

# Fall Prevention Awareness Week

September 20-24, 2021

## Online Exhibitor Guide



Organizations and businesses included in this document provide fall prevention education, programs, services, and/or products and participate in the San Diego Fall Prevention Task Force. **Inclusion in this document does not imply an endorsement.** For more information about these providers, please contact them directly.

## HEALTH AND FITNESS

### Aging & Independence Services

Health Promotion Team | [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov) | 858.495.5500 | [HealthierLivingSD.org](http://HealthierLivingSD.org)

**Description:** The Health Promotion Team provides programs and education to help older adults manage chronic conditions, improve physical functioning, decrease social isolation, and prevent falls. Programs that address falls include Feeling Fit Club, Tai Chi, and the Chronic-Disease Self-Management Program.

### Emeritus Program, San Diego College of Continuing Education

Claudia Tornsauer, Ed.D. | [cltornsa@sdccd.edu](mailto:cltornsa@sdccd.edu) | 858.205.7436 | [sdcce.edu/emergitus](http://sdcce.edu/emergitus)

**Description:** The Emeritus Program challenges adults to stay intellectually stimulated, socially engaged and physically fit. A variety of courses meet the diverse needs of an aging population. Classes such as Brain Fitness, Job Search Skills, Music Appreciation, and the Writer's Workshop are designed to benefit the mind, while others such as Health and Wellness, Nutrition, and Tai Chi benefit the body. Instruction is specifically designed for adults age 55+ and helps students maintain their independence, rejoin the workforce, and be actively engaged in the community.

### Karen Rapien Fitness

Karen Barry | [karen@fitnessatanyage.org](mailto:karen@fitnessatanyage.org) | 805.205.0162 | [fitnessatanyage.org](http://fitnessatanyage.org)

**Description:** Karen Rapien Fitness provides individual and group exercises and coaching for people over 50. They offer in-person sessions outdoor or in people's homes. Virtual sessions are also available. They can provide equipment or use your equipment during workouts. Workouts include strength, flexibility, balance, coordination, and agility exercises.

### Live 2 B Healthy

Maria Barnabe | [mtbarnabe@live2bhealthy.com](mailto:mtbarnabe@live2bhealthy.com) | 619.886.2779 | [Live2BHealthy.com](http://Live2BHealthy.com)

**Description:** Live 2 B Healthy provides custom fitness classes in senior living communities with years of testing data proving the program reduces falls and increases length of stay. Exercise classes are taught by a certified trainer focusing on the areas of strength, balance and flexibility.

## San Diego Oasis

Jolyn Parker | [jolyn@sandiegooasis.org](mailto:jolyn@sandiegooasis.org) | 858.353.0439 | [sandiegooasis.org](http://sandiegooasis.org)

**Description:** San Diego Oasis helps prevent isolation and sedentary behaviors by providing lifelong learning, healthy living classes, and purposeful community engagement. They offer over 25 exercise and dance classes that emphasize balance and fall prevention.

## St. Paul's PACE

Lizette Galindo | [lgalindo@stpaulseniors.org](mailto:lgalindo@stpaulseniors.org) | 619.869.1788 | [stpaulseniors.org](http://stpaulseniors.org)

**Description:** St. Paul's Program of All-Inclusive Care for the Elderly (PACE) is a managed care plan exclusively for seniors 55 years and older who have chronic medical conditions and are struggling to live at home independently. As part of St. Paul's PACE, you receive primary medical care, medication management, physical therapy, specialty services, in-home care, social work assistance, and transportation to and from the medical center. St. Paul's PACE provides physical therapy to help seniors regain strength in order to promote maximum functional independence and age safely at home. They also offer educational seminars on fall prevention for community members and share handouts and tips to keep moving at a safe pace!

## HEALTHCARE

### Kim Bell Physical Therapy Inc.

Dr. Kim Bell, DPT | [thebellmethod@gmail.com](mailto:thebellmethod@gmail.com) | 760.652.9993 | [betterbalanceinlife.com](http://betterbalanceinlife.com)

**Description:** Dr. Kim Bell, DPT offers private physical therapy services through house calls for people with dizziness, vertigo, balance problems, and falls. She and her team are dedicated to the cause of preventing falls in older adults, who often have undetected benign paroxysmal positional vertigo (BPPV) or other undiagnosed vestibular disorders which are contributing to their falls, unknown to them or their doctors.

### Scripps Memorial Hospital La Jolla – Trauma Service

Paige Colburn-Hargis | [colburn-hargis.paige@scrippshealth.org](mailto:colburn-hargis.paige@scrippshealth.org) | 858.626.6160 | [scripps.org](http://scripps.org)

**Description:** For over 90 years, Scripps Memorial Hospital has been recognized as a premier medical center for quality patient care and a wide array of medical services. An intensive care unit, cancer care, orthopedic services, as well as women's health care are just a portion of what Scripps Memorial has to offer. This nationally recognized Southern California hospital also provides a Level II Trauma center and 24-hour emergency services. Scripps Memorial Hospital La Jolla is dedicated to providing evidenced-based fall prevention education and exercise programming, including Bingocize and A Matter of Balance.

### Sharp Senior Resource Center

Dan McNamara | [daniel.mcnamara@sharp.com](mailto:daniel.mcnamara@sharp.com) | 619.740.4214 | [sharp.com/services/seniors/resource-centers](http://sharp.com/services/seniors/resource-centers)

**Description:** The Sharp Senior Resource Center offers resource consultations, healthcare education talks and screenings, daily telephone check-in calls, exercise programs, caregiver training, and much more for free to all. Additionally, they provides resources, fall prevention classes, balance screenings, and information on home safety.

## HOME SAFETY

### 101 Mobility of San Diego

Kindra French | [kfrench@101mobility.com](mailto:kfrench@101mobility.com) | 858.800.2820 | [101mobility.com/sandiego](http://101mobility.com/sandiego)

**Description:** 101 Mobility helps reduce the risk of a fall at home by creating a safer home environment. They offer sales, rentals and service for mobility equipment like ramps, stairlifts, pool lifts, porch lifts, patient lifts and more. Additionally, they address changes in elevation and help with safety on stairs and in bathrooms.

## San Diego Grab Bars

David Beddoes | [dave@sandiegograbbars.com](mailto:dave@sandiegograbbars.com) | 619.840.7844 | [SanDiegoGrabBars.com](http://SanDiegoGrabBars.com)

**Description:** San Diego Grab Bars is a licensed contractor and veteran-owned family business specializing in grab bars and handrails. They stock hundreds of grab bars and can install your grab bars within a day or two of your call. They install into drywall, tile, concrete, fiberglass, stone and engineered stone. They have 10 years of experience and have installed thousands of grab bars.

## Seniors' Choice

Caryn Leventhal | [caryn@seniorschoicesd.com](mailto:caryn@seniorschoicesd.com) | 769.518.1836 | [seniorschoicesd.com](http://seniorschoicesd.com)

**Description:** Seniors' Choice completes virtual and in-person home safety assessments and provides a written evaluation of the home with customized short- and long-term solutions to make the home as safe as possible.

## MEDICAL ALERT

### Southwest Lifeline

Cindy Sawyer | [sawycr@pacbell.net](mailto:sawycr@pacbell.net) | 760.936.3184 | [lifeline.philips.com](http://lifeline.philips.com)

**Description:** Phillips Lifeline provides medical alert with fall detection, mobile medical alert, early fall detection, and fall prevention education.

## NON-PROFIT/ADVOCACY

### ElderHelp

Carrie McClellan | [cmcclellan@elderhelpofsandiego.org](mailto:cmcclellan@elderhelpofsandiego.org) | 619.284.9281 | [elderhelpofsandiego.org](http://elderhelpofsandiego.org)

**Description:** ElderHelp is a local nonprofit organization that provides services and information to seniors to help them maintain independence and continue living safely in their own homes. Services include care coordination, housing services, transportation, grocery delivery, check-in calls and more. Please note that most services are offered based on volunteer availability. ElderHelp provides online education to seniors and family caregivers on topics such as home safety and fall prevention. Information and referrals are provided to connect individuals with community resources to maintain safety and well-being.

### Southern Caregiver Resource Center

Guadalupe Aguirre | [gaguirre@caregivercenter.org](mailto:gaguirre@caregivercenter.org) | 858.285.8129 | [caregivercenter.org](http://caregivercenter.org)

**Description:** Southern Caregiver Resource Center, a non-profit 501c3, is the leading provider of comprehensive caregiver support services in San Diego and Imperial Counties. Their mission is to help families and communities master the challenges of caring for adults with chronic and disabling conditions. They provide workshops and classes on home safety and caregiving and are also connected to community resources.

## OTHER

### Silver Linings Transitions

Jami Shapiro | [info@silverliningstransitions.com](mailto:info@silverliningstransitions.com) | 760.607.7377 | [silverliningstransitions.com](http://silverliningstransitions.com)

**Description:** Silver Linings Transitions is a senior move management company that helps clients move from one home to the next in as little as one day. They offer home organizing and downsizing services and can de-clutter homes to make them safer to live in.