



## Falls Prevention – Facilitator Guide

### Overview

The Bingocize Falls Prevention workshop can be delivered using the traditional delivery or the web-based game. We strongly recommend using the web-based game when possible. For in-person delivery, you can use the web-based game or traditional bingo combined with the web-based game, learning curriculum (questions/answers, learning synopsis) or the learning curriculum using the facilitator packet. Be sure to print out facilitator materials ahead of time.

*Health Education Curriculum* – Each lesson has 5-6 questions that are related and target specific learning objectives across multiple topics including:

- Modifying your environment to reduce falls
- Communicating with your healthcare providers
- Physical activity and nutrition choices for falls prevention
- Impact of vision and hearing impairments on falls risk

Each question has a question number, a question related to the topic, several options to consider and a learning synopsis that provides an explanation for the correct answer as well as additional information to enhance the learning.

BINGO ROLLS (3)
QUESTION 1: The leading cause of fatal injury among older adults is... a. Car wrecks b. Falls c. Walking across the street d. None of the above
EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Each year more than 25% of people age 65 and older report a fall. In fact, every second an older adult falls! In 2019, 3 million emergency department visits were due to older adult falls, and we don't want you to be one of those.

Falls Prevention Education Learning Tools – These are facilitation tools to promote behavior change over time for participants. These will also encourage skill development through practice at home.

- *During the lesson* - The 5-6 question/answer found in each lesson, is the critical falls prevention education learning tool for teaching behavior change over a 10-week period. Therefore, spending time on each one allows for discussion, creative learning and innovative ideas for making behavior and environmental changes. Learning takes place 3 ways, (1) when the questions are asked and the participants are deliberating their choice; (2) when the correct answer is provided and the participants are evaluating their correct or incorrect response; and (3) when the learning synopsis is read by the instructor and participants engage in further discussion.

- Ensure when reading the learning synopsis to read slowly, speak clearly and ensure a voice tone that can be well heard. Be patient and feel free to repeat or reread if necessary.
  - Make sure you provide enough time for everyone to choose their answer before providing the correct answer.
  - After reading the learning synopsis, ask for questions or feedback and ensure participant comprehension. Sample questions might include:
    - Is anybody surprised by this answer?
    - Has anyone tried any of these tips/practices at home?
  - Stay focused on the primary learning objective for that question. Each question should become a takeaway or a step towards the takeaway (build on a concept).
- *Beginning of class* – Review last week’s takeaway message including handout information. Ask questions such as:
    - Would anyone like to share something they learned or stood out?
    - Was there anything during last week’s lesson that struck you as new or different?
    - Was there anything you went back and tried at home that you have not done before or any specific change(s) you made?
  - *End of class* – Provide handout for the lesson and encourage participants to review the handout and focus on the learning objective for each one. Remind them that they will be provided an opportunity to share how they incorporated something from the lesson in their every day life.
  - *Stay within the scope of your expertise.* While it is important to promote enhanced learning, if topics arise that are outside of the scope of your expertise, say (e.g.,) “That is a great question. Let me find the best answer for you and get back to you at our next session”. Never make up answers. While you may not be a falls prevention expert, consider yourself a credible resource for finding information.
    - Credible Resources - Avoid using or referencing internet websites, blogs, social media sites, etc. as they often contain misinformation. Instead, only share references from credible sites including <https://www.ncoa.org/older-adults/health/prevention/falls-prevention>; <https://www.cdc.gov/falls/index.html>
    - Medical Advice – Many older adults will ask medical-related questions or share information from their doctor’s office. Always direct participants to talk to their healthcare provider.



FALLS PREVENTION - SESSION 1 (Facilitator)

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 among adults 65 and older caused over 34,000 deaths in 2019, making it 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 challenge yourself, but make sure to find a pace that makes you "feel good". On a scale from 1-10, with 10 being your maximum effort, try to start between 5-6. This should be breathing harder, but still be able to talk to your neighbor. 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: Centers for Disease Control and Prevention 2021

BINGO ROLLS (3)

QUESTION 1: The leading cause of fatal injury among older adults is....

- a. Car wrecks
- b. Falls**
- c. Walking across the street
- d. None of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Each year more than 25% of people age 65 and older report a fall. In fact, every second an older adult falls! In 2019, 3 million emergency department visits were due to older adult falls, and we don't want you to be one of those.

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> <li>• To increase difficulty, pump arms back and forth.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 2: Falls are just a part of the aging process, and there is nothing I can do about it.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Falls are NOT inevitable! We will discuss several ways you can decrease your chances of falling, including physical activity, removing clutter from your home, and communicating with your health care providers.</p>	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	

Chair Stands	30 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>○ Push up with hands on seat/arms of wheelchair</li> <li>○ Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>○ Cross arms across chest when standing</li> <li>○ Hold weight between hands</li> </ul> <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: Fear of falling, even among those who haven't fallen before, may lead to more falls.</p> <p><b>a. True</b></p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Fear of falling can lead older adults to be less active, which leads to poor physical health. Poor physical health can lead to falls, even for those who have never fallen before.</p>	
<b>BINGO ROLLS (3)</b>	
Hip Raises Seated	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Seated Balance Exercises	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
<p>QUESTION 4: People who have a moderate to high risk for falling may reduce their risk by:</p> <ul style="list-style-type: none"> <li>a) Medication management</li> <li>b) Increasing physical activity</li> <li>c) Home safety improvement</li> <li><b>d) All of the above</b></li> </ul> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Managing your medications, getting plenty of exercise, and improving home safety are all things you can do to reduce your risk of falls. We will discuss these topics in more detail over the next few weeks.</p>	

### 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 sidestep. 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: Which of the following may indicate you have a balance problem?

- a. Feeling unsteady
- b. Feeling lightheaded
- c. Blurred vision
- d. **All of the above**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

All of these are signs you may have a balance problem. Other signs include feeling disoriented, losing sense of time, place, or identity, and feeling like the room is spinning. If you think that you have a balance disorder, schedule an appointment with your health care provider.

### 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"> <li>• 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.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Goodbye, Neighbor! Standing	30 seconds
<ul style="list-style-type: none"> <li>• Stand. Then turn to the person on each side of you and shake their hand or give them a big hug!</li> </ul>	
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 (FACILITATOR)

BINGO ROLLS (3)

**Read aloud to the participants:**

*The takeaway message from our first session was falling is not an inevitable result of aging. During today's session, we'll discuss some signs that you may be at risk for falls, provide some tips for helping prevent falls, and remind you about some of the bad things that can happen if you do fall.*

*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: Which of the following tips can help you prevent falls?

- a. Find a balance and exercise program
- b. Talk to your health care provider
- c. Get your vision and hearing checked annually
- d. All of the above**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

All of these are ways to reduce your falls risk. Other tips include reviewing your medication regularly, talking to your family members to enlist their support, and keeping your home safe.

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> <li>• To increase difficulty, pump arms back and forth.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	



Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 7: Steadying yourself on furniture as you walk or stand up does not mean you are at risk for falls.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Steadying yourself on furniture is a sign that you are at risk for falls. If you find you are having to steady yourself, you should talk to your health care provider about what you can do to become steadier.</p>	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Chair Stands	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <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: Falls are the most common cause of traumatic brain injury.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Falls are responsible for over half of traumatic brain injury hospitalizations. Any head or brain injuries are very serious, especially in older adults. This is why it is extremely important to call your doctor after you have fallen as you may have hit your head without realizing it.</p>	
<b>BINGO ROLLS (3)</b>	
Hip Raises Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

Seated Balance Exercises	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 9: More than 95% of hip fractures are caused by falling.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Each year, at least 300,000 older adults are hospitalized for hip fractures.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Table Roll	30 seconds
<ul style="list-style-type: none"> <li>Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 10: Which of the following are risk factors for falling?</p> <p>a. Blood pressure dropping when you get up quickly from a lying or sitting position b. Confusion from waking up in an unfamiliar environment c. Muscle weakness d. All of the above</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: All of these increase your risk for falling, so it is important to get up slowly from lying and sitting positions, wait for your mind to clear before walking around if you feel confused about where you are, and participate in exercise programs like Bingocize® in order to keep your muscles strong.</p>	
<b>BINGO ROLLS (3)</b>	

Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Breaststroke Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
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 (FACILITATOR)

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, your health care provider typically took the lead, and the patient followed. Today, a good patient-health care provider relationship is more of a partnership. You can work as a team, along with nurses, physician assistants, pharmacists, and other health care providers, to manage your medical problems and keep you healthy. Your health care 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 challenge yourself, make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale. And remember to always have fun!*

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

BINGO ROLLS (3)

QUESTION 11: Which of the following are ways your health care provider can help manage medications to 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**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

It is important to discuss your medications with your health care provider because they can determine if any changes need to be made to help reduce your falls risk. Using a pill box can help you keep track of your medications.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 12: Medication side effects and interactions, such as dizziness, can lead to falls.</p> <p><b>a. True</b></p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: It is important to discuss medication side effects with your health care provider. They MAY be able to make some changes to help reduce your falls risk.</p>	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>○ Push up with hands on seat/arms of wheelchair</li> <li>○ Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>○ Cross arms across chest when standing</li> <li>○ Hold weight between hands</li> </ul> <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>	

QUESTION 13: Which of the following types of medication can cause dizziness, sedation, confusion, blurred vision, or getting dizzy when you stand up?

- a. Antihistamines
- b. Muscle relaxants
- c. Medications affecting blood pressure
- d. All of the above**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Your health care provider can help you manage these types of medications to help reduce your falls risk.

**BINGO ROLLS (3)**

Chest Press Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> <li>● 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</li> </ul>	

QUESTION 14: Chronic conditions, such as heart disease and diabetes, lead to poor health outcomes, but increased falls is not one of those possible outcomes.

- a. True
- b. False**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Chronic conditions can lead to lower physical fitness, which can lead to falls. Talk to your health care provider about how your chronic condition can increase your risk for falls.

**BINGO ROLLS (3)**

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> <li>● To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

**BINGO ROLLS (3)**

Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

C-Grip	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 15: Health care providers are encouraged to assess your falls risk and refer you to someone who can help.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Ask your health care provider to assess your falls risk. They can then refer you to physical therapy and/or a community-based falls prevention program like Bingocize® and others.</p>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Breaststroke Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*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 (FACILITATOR)

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! Last time we discussed the importance of talking with your health care provider about your falls risk, especially to review your medications. Today, we will talk about some common conditions, such as depression and foot pain, that can increase your risk for falls and why its important to discuss with your health care providers, including your pharmacist.

*Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.*

Source: National Council on Aging, 2018

BINGO ROLLS (3)

QUESTION 16: People who are 65 or older should have their health care provider complete a falls screener every....

- a. 2 years
- b. 1 year**
- c. 3 years
- d. 6 months

**EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:**

Your health status can change quickly, so it is important to assess your falls risk every year. Your health care provider can help with this.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	



Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 17: Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.</p> <p>a. True</p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Depression can cause issues with balance, coordination, and attention, which increases the risk for falls. Talk to your health care provider if you are feeling depressed.</p>	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>○ Push up with hands on seat/arms of wheelchair</li> <li>○ Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>○ Cross arms across chest when standing</li> <li>○ Hold weight between hands</li> </ul> <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 18: Nia is experiencing foot pain in one foot and numbness in the other, but the pain and numbness will not increase her likelihood of falling.</p> <p>a. True</p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Numbness and foot pain can cause problems with how you walk, which increases your risk of falling. Talk to a health care provider to determine what you can do to protect yourself if you have this issue.</p>	
<b>BINGO ROLLS (3)</b>	

Chest Press Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> <li>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</li> </ul>	
<p>QUESTION 19: An undiagnosed mental health condition is not going to affect my chance for falls.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Mental health conditions do increase chances for falls. It is important to communicate with your health care provider if you have concerns.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>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 sidestep. Now repeat with the left foot.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

QUESTION 20: Pharmacists are not trained to help reduce your falls risk.

- a. True
- b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Pharmacists can be an important part of your falls prevention team. You can ask your pharmacist about drug interactions and side effects from medications and how these can impact your falls risk.

### BINGO ROLLS (3)

Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"><li>● 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.</li></ul>	
Breaststroke Seated	40 seconds
<ul style="list-style-type: none"><li>● 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.</li></ul>	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"><li>● 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.</li></ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"><li>● 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!</li></ul>	

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 (FACILITATOR)

BINGO ROLLS (3)

Can you believe we are already on week 3? You've all done so well! How are you feeling? I hope you're feeling good and are taking to heart everything we've learned in the first few weeks. Today we're going to begin looking at some of the areas in your home that are the most likely fall risks and ways that you can start to make some changes to your environment to reduce your fall risk...checking your floors, updating your lighting, and getting rid of clutter are just a few things we'll discuss. So, let's get ready to move our bodies and have some fun today!

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.

BINGO ROLLS (3)

QUESTION 21: Which of the following is a helpful way to avoid falls and injuries?

- a) staying physically active
- b) having your eyes and ears tested
- c) making sure you get enough sleep
- d) all of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

All of these things can help you avoid falls, which can reduce your risk for injuries, such as hip fractures.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> <li>● To increase difficulty, pump arms back and forth.</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Good Morning!	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> <li>● Scoot forward in your chair. Now scoot back in your chair.</li> </ul>	

BINGO ROLLS (3)

QUESTION 22: Where do approximately 75% of older adults fall?

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

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Many people avoid going out in public because they are afraid to fall, however, about 75% of older adults fall in or near the home.

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: What are the three most common problem areas for falls in and around your home?

- 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

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

These are the most common areas for falls. Make sure there is plenty of light at the top and bottom of the stairs, fix loose or uneven steps, and have grab bars around the tub and next to the toilet.

### 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
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 24: Which of the following can help you better see when walking up and down stairs?</p> <ol style="list-style-type: none"> <li>Using reflective tape on the stairs</li> <li>Replacing light bulbs</li> <li>Removing clutter</li> <li>All of the above</li> </ol>	
<p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: All of these are good ways to better see stairs. Other suggestions include fixing loose or uneven stairs and making sure carpet is firmly attached to every step.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>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 sidestep. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 25: Which of the following is <b>NOT</b> a good way to fall proof outdoor areas of your home?</p> <ol style="list-style-type: none"> <li>Improve outdoor lighting</li> <li>Remove all handrails on steps</li> <li>Add outdoor step grips and keep walkway free of clutter (such as leaves)</li> <li>All of the above</li> </ol>	
<p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Handrails on outdoor steps are a good way to reduce falls on the outside of your home. Adding outdoor lighting and step grips can also reduce falls.</p>	

BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
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 (Facilitator)

BINGO ROLLS (3)

**Read aloud to the participants:**

Today, we'll talk about more ways to make your home safer. For example, although many people believe throw rugs help to prevent falls, that's not always the case. Throw rugs and small area rugs, especially those that aren't secured to the floor with double-sided tape or have a heavy rubber back, can cause falls.

*Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.*

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

QUESTION 26: Outdoor mats can be useful to prevent falls.

- a. True
- b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Outdoor mats can help prevent falls as long as they can't be easily moved around. If they can be moved with your foot, they can still cause falls.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>● 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</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Good Morning!	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> <li>● Scoot forward in your chair. Now scoot back in your chair.</li> </ul>	

BINGO ROLLS (3)



QUESTION 27: Jose received some beautiful rugs as a gift, but the rugs don't have a non-slip backing attached. What can he do to make sure his new rugs don't cause a fall?

- a. there is no way to safely use the rugs
- b. use double-sided tape to keep the rugs from slipping**
- c. only use the rugs in the kitchen area
- d. None of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

He should use double-sided tape or add a non-slip backing so the rugs won't slip. If that is not possible, he should not use the rugs.

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 28: The use of stairs can be reduced in a two-story home by:

- a. Moving your bedroom to the first floor**
- b. Carrying everything at once up the stairs
- c. Selling your home
- d. All of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Making home modifications can be an important step to stay in your home. Moving your bedroom to the first floor could be a simple solution to reduce your need to use the stairs.

### 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
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 29: Non-slip strips for hard floors can help prevent falls.</p> <p>a. True</p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Non-slip strips are an easy modification to make hard floors and stairs safer.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 30: Motion sensing lights are not helpful to make sure rooms, stairs, and hallways are always bright enough.</p> <p>a. True</p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Motion sensing lights remove the need to turn on the lights to make sure rooms, stairs, and hallways are always bright enough.</p>	

### BINGO ROLLS (3)

Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	
Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"><li>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!</li></ul>	
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 (FACILITATOR)

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*. Today we'll talk about more ways to make your home safer. It is important to have good lighting and there are lots of ways you can do that. Increasing the wattage of your light bulbs, adjusting the blinds to reduce glare, adding motion sensing lighting, and placing light switches at every doorway are just a few simple ways to reduce your falls risk.

*Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.*

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

BINGO ROLLS (3)

QUESTION 31: Increasing the wattage of the light bulbs in your home is not a good idea because the lights can be too bright.

- a. True
- b. False**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Increasing light wattage is a good idea to better light your way around your home.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>● 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</li> </ul>	
Good morning!	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Rear Hip Extensions Standing	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

Seated Crunches	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 32: Adjustable blinds or vertical shades should not be used to adjust lighting levels and glare.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Blinds and shades are a good way to control lighting levels and glare that can prevent you from seeing obstacles in your path.</p>	
Modified Skier (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <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: It's ok to stand in a sturdy chair to reach items out of reach.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: A chair should never be used in place of a sturdy step stool. Try to avoid using a step stool by keeping frequently used items close by, but if it's absolutely necessary to reach something, use a step stool that only has a couple of steps and has a bar to hold on to. You can also use a grabber tool to get things that are out of reach.</p>	
<b>BINGO ROLLS (3)</b>	
Lateral Raises	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Low Row Seated	40 seconds

- 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.

QUESTION 34 Stairs can be better seen by adding...

- a. Tape/stickers that are a different color than the stairs
- b. Carpet runners
- c. Tape/stickers that are the same color as the stairs
- d. All of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Add colored tape or stickers to the edges of each step to help see your stairs better. Pick a color of tape or sticker that will stand out against the color of the stairs. Make sure to put the tape or stickers on the top and over the edge of each step.

### BINGO ROLLS (3)

Morning Walk Standing

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.

Side Steps Standing

40 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 sidestep. Now repeat with the left foot.
- 

### BINGO ROLLS (3)

Power Grip

40 seconds

- 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

- 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 35: Having things you use often in easy to reach areas is especially important in the

- a. Living room
- b. Kitchen
- c. Bedroom
- d. All of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

This is important in every room of your home. Reaching up high or bending down can cause you to lose balance. For example - in the kitchen, make sure that cooking supplies and other items that you use often are easy to reach.

### BINGO ROLLS (3)

Ballerina	40 seconds
<ul style="list-style-type: none"><li>● Bring both arms up over head, put hands together, release hands, then put both arms back down.</li></ul>	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"><li>● Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li></ul>	
Charleston/Flapper Dance	40 seconds
<ul style="list-style-type: none"><li>● Place hands on knees and cross knees back and forth</li></ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"><li>● 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!</li></ul>	

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 (FACILITATOR)

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. Here are a few tips to remember.

- 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 challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.*

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

BINGO ROLLS (3)

QUESTION 36: Placing light switches at every doorway can decrease the risk of falls.

- a. True
- b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Placing light switches at every doorway helps you to avoid walking long distances in a dimly lit or dark room and can decrease the risk of falls. If possible, consider trading traditional switches for glow-in-the-dark or illuminated switches, or adding reflective tape or stickers to your light switches.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Good morning!	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	



Seated Crunches	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 37: These important items should be near your bed and within easy reach in case you have to get up during the night.</p> <ol style="list-style-type: none"> <li>Sleeping pills</li> <li>Snickers bars</li> <li>Lights</li> <li>None of the above</li> </ol> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Make sure you have a light near the bed within easy reach. If you have to get up in the night, you know you're just a click away from better visibility.</p>	
Three Dot Step (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <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: It is important to have your _____ at a height that is easy for you to get in and out of.</p> <ol style="list-style-type: none"> <li>Sofas and chairs</li> <li>Kitchen table</li> <li>Cabinets</li> <li>Snack drawer</li> </ol> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Standing up from sitting positions can be difficult if sofas and chairs are not at the right height. It is much easier to fall when standing up from a sofa or chair that is too high or too low.</p>	

**BINGO ROLLS (3)**

Lateral Raises	40 seconds
<ul style="list-style-type: none"><li>• 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.</li></ul>	

Low Row Seated	40 seconds
<ul style="list-style-type: none"><li>• 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.</li></ul>	

QUESTION 39: Henry has noticed that he is tripping on the thresholds, such as those in his doorways. Which of the following should Henry do to limit the chance he could trip?

- a. There is nothing Henry can do to avoid these thresholds.
- b. Henry should avoid walking through these doorways when possible.
- c. Henry should move into another home.
- d. Henry should have these doorways marked with brightly colored tape or stickers.**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  
While it is possible that Henry could move or avoid going through the doorways, it is not practical. Marking uneven thresholds will remind him to be more careful when walking through them.

**BINGO ROLLS (3)**

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"><li>• 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.</li><li>• To increase difficulty: pump arms back and forth</li></ul>	

Side Steps Seated	40 seconds
<ul style="list-style-type: none"><li>• 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.</li></ul>	

**BINGO ROLLS (3)**

Thumb to Fingers	40 seconds
<ul style="list-style-type: none"><li>• 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.</li></ul>	

C-Grip	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 40: Neil is having more trouble getting on and off his toilet because it is much too low for his height. Is there anything he can do to the toilet to reduce his chance of falling when using it?</p> <ol style="list-style-type: none"> <li>Avoid using the toilet.</li> <li>Install grab bars on the walls next to the toilet.</li> <li>Install a toilet riser to make it higher.</li> <li>Both b and c</li> </ol>	
<p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  There are a few modifications that can be made to your toilet or around your toilet to reduce your chance of falls when using it. Grab bars on the walls can assist your balance when sitting down or standing up. A toilet riser is a product that makes the seat of your toilet higher, making it easier to get up and down.</p>	
<b>BINGO ROLLS (3)</b>	
Side Flexion Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> <li>Rotating arms around one another; pointing side to side- “Staying Alive” move</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



FALLS PREVENTION - SESSION 9 (FACILITATOR)

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:**

As you learned over the past few weeks, there are lots of ways you can modify your home to reduce falls risk. And this week, we will discuss even more ways to make your home safer. Today, we'll especially focus on one of the most common rooms for falls...the bathroom.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.

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

BINGO ROLLS (3)

QUESTION 41: Raymond is concerned about slipping in the shower, especially when he's tired. Which of the following can Raymond do to limit his chance for falls in the shower?

- a. Use a shower seat
- b. Use a detachable shower head
- c. Use a non-slip shower mat
- d. all of the above**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Adding a shower seat, detachable shower head, and non-slip shower mat can make bathing easier and safer.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Single Leg Hamstring Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>● 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.)</li> </ul>	
Staggered Stance	40 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 42: Anita is worried about slipping as she steps out of her shower. What steps can she take to prevent a fall?</p> <ol style="list-style-type: none"> <li>Leave banana peels outside the shower</li> <li><b>Use a bath mat with a non-skid bottom</b></li> <li>Bend down to wipe up water that is on the floor before stepping out</li> <li>All of the above</li> </ol> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  Bathmats with non-skid bottoms may prevent you from slipping on the wet floor as you step out of the shower and move around the bathroom. Bending over to wipe up the water after it is already on the floor could cause a fall. It is better to put a bathmat down before your shower.</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <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: Thomas is visiting his daughter out of town. He is worried about falling in the shower at her house because she does not have grab bars. What is one thing he can bring or ask his daughter to provide, so he feels safer in the shower?</p> <ol style="list-style-type: none"> <li>Bath bombs</li> <li><b>A non-slip shower mat</b></li> <li>Dandruff shampoo</li> <li>None of the above</li> </ol> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  A non-slip mat that goes on the floor of your shower can greatly reduce the chance for falls. It is important to speak with your friends and family about ways they can help you feel safer, especially when you are outside of your normal routine and environment.</p>	

BINGO ROLLS (3)	
Chest Press Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 44: Furniture in your home's walkways should:</p> <p>a. be left where it is</p> <p>b. never be rearranged</p> <p>c. be moved out of the way</p> <p>d. be used as a walking aid</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Furniture that is in your home's walkways could cause a fall. Creating walkways that are free of furniture limits the chance of tripping on furniture.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

QUESTION 45: The local fire department can help you reduce your chance of falls.

- a. True
- b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Your local fire department can be part of your falls prevention team! The fire department can help you perform home safety checks, such as looking for unsafe rugs and/or cords.

### BINGO ROLLS (3)

Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"><li>• 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.</li></ul>	
Ballerina	40 seconds
<ul style="list-style-type: none"><li>• Bring both arms up over head, put hands together, release hands, then put both arms back down.</li></ul>	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"><li>• Rotating arms around one another; pointing side to side-“Staying Alive” move</li></ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"><li>• 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!</li></ul>	

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 (FACILITATOR)

BINGO ROLLS (3)

**Read aloud to the participants:**

This is our final week to discuss ways to change your environment to be safer and reduce your chance of falling. This session, we'll add more ways to modify and prepare your home to reduce falls, but we will also discuss ways to be more aware of hazards you will encounter when out in your community. Watch out for sidewalk curbs!

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.

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

BINGO ROLLS (3)

QUESTION 46: Which of the following are fall hazards to watch for when walking outside on a sidewalk?

- a. Even pavement
- b. **The curb**
- c. Good lighting
- d. Banana peels on the street

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Curbs are huge fall risks because it is easy to trip when stepping on or off them. It is important to step slowly and carefully when walking in places where there are curbs.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> <li>• To increase difficulty pump, arms back and forth.</li> </ul>	
Single Leg Hamstring Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>• 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.)</li> </ul>	
Staggered Stance	40 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	



Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 47: Why are LED light bulbs the best bulbs to have in your home to help with falls prevention?</p> <ol style="list-style-type: none"> <li>The lights have prettier colors.</li> <li>They are less bright</li> <li><b>They do not have to be changed as often as normal bulbs.</b></li> <li>They have to be changed more often than normal bulbs.</li> </ol> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Changing light bulbs can be dangerous for older adults. LED light bulbs do not have to be changed as often.</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <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: Having phones placed in different areas around the house can reduce your chance for falls.</p> <ol style="list-style-type: none"> <li><b>True</b></li> <li>False</li> </ol> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Having phones in different places around the home reduces the distance you have to walk to answer or use the phone. You can also keep phones in places that have higher potential for falls such as the bathroom and next to your bed. Having a cell phone you can carry with you is another option.</p>	
<b>BINGO ROLLS (3)</b>	

Chest Press Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 49: Lamps that turn on and off with only a touch are helpful for those with arthritis and loss of finger flexibility and strength.</p> <p>a. True</p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Lamps that turn on and off by simply touching are helpful. There are devices that allow you to use your voice to turn lights on and off, such as Alexa and Google Assistant.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

QUESTION 50: In case of a power outage, it is important to store these in easy-to-find places.

- a. Snickers bars
- b. cooking utensils
- c. Flashlights
- d. None of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

It is important to keep sources of light, like flashlights and battery-operated touch lights, available in case of a power outage.

### BINGO ROLLS (3)

Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"><li>• 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.</li></ul>	
Ballerina	40 seconds
<ul style="list-style-type: none"><li>• Bring both arms up over head, put hands together, release hands, then put both arms back down.</li></ul>	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"><li>• Rotating arms around one another; pointing side to side-“Staying Alive” move</li></ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"><li>• 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!</li></ul>	

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 (FACILITATOR)

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:**

Staying physically active as we grow older is very important. For the next few sessions, we will be discussing the multiple benefits of increasing physical activity, including some you may not have thought about. 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, while keeping your risks for falls low.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.

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

BINGO ROLLS (3)

QUESTION 51: Physical activity and exercise are the same thing.

- a. True
- b. False

**EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:**

Physical activity is any movement of your body that requires use of your muscles and energy. An example is mowing your lawn. Exercise is a type of physical activity that is structured and repetitive, with the goal of health improvement or maintenance. An example is participating in a group fitness class at a gym.

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Single Leg Hamstring Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>• 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.)</li> </ul>	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	

Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 52: Physical activity should hurt and make you feel really tired, or it won't be effective.</p> <p>a. True</p> <p><b>b. False</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: You might feel some soreness and a little discomfort, but you should not feel pain.</p>	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Chair Stands	45 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <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 53: Physical activity can't improve depression and anxiety because these are genetic conditions.</p> <p>a. True</p> <p><b>b. False</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Studies have shown exercise consistently reduces depression and anxiety.</p>	
<b>BINGO ROLLS (3)</b>	
Chest Press Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>Question 54: Blood flow to your brain decreases during physical activity because more oxygen is needed by your muscles.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Physical activity increases blood flow up to 100 times in your working muscles, but it can also cause moderate increases in blood flow to your brain, which can help improve brain functions.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Power Grip	45 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 55: Exercise can delay normal age-related cognitive decline, enhance memory, and improve mood.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Exercise can delay <i>normal</i> age-related cognitive decline. However, Alzheimer's and other dementias are clinical conditions. There is some evidence to show exercise MAY prevent these conditions.</p>	

BINGO ROLLS (3)	
Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Ballerina	45 seconds
<ul style="list-style-type: none"> <li>Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> <li>Rotating arms around one another; pointing side to side-"Staying Alive" move</li> </ul>	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
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 (FACILITATOR)

BINGO ROLLS (3)

**Read aloud to the participants:**

Today we're going to continue looking at the positive impact of being physically active as we age, and we'll discuss how much activity you should be getting. Today, we'll look specifically at how physical activity improves the nervous system and how it can even increase brain size.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.

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

BINGO ROLLS (3)

QUESTION 56: Regular physical activity can improve your ability to make and control movements like turning around while walking.

- a. True
- b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Physical activity improves your nervous system allowing you to better control your movements. This can help reduce falls.

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Single Leg Hamstring Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>• 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)</li> </ul>	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	



Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 57: Muscle strengthening or resistance exercise should only be done once per week.</p> <p>a. True  <b>b. False</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  Strengthening exercises should be done at least twice per week. You can use resistance bands like the ones we use for Bingocize®, but household items like food cans work too.</p>	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Chair Stands	45 seconds
<ul style="list-style-type: none"> <li>• Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>○ Push up with hands on seat/arms of wheelchair</li> <li>○ Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>○ Cross arms across chest when standing</li> <li>○ Hold weight between hands</li> </ul> <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: As you grow older, your brain increases in size because you are learning new things.</p> <p>a. True  <b>b. False</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  Your brain will shrink as you get older. But, the good news is that regular exercise can increase the size of your brain. This can improve your cognitive abilities including your short-term memory and attention.</p>	
<b>BINGO ROLLS (3)</b>	

Chest Press Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 59: Bingocize® exercises can help improve your ability to reach for items such as dishes in the cabinet.</p> <p>a. True</p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Flexibility and range of motion can be improved by attending Bingocize® and/or other physical activity programs.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Power Grip	45 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 60: How many minutes of moderate intensity physical activity should you get each week?

- a. 90 minutes
- b. 120 minutes
- c. 150 minutes
- d. None of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

You should spend at least 150 minutes per week engaged in moderate intensity exercise (where your breathing is increased, but you can still talk to your neighbor). For example, you could do 30 minutes per day, 5 days per week or do small amounts of physical activity throughout the day. Walking for just a minute or two counts towards the 150 minutes.

### BINGO ROLLS (3)

Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"><li>● 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.</li></ul>	
Ballerina	45 seconds
<ul style="list-style-type: none"><li>● Bring both arms up over head, put hands together, release hands, then put both arms back down.</li></ul>	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"><li>● Rotating arms around one another; pointing side to side—"Staying Alive" move</li></ul>	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"><li>● 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!</li></ul>	

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 (FACILITATOR)

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! We are over halfway to the finish of this workshop, and you are doing great! This week we will discuss more lifestyle changes you can make to decrease your falls risk. Drinking more water, eating more vitamin-packed foods, being social, and paying attention to your footwear are all lifestyle behaviors that can make a huge difference in your falls risk.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you “feel good”. Stay between 5-6 on the 1-10 scale.

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

BINGO ROLLS (3)

QUESTION 61: Wearing shoes with high heels does not increase falls risk as long as the heels are backless.

- a. True
- b. False**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Footwear is a modifiable risk factor for falls. Ill-fitting footwear, such as elevated heels and backless styles, can impair balance and increase the risk of falling.

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> <li>● 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</li> </ul>	
Static Balance	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 62: Walking in stocking (sock) feet is a good idea to prevent falls.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Wearing properly fitted, sturdy shoes with nonskid soles is a better choice and may even help reduce joint pain.</p>	
Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	
<p>QUESTION 63: Foods, like milk, salmon, and egg yolks, contain which important vitamin that may help reduce falls and result in fewer broken bones in older adults?</p> <p>a. Vitamin D b. Vitamin C c. Vitamin B12 d. None of the above</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Vitamin D is important for strong bones. It may also be beneficial for fracture prevention due to its positive effects on muscle, balance, and cognitive functions.</p>	
<b>BINGO ROLLS (3)</b>	
Chest Press Standing	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Arm Curl Standing	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

QUESTION 64: Unless your health care provider has told you to limit fluids, you should increase your fluid intake before, during, and after physical activities.

a. True

b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Unless directed by your health care provider, you should increase fluid intake before, during, and after physical activity. With age, you might lose some of your sense of thirst, so it's good to keep this in mind. Also, some medicines might make it even more important to have plenty of fluids.

### 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: Loneliness increases your chance of future falls.

a. True

b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Loneliness can increase your risk for future falls because it can negatively impact your physical and mental health and well-being. Stay involved in your community to decrease your loneliness.

BINGO ROLLS (3)	
Seated Balance Exercise	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Ballerina	30 seconds
<ul style="list-style-type: none"> <li>Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
Rolling-Disco/John Travolta	30 seconds
<ul style="list-style-type: none"> <li>Rotating arms around one another; pointing side to side-”Staying Alive” move</li> </ul>	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
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 (FACILITATOR)

BINGO ROLLS (3)

**Read aloud to the participants:**

Today, we'll review your knowledge about the role that proper footwear and vitamin D can play in falls risk reduction, which we touched on earlier in the week. We'll also talk about some important behavior modifications that you can make to decrease your falls risk, such as rethinking your views on where exercise should take place, how smoking and drinking can affect your risk of falling, and how proper hydration can affect your falls risk.

Make sure that you do what feels good...it's okay to challenge yourselves, but you should never feel pain when exercising.

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

BINGO ROLLS (3)

QUESTION 66: Which of the following is a modifiable risk factor for falls?

- a. Vitamin D deficiency
- b. Multiple Sclerosis
- c. Parkinson's Disease
- d. None of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Making sure you get the right amount of Vitamin D in your diet can help reduce your risk of falls. Talk to your health care provider for more information.

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Static Balance	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	



Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 67: Exercise is not effective unless I go to a gym.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Walking or riding your bike around your neighborhood are both good examples of exercise that doesn't require a gym membership.</p>	
Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head</li> </ul>	
<p>QUESTION 68: Smoking and drinking alcohol have no effect on your risk for falls.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Drinking even small amounts of alcohol can affect your balance and reflexes. Tobacco use can decrease bone mass and makes the chance of fractures from falls higher.</p>	
<b>BINGO ROLLS (3)</b>	
Chest Press Standing	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Arm Curl Standing	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

QUESTION 69: Dehydration can decrease your risk of falls.

- a. True
- b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

When you are dehydrated, you have greater chances of becoming tired and/or dizzy, which could increase your risk for falls.

### 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: Which of these are examples of improper footwear that could increase the risk for falls?

- a. a. Flimsy slippers or flip-flops
- b. Open heeled shoes
- c. Shoes that are too large
- d. All of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

It is important to wear proper-fitting shoes that are slip-resistant and offer stability when walking, both in and out of the house.

**BINGO ROLLS (3)**

Seated Balance Exercise	30 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Ballerina	30 seconds
<ul style="list-style-type: none"> <li>● Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
Rolling-Disco/John Travolta	30 seconds
<ul style="list-style-type: none"> <li>● Rotating arms around one another; pointing side to side-”Staying Alive” move</li> </ul>	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> <li>● 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!</li> </ul>	
I hope you had fun today! See you next week!	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



FALLS PREVENTION - SESSION 15 (FACILITATOR)

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:**

Welcome to week 8! You are likely starting to see and feel the benefits of the exercise portion of the program. Do you feel stronger? Do you have more energy? Do you feel more confident you won't fall? We also hope you made some changes to your environment to help reduce your falls risk. Did you clean up clutter around your house? Did you speak to your health care provider about your falls risk? Pay attention to how you feel over the final weeks of the program and make sure to put some of the falls prevention information into practice.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.

BINGO ROLLS (3)

QUESTION 71: Physical activity can help prevent falls by increasing muscle strength and:

- a. making you sore.
- b. allowing you to get better sleep.**
- c. making you hungry
- d. none of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

While physical activity does increase your strength and mobility, physical activity also improves the quality of sleep that you get and decreases the number of times you will wake up after falling asleep. Getting good sleep helps to reduce other problems that may contribute to falls.

Grapevine	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 72: Having trouble stepping onto a curb, or frequently tripping over curbs, are signs of weak leg muscles.</p> <p><b>a. True</b></p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Weak leg muscles are a major risk factor for falling. Talk to your health care provider if you have trouble stepping onto curbs. It is possible to increase your leg strength by exercising at any age.</p>	
Modified Skier	50 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Chair Stands	50 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <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: After age 65, you only lose strength and cannot gain muscle.</p> <p>a. True</p> <p><b>b. False</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: It is possible to gain muscle and increase your strength at any age. This can be done through exercise and resistance training, such as doing movements with a resistance band or weights.</p>	

**BINGO ROLLS (3)**

Open the Cupboard	50 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	

Arm Curl Standing	50 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	

QUESTION 74: It is best to avoid making multiple trips to the bathroom in the middle of exercising.  
a. True  
**b. False**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  
Older adults may drink less water in order to avoid multiple trips to the bathroom during a workout. This causes dehydration which could lead to dizziness and falls. It is best to drink plenty of water before, during, and after exercise.

**BINGO ROLLS (3)**

Morning Walk Standing	50 seconds
<ul style="list-style-type: none"><li>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.</li><li>To increase difficulty, pump arms back and forth.</li></ul>	

Side Steps Standing	50 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	

**BINGO ROLLS (3)**

Thumb to Fingers	50 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	

Power Grip	50 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 75: If I limit my activities and stay home more often, I won't fall.</p> <p>a. True</p> <p><b>b. False</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  Performing physical activity is very important for maintaining independence and muscle strength, which can prevent falls. It is also good for your overall health to remain active and participate in social activities outside the home when possible.</p>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Ballerina	50 seconds
<ul style="list-style-type: none"> <li>Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
Seated Crunches	50 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*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 (FACILITATOR)

BINGO ROLLS (3)

**Read aloud to the participants:**

You all are doing great! You're getting stronger each week, and your balance is improving. Pay attention to how you feel as we progress through the program. Today we will discuss more environmental and lifestyle changes that can help reduce falls.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you "feel good". Stay between 5-6 on the 1-10 scale.

Source: National Council on Aging, 2017

BINGO ROLLS (3)

QUESTION 76: Which of the following are types of physical activity?

- a. walking to the mailbox
- b. going to the gym
- c. participating in Bingocize®
- d. all of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

All of these are examples of physical activity. Something as simple as getting the mail or walking from your car into the store is beneficial for your health.

Grapevine	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

BINGO ROLLS (3)



Question 77: Which of the following is the best way to clean up clutter in your home?

- a. purchase storage boxes for clutter and put them in a designated area
- b. put all of the unused items on the floor
- c. throw out all of the items that are not used all of the time.
- d. none of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Storage boxes are helpful to keep a large amount of items in a small space. Moving these boxes to a designated space in your home will reduce the potential fall hazards that clutter causes.

Modified Skier

50 seconds

- From a standing position, sidestep 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: Why is it important to limit your screen time?

- a. Prolonged screen time affects your vision
- b. Too much time using a screen takes away from other aspects of life
- c. Increased screen time may keep you from being physically active
- d. All of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Spending long periods of time watching screens (TVs, phones, tablets, etc.) can significantly strain your eyes. It may also begin impacting other parts of your life such as keeping you from being physically active.

### 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
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 79: It is important to have a light switch at both the top and bottom of the stairs in your home.</p> <p>a. True</p> <p>b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  If you do not have light switches at the top and bottom of stairs, then you may have to go up and down them more in order to turn lights on and off. Stairs are a huge fall hazard, especially at night, so having light switches at the top and bottom keep will limit your need to use the stairs.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Standing	50 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Standing	50 seconds
<ul style="list-style-type: none"> <li>Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each sidestep. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Power Grip	50 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 80: Camila does not feel comfortable going to her community gym, but she wants to do more physical activity. How could she increase her physical activity each week without doing intense exercises?

- a. Take short walks in her neighborhood
- b. Do light stretching or yoga in her home
- c. Push her grandchild on the swing
- d. All of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Increasing your physical activity is beneficial even when the activities are not intense.

**BINGO ROLLS (3)**

Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Ballerina	50 seconds
<ul style="list-style-type: none"> <li>● Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
Seated Crunches	50 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> <li>● 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!</li> </ul>	

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 (FACILITATOR)

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:** 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 81: 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

Grapevine

55 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.

Heel Raises Standing

55 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.

Calf Stretch Standing

55 seconds

- 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"> <li>● 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 82: Hearing loss may cause you to use less of your mental resources to hear and interpret speech and other sounds. This will help reduce your chance of falls.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: 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>	
Modified Skier	55 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Chair Stands	55 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>○ Push up with hands on seat/arms of wheelchair</li> <li>○ Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>○ Cross arms across chest when standing</li> <li>○ Hold weight between hands</li> </ul> <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: Hearing aids don't make a difference in balance.</p> <p>a. True b. False</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: People properly using hearing aids are able to maintain balance twice as long as those who don't have them or use them properly. Make sure to check your hearing aid batteries often.</p>	
<b>BINGO ROLLS (3)</b>	

Open the Cupboard	55 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Arm Curl Standing	55 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 84: 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>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Talk to your optometrist to determine your risk.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Standing	55 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Standing	55 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	55 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Power Grip	55 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 85: Diamond has developed cataracts recently. The cataracts will increase her chance for falls.

a. True

b. False

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Cataracts cause blurry vision, decrease contrast sensitivity, and can greatly reduce your ability to see in low levels of light. All of these issues increase the chance for falls.

### BINGO ROLLS (3)

Trunk Rotation Standing	55 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	
Ballerina	55 seconds
<ul style="list-style-type: none"><li>Bring both arms up over head, put hands together, release hands, then put both arms back down.</li></ul>	
Seated Crunches	55 seconds
<ul style="list-style-type: none"><li>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.</li></ul>	
Hi, Neighbor! Seated	55 seconds
<ul style="list-style-type: none"><li>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!</li></ul>	

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 (FACILITATOR)

BINGO ROLLS (3)

**Read aloud to the participants:** During our last session, we discussed how even small changes in vision and hearing may cause you to fall. Today, we will talk more about how vision and hearing changes can also impact other parts of your life.

*During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you “feel good”. Stay between 5-6 on the 1-10 scale.*

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

QUESTION 86: Why is it important to wear sunglasses when you are outside on a sunny day?

- a. The sunglasses make you look cool
- b. Sunglasses protect your eyes from UV rays**
- c. Sunglasses actually make your eyes weaker
- d. Sunglasses are only helpful after cataract surgeries

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

Sunglasses limit the UV rays that reach your eyes. These UV rays can gradually damage your eyes and may contribute to vision problems.

Alternate Foot Touch Seated

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"> <li>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.</li> </ul>	
Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 87: Impaired vision increases your chances of falling by 25%.</p> <p>a. True b. <b>False</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Impaired vision more than doubles your risk for falls. You should get a dilated eye exam at least once a year to reduce the risk of irreversible vision loss and update glasses as needed.</p>	
Modified Skier	60 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep 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.</li> </ul>	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 88: Samuel's vision has gotten worse with age, especially at night. He received a new prescription from his Optometrist, but he is still concerned about his night vision. What can Samuel do in his home to make sure his poor night vision does not increase his chance of falls?</p> <p>a. Avoid walking around at night b. Call a family member or friend whenever he needs to walk around in his home at night <b>c. Make sure there is ample lighting and several light switches throughout his home</b> d. There is nothing Samuel can do</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: If there is sufficient lighting in Samuel's home, then his night vision will not be as big of a problem. It is important that there are several light switches throughout the home to limit the amount that he must walk to turn lights on.</p>	
<b>BINGO ROLLS (3)</b>	

Chest Press Standing	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 89: Tracie loves to read, but she needs bifocals to see the pages. Sometimes, she forgets that she has them on and wears them around the house. However, she noticed that they make it difficult to see the ground when she is walking. What is something she could do to prevent falls?</p> <p>a. Ask her optometrist about getting a second pair of glasses with only distance vision for walking and other activities</p> <p>b. Wear the bifocals more often so she can see better</p> <p>c. Wear sunglasses around the house</p> <p>d. All of the above</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Bifocal glasses can negatively affect balance and increase the risk of falls because the lens may blur certain parts of your vision. It is best to have separate pairs of glasses, one for close-up and one for distance. However, if you aren't able to get multiple pairs, it is best to be cautious when wearing bifocals as you walk, or take them off completely.</p>	
<b>BINGO ROLLS (3)</b>	
Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>To increase difficulty, pump arms back and forth</li> </ul>	
Toes to the Sky Seated	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	

Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
C Grip	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 90: Ruth has hearing aids that she uses on a daily basis. However, she sometimes forgets to replace the batteries. How can Ruth be better prepared so it doesn't affect her risk for falls?</p> <ol style="list-style-type: none"> <li>Replace the battery whenever you hear the "low battery" sound or beeping</li> <li>Keep extra batteries in your home</li> <li>Make sure the hearing aid is turned off when you are not using it</li> <li>All of the above</li> </ol>	
<p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: Working hearing aids are helpful for maintaining balance and reducing your risk for falls. It is important that you keep extra batteries in your home and replace them as soon as they die.</p>	
<b>BINGO ROLLS (3)</b>	
Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
Good morning	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



FALLS PREVENTION - SESSION 19 (FACILITATOR)

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 changes you can make to substantially reduce the likelihood of falling. And this week we'll wrap up our Bingocize® workshop with more exercises and fun, as usual! We will also discuss some "real life" scenarios to help review the information we've covered over the past 9 weeks.

BINGO ROLLS (3)

QUESTION 91: Lawrence loves his pet dearly, but lately, he has noticed that taking his dog on walks has become very tiring, and she has been getting in his way around the house more often. He is afraid that she may cause him to fall. Which of the following is **not** a good way to reduce his chances of falling?

- a. Make sure his pet is trained on a leash and with commands in the house
- b. Step over her
- c. Hire a neighbor to help take her for walks
- d. Sit down if she becomes too energetic

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

It is not safe to step over a pet, even if they are sleeping. They may make a sudden move and cause you to trip.

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"> <li>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.</li> </ul>	
Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>Question 92: Charles has noticed that the worse his vision becomes with age, the more he feels like he could fall. Which of the following can he do to reduce his chance for falling due to his vision impairment?</p> <p>a. Schedule an eye exam so an optometrist can create a plan to deal with the vision impairment.  b. Limit spending a lot of time focusing on screens  c. Wear sunglasses when outside in bright light  <b>d. All of the above</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  It is always important to speak with your provider/optometrist about what you can do to help with your vision impairment. Your optometrist can perform an eye exam to determine the extent of your impairment and what can be done to help. Spending long periods of time looking at screens or outside in the sun can strain the eyes even more. It is important to step away from screens and protect your eyes from UV rays.</p>	
Modified Skier	60 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep 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.</li> </ul>	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	

QUESTION 93: Antonio is visiting his grandchildren for the holidays. He wakes up in the morning feeling confused in the unfamiliar environment. What should Antonio do when he is feeling this way?

- a. Get out of bed immediately
- b. Walk down the stairs to find someone to help
- c. Wait for his mind to clear before getting up to walk around
- d. All of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

If you wake up confused in an unfamiliar environment, it is best to wait for your mind to clear or for someone to come help you before getting up. It is unsafe to get out of bed immediately or walk up or down stairs while you are feeling confused.

### BINGO ROLLS (3)

Chest Press Standing	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

QUESTION 94: Terry wants to clean up clutter in and around his home but is unsure of how to do it. What can Terry do to decrease his chances of falling due to the clutter?

- a. Terry could hire or ask someone to help tidy up his home.
- b. Terry should not do anything about the clutter because it won't increase his chance of falling
- c. Terry could move the clutter to the stairs or hallway to keep his bedroom clear
- d. none of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

If Terry does not feel comfortable cleaning up his home on his own, he could ask/hire someone to help him, especially with cleaning tasks that may be fall risks.

### BINGO ROLLS (3)

Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> <li>● To increase difficulty, pump arms back and forth.</li> </ul>	
Toes to the Sky	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

### BINGO ROLLS (3)

Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
C Grip	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<p>QUESTION 95: Thelma often feels very off balance when she begins to stand up after lying down for a while, or when she stands up from a chair. What can she do to decrease her chance of falling when she gets up?</p> <p>a. Get out of bed slowly.</p> <p>b. Sit on the edge of the bed for a few moments before she stands.</p> <p>c. Before standing up, do some light exercises to get her blood moving.</p> <p><b>d. All of the above.</b></p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS: It is important to let your body readjust as you are rising from a lying position. Getting up slowly and sitting while doing some simple exercises such as clenching your hands and moving your feet up and down helps your blood pressure stay normal can decrease your risk of falling when standing up.</p>	
<b>BINGO ROLLS (3)</b>	
Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
Good morning	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> <li>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!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*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 (FACILITATOR)

BINGO ROLLS (5)

**Read aloud to the participants:**

Welcome to the final session of this 10-week Bingocize® workshop! Today we'll wrap up with more "real life" scenarios to help review the information you've learned. I hope you had lots of fun and are feeling the positive effects of Bingocizing™! I encourage you to continue your healthy lifestyle behaviors and look for another round of Bingocize® soon!

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 health care provider about your falls risk and review your medications.
3. Get your vision and hearing checked annually and update your eyeglasses.
4. Make safety improvements in your home.
5. Talk to your family members about ways they can help you modify your home and make lifestyle changes.

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

BINGO ROLLS (5)

QUESTION 96: Wayne feels he needs to use an assistive device such as a cane or walker. Even though he does not have one for himself, he decides to use one of his friend's walkers. Using his friend's walker does not increase his chance of falls.

- a. True
- b. False**

**EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:**

While an assistive device can be very helpful in preventing falls, using another person's device can be dangerous. If a cane or walker is not properly fitted to the person using it, the chance for falls actually increases. Wayne needs to make an appointment to get an assistive device that is properly fitted to him.



Three Dot Step	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Static Balance	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Staggered Stance	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Side Flexion Seated	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (5)</b>	
<p>Question 97: Callie has become more afraid of falling as she has aged. Which of the following would be best to limit her risk for falls?</p> <ol style="list-style-type: none"> <li>Limit her time spent up walking around</li> <li>Only eat foods high in protein</li> <li><b>Stay physically active</b></li> <li>Keep from leaving her home</li> </ol> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:  Many people believe that staying at home and limiting physical activity is the only way to prevent themselves from falling. In reality, being physically active reduces your risk for falls by increasing your mobility, strength <b>and</b> makes you more independent.</p>	
Grapevine (make sure participants spread out)	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Swimming Dance	60 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	

QUESTION 98: Theresa's health care provider encouraged her to wear proper footwear during icy weather. What more could she do to further protect herself from falls if she must leave the house?

- a. Use a delivery service for groceries and other necessities
- b. Hire someone to clear her driveway of snow and ice
- c. Have a friend assist her when walking to the car or mailbox
- d. All of the above**

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

The risk of falling on icy surfaces increases as we age. While it is best to avoid going out in icy weather altogether, there are ways to protect yourself if you must go out.

### BINGO ROLLS (5)

Chest Press Standing

60 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

60 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 99: Alex is feeling thirsty in the middle of a Bingocize session. He does not like to drink water while doing physical activity because it makes him have to go to the restroom more often, but he was told that it is important to stay hydrated. Why is it important that Alex drinks water during the session?

- a. It is good to go to the restroom often
- b. Staying hydrated while exercising prevents dizziness, thus reducing the chance of falls**
- c. Going to the restroom more often gives Alex a break from the workout
- d. None of the above

EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:

It is important to stay hydrated while being physically active. Although it may be frustrating to have to go to the restroom in the middle of a workout, being dehydrated can cause dizziness during exercise which increases your chance of falling.

### BINGO ROLLS (5)

The Twist standing (play “The Twist” song)	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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</li> <li>● 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.</li> </ul>	
Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
<b>BINGO ROLLS (5)</b>	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Power Grip	60 seconds
<ul style="list-style-type: none"> <li>● Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 100: Landon does not feel like he is capable of preventing falls, but he doesn't want to bother his family and friends with this problem. What should Landon to do in this situation?</p> <p>a. Landon should speak to his family and friends about his fear of falling.</p> <p>b. Landon should only speak to his family and friends about his fear after he has already fallen.</p> <p>c. Landon should not speak to his family and friends about his fear at all, it is his problem</p> <p>d. None of the above</p> <p>EXPLANATION FOR FACILITATOR TO READ OUT LOUD TO PARTICIPANTS:</p> <p>It is very important to speak with your friends and family about your fear of falling. Having a fear of falling is normal as you age, and it is important to make this clear to those close to you. Friends and family can help you prevent falls in many ways, such as checking your home for fall hazards and helping you communicate with your health care provider.</p>	

BINGO ROLLS (5)	
Seated Balance Exercise	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>● Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>	
YMCA (play the song “YMCA”)	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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.</li> </ul>	
Goodbye, neighbor! Standing	60 seconds
<ul style="list-style-type: none"> <li>● Turn to the person on either side of you, and shake their hand or give them a big hug.</li> </ul>	
I hope you had fun today! Please continue your healthy lifestyle changes, and look for another round of Bingocize® soon!	
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!\*\***