standing	50 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
<p>QUESTION 74: How many minutes of moderate intensity physical activity should you get each week?</p> <p>a. 90 minutes</p> <p>b. 120 minutes</p> <p>c. 150 minutes, or 30 minutes per day 5 days per week (bouts of even just 10 minutes can be beneficial)</p> <p>d. None of the above</p>	
BINGO ROLLS (3)	
Morning Walk Standing	50 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Standing	50 seconds
<ul style="list-style-type: none"> Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left. 	
BINGO ROLLS (3)	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	50 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 75: Muscle strengthening or resistance exercise should be done at least once per week.</p> <p>a. True</p> <p>b. False, strengthening exercises should be done at least twice per week.</p>	

BINGO ROLLS (3)

Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none">From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left.	
Ballerina	50 seconds
<ul style="list-style-type: none">Bring both arms up over head, put hands together, release hands, then put both arms back down.	
Seated Crunches	50 seconds
<ul style="list-style-type: none">While seated, slowly raise one knee towards your chest. While simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none">With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 16 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

Staying physically active as we grow older is very important. For the next few sessions, we will discuss the multiple benefits of increasing physical activity. While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls. We'll also discuss specific ways you can maintain an active lifestyle, but still keep your risks for falls low.

But don't forget, as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting stronger, but PAIN is not the goal! Have fun and be smart!

Source: National Council on Aging, 2017

BINGO ROLLS (3)

QUESTION 76: To stand from a sitting position

- a. Use your arms to push yourself up
- b. Stay back in the chair
- c. Move hips to end of chair, then use your legs to stand
- d. Rock forward and backward

Grapevine	50 seconds
<ul style="list-style-type: none"> ● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> ● While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> ● Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise. 	
Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> ● Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

BINGO ROLLS (3)

Question 77: When walking, what is the correct way to change directions?

- a. Turn your upper body first
- b. Turn your head first
- c. Cross your legs
- d. **Move your feet with your body**

Modified Skier

50 seconds

- From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction.

Chair Stands

50 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.

QUESTION 78: Bags should be carried

- a. **Close to the body**
- b. With all heavy items in one bag
- c. Far from the body
- d. With all the weight in one hand

BINGO ROLLS (3)

Open the Cupboard

50 seconds

- In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position.

Arm Curl Standing

50 seconds

- From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.

QUESTION 79: Tying shoes should be done while sitting in a chair and bending from your upper back.

- a. True
- b. False, bend forward from the hips and use a footstool.

BINGO ROLLS (3)

Morning Walk Standing

50 seconds

- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Side Steps Standing

50 seconds

- Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.

BINGO ROLLS (3)

Thumb to Fingers

50 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

Power Grip

50 seconds

- Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.

QUESTION 80: A cane or walker can increase the risk of falling _____.

- a. If it is not fitted properly
- b. If it is used all the time
- c. If used at home
- d. If used outdoors

BINGO ROLLS (3)

Trunk Rotation Standing

50 seconds

- From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left.

Ballerina	50 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Seated Crunches	50 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 17 (Leader)

BINGO ROLLS (3)

Remember to print Falls Prevention Take Home Card (week 9) to give to each participant after the session today!!

Read aloud to the participants: 1 out of 5 falls among older adults causes serious injury, such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine, and wrist. The good news is, it is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. Here are some things you can do.

1. Eat a balanced diet rich in calcium.
2. Take vitamin D supplements (talk with your doctor before taking any supplements).
3. Get regular physical activity.
4. Don't smoke.
5. Limit your alcohol.
6. Check your home for safety.
7. Talk with your doctor about a screening test.

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: https://www.ncoa.org/wp-content/uploads/Osteoporosis_falls_and_fractures.pdf
<https://www.nia.nih.gov/health/exercise-and-physical-activity-getting-fit-life>

BINGO ROLLS (3)

QUESTION 81: Daily vitamin D and calcium supplements are associated with reduced falls and fewer broken bones in older adults.

- a. True
- b. False

Grapevine	55 seconds
<ul style="list-style-type: none"> • Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Heel Raises Standing	55 seconds
<ul style="list-style-type: none"> • While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

Calf Stretch Standing	55 seconds
<ul style="list-style-type: none"> Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise. 	
Top Shelf Reach Standing	55 seconds
<ul style="list-style-type: none"> Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
BINGO ROLLS (3)	
<p>Question 82: Regular physical activity and exercises that combine weight, muscle strengthening, and balance helps reduce the risk of falls and actually improves the health of your bones.</p> <p>a. True</p> <p>b. False</p>	
Modified Skier	55 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Chair Stands	55 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 83: You should hold your breath during strengthening exercises.</p> <p>a. True</p> <p>b. False, you should breathe out as you lift and breathe in as you relax.</p>	
BINGO ROLLS (3)	
Open the Cupboard	55 seconds
<ul style="list-style-type: none"> In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position. 	

Arm Curl Standing	55 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
<p>QUESTION 84: Unless your doctor has told you to limit fluids, you should increase your fluid intake during physical activities.</p> <p>a. True, many older adults don't feel thirsty, even if their body needs fluids.</p> <p>b. False</p>	
BINGO ROLLS (3)	
Morning Walk Standing	55 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Standing	55 seconds
<ul style="list-style-type: none"> Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left. 	
BINGO ROLLS (3)	
Thumb to Fingers	55 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	55 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 85: Exercise should hurt and make you feel really tired, or it won't be effective.</p> <p>a. True</p> <p>b. False, you might feel some soreness and a little discomfort, but you should not feel pain.</p>	

BINGO ROLLS (3)	
Trunk Rotation Standing	55 seconds
<ul style="list-style-type: none"> From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left. 	
Ballerina	55 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Seated Crunches	55 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee towards your chest. While simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
Hi, Neighbor! Seated	55 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



FALLS PREVENTION - SESSION 18 (Leader)

BINGO ROLLS (3)

Read aloud to the participants: Most people know regular physical activity improves physical health, but did you know it can also improve your cognitive health? Cognitive health is the ability to clearly think, learn, and remember.

Maintaining cognitive health is important for reducing your risks for falls. For example, your ability to pay attention to your environment can help reduce falls.

As we get going today, always remember to work at a pace and intensity that feels good to you. It's okay to push yourself, but it's not okay to feel pain.

Source: Mandolesi, L., Polverino, A., Montuori, S., Foti, F., Ferraioli, G., Sorrentino, P., & Sorrentino, G. (2018). Effects of Physical Exercise on Cognitive Functioning and Wellbeing: Biological and Psychological Benefits. *Frontiers in psychology*, 9, 509. doi:10.3389/fpsyg.2018.00509

BINGO ROLLS (3)

QUESTION 86: Exercise can lead to an increase in depression and anxiety.

- a. True
- b. **False. Studies have shown exercise consistently reduces depression and anxiety.**

Alternate Foot Touch Seated	60 seconds
<ul style="list-style-type: none"> ● Sitting in a chair, place a foam pad or pillow in front of the feet. Alternate placing your right and left foot on the foam pad or pillow. 	
Chair Stand	60 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> ● While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> ● Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

BINGO ROLLS (3)

Question 87: Exercise, especially cardiovascular (aerobic) exercise, increases blood flow up to 100 times in your working muscles. However, blood flow does not increase to the brain during exercise.

- a. True
- b. False, exercise can cause moderate increases in blood flow to your brain, which can help improve brain functions.

Modified Skier

60 seconds

- From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction.

Cueing Drill

60 seconds

- Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.

QUESTION 88: Exercise can delay *normal* age-related cognitive decline, enhance memory, and improve mood.

- a. True, Note: normal cognitive aging is different from pathological conditions, such as Alzheimer's and other dementias; after the onset of mild cognitive aging or early Alzheimer's disease, exercise alone may not be sufficient, but still has the promise to improve function when combined with adequate cognitive activity.
- b. False

BINGO ROLLS (3)

Chest Press Standing

60 seconds

- Hold the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.

Lateral Raises Standing

60 seconds

- While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.

QUESTION 89: Regular exercise can improve your ability to make and control movements like turning around while walking.

- True, exercise improves your nervous system allowing you to better control your movements. This can help reduce falls.
- False

BINGO ROLLS (3)

Morning Walk Standing	60 seconds
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- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth

Toes to the Sky Seated	60 seconds
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- Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.

BINGO ROLLS (3)

Thumb to Fingers	60 seconds
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- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

C Grip	60 seconds
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- Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.

QUESTION 90: Exercise should hurt and make you feel really tired, or it won't be effective.

- True
- False, you might feel some soreness, a little discomfort, but you should not feel pain.

BINGO ROLLS (3)

Single arm crossover standing	60 seconds
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<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Good morning	60 seconds
<ul style="list-style-type: none"> Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week****



FALLS PREVENTION - SESSION 19 (Leader)

BINGO ROLLS (3)

Remember to print Falls Prevention Take Home Card (week 10) to give to each participant after the session today!!

Read aloud to the participants: Over the past 9 weeks, we've had fun playing bingo, completed lots of exercise, and learned some practical lifestyle adjustments you can make to substantially reduce the likelihood of falling. Remember the big takeaway message is falling is not an inevitable result of aging. There are things you can do.

1. Stay physically active!
2. Talk to your healthcare provider about your falls risk, and review your medications.
3. Get your vision and hearing checked annually, and update your eyeglasses.
5. Make safety improvements in your home.
6. Talk to your family members about ways they can help you modify your home and make lifestyle changes.

Today we'll review some of the information we've covered. For our final week, we'll wrap up our Bingocize® program with some exercises and fun! Remember to always go at a comfortable pace.

BINGO ROLLS (3)

QUESTION 91: What are the three most common problem areas for falls?

- a. Garage, entrance, and living room
- b. Garden, living room, and kitchen
- c. **Steps to entrances, inside stairs, and unsafe bathrooms**
- d. Living room, laundry room, and kitchen

Alternate Foot Touch

60 seconds

- Sitting in a chair, place a foam pad or pillow in front of the feet. Alternate placing your right and left foot on the foam pad or pillow.

Chair Stand

60 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.

Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
BINGO ROLLS (3)	
<p>Question 92: Which of the following are ways your doctor can help reduce your falls risk?</p> <p>a. Stop medications when possible.</p> <p>b. Switch to safer alternatives.</p> <p>c. Reduce medications to the lowest effective dose.</p> <p>d. All of the above</p>	
Modified Skier	60 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
<p>QUESTION 93: Hearing loss may cause you to use more of your mental resources to hear and interpret speech and other sounds. This could leave fewer mental resources to maintain balance.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> Hold the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	

Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm. 	
<p>QUESTION 94: How can you fall proof outdoor home areas?</p> <p>a. Improve lighting</p> <p>b. Installing handrails</p> <p>c. Adding outdoor step grips and keeping walkway free of clutter (such as leaves)</p> <p>d. All of the above</p>	
BINGO ROLLS (3)	
Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Toes to the Sky	60 seconds
<ul style="list-style-type: none"> Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C Grip	60 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 95: Limiting the amount of activity, especially physical activity, will reduce my chance of falling.</p> <p>a. True</p> <p>b. False, Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.</p>	

BINGO ROLLS (3)

Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Good morning	60 seconds
<ul style="list-style-type: none"> Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return at the end of this week, since it's the last week of the program.****



FALLS PREVENTION - SESSION 20 (Leader)

BINGO ROLLS (5)

Read aloud to the participants:

Welcome to week 10! I hope you had lots of fun and are feeling the positive effects of Bingocizing! This is our final time together, but I encourage you to stay physically active and use the information we've discussed over the past 10 weeks. Please continue your healthy lifestyle changes, and look for another round of Bingocize® soon! *(Leader: Feel free to replace these trivia questions with some of your own. Have fun with it! Also, playing music during the session is encouraged, but not too loud. Make sure everyone can still hear your directions.)*

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (5)

QUESTION 96: The oldest human who lived was Jeanne Louise Calment. She was _____ when she passed away in France.

- a. 110
- b. 117
- c. 122
- d. 128

Read to participants: "If I had to rank behaviors in terms of priority, I'd say that exercise is the most important thing associated with living longer and healthier." Dr. Luigi Ferruci- National Institutes of Health Geriatrician (doctor who specializes in the care and treatment of older adults)

Three Dot Step	60 seconds
<ul style="list-style-type: none"> ● Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During this step lunge reach the arms out in front, away from the body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend and the back leg will remain straight. Return to the starting position. 	
Static Balance	60 seconds
<ul style="list-style-type: none"> ● Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg. 	
Staggered Stance	60 seconds
<ul style="list-style-type: none"> ● Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	

Side Flexion Seated	60 seconds
<ul style="list-style-type: none"> In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left. 	
BINGO ROLLS (5)	
<p>Question 97: What is the world record for balancing on one foot?</p> <ol style="list-style-type: none"> 25 hours 15 minutes 19 hours 25 minutes 67 hours 9 minutes 76 hours 40 minutes, held by man from Sri Lanka since 1997 	
<p>Read to participants: Standing on one leg for less than 10 seconds is a significant risk factor for falling.</p>	
Grapevine (make sure participants spread out)	60 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Swimming Dance	60 seconds
<ul style="list-style-type: none"> While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head. 	
<p>QUESTION 98: The most expensive drug is Glybera at a wholesale cost of _____ per year. It is a gene therapy for those suffering from familial lipoprotein lipase deficiency.</p> <ol style="list-style-type: none"> \$125,000 \$357,000 \$923,000 \$1,210,000 	
<p>Read to participants: The rate of falls is 21% higher in older adults using five or more drugs compared to using less drugs. Dhalwani, N.N., et al., Association between polypharmacy and falls in older adults: a longitudinal study from England. <i>BMJ Open</i>, 2017. 7(10): p. e016358.</p>	
BINGO ROLLS (5)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	

Arm Curl Standing	60 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
<p>QUESTION 99: Which animal has the best hearing in the world?</p> <p>a. Bat b. Moth c. Elephant d. Dolphin</p> <p>Read to participants: Hearing loss is associated with higher incidence of dementia or cognitive decline in older adults. However, the use of hearing aids or cochlear implantation as positive effects on cognition.</p> <p>Thomson, R.S., et al., Hearing loss as a risk factor for dementia: A systematic review. Laryngoscope investigative otolaryngology, 2017. 2(2): p. 69-79.</p>	
BINGO ROLLS (5)	
The Twist standing (play “The Twist” song)	60 seconds
<ul style="list-style-type: none"> Stand with your feet shoulder-width apart. Put equal weight on both feet. Keep your knees flexible and your torso squared evenly with your hips. Move one foot forward. Gently budge one foot ahead of the other. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them. Hold your arms away from the body. Extend both arms outward and away from the body. Don’t extend them straight out. You should keep them bent slightly at the elbow. As you twist, your arms will follow the movement of your hips. As your weight shifts to one side and your waist twists back, the arm of that same side will naturally move downward and back. To keep balance, the other arm should move upward and forward. Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner Shift your body weight. As you rock from side to side, shift your center of gravity or body weight so that it is supported by the ball of your foot. You should alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back. 	
Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (5)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can’t make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	

Power Grip	60 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 100: In 2015, total medical costs for falls totaled more than _____.</p> <p>a. \$30 billion b. \$40 billion c. \$50 billion d. \$60 billion e.</p> <p>Read to participants: over 800,000 patients a year are hospitalized because of a fall injury, most often because of a broken hip or head injury. The average cost for a fall injury is over \$30,000!</p>	
BINGO ROLLS (5)	
Seated Balance Exercise	60 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
YMCA (play the song "YMCA")	60 seconds
<ul style="list-style-type: none"> Create a Y by standing straight and extending your arms over your head. Your arms should be outstretched at angles away from each other so that your hands are about three to four feet apart. Make an M by bringing your hands together on top of your head so that the backs of your fingers are touching. Your fingertips should be in contact with your scalp. Bend your wrists as much as you can to make the corners of the top of the M as sharp as possible. Produce a C by bringing your left arm down by your side. Extend your left arm out and bend it slightly, keeping your palm open. Your left hand should be parallel with your waist. Curl your right arm over your head and bend your waist to the left. Form an A by bringing your arms back up over your head. Bend your elbows at the level of your ears and bring your hands together so that your fingertips touch. Your hand should create a triangle. 	
Goodbye, neighbor! Standing	60 seconds
<ul style="list-style-type: none"> Turn to the person on either side of you, and shake their hand or give them a big hug. 	
<p>I hope you had fun today! Please continue your healthy lifestyle changes, and look for another round of Bingocize® soon!</p>	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to collect Take Home Cards today, since participants will not have a session next week during which to return them!****