SUMMER FUN WITH FRIENDS

FALL PREVENTION AND FALL RECOVERY

DATE: Friday, August 9
TIME: 1:00 p.m.—2:00 p.m.
PLACE: First Floor Conference Room
6645 Alvarado Road
San Diego, CA 92120

One in three, possibly up to 40%, of those over 65 fall each year. Three out of four seniors who fall will have a second fall within six months. The leading cause of fall injury is tripping, slipping and stumbling while standing on a level surface in the home (not just when doing high risk activities like climbing a ladder, reaching too high or low, etc.)

Please join us as the SDRI outpatient physical therapy team gives an informal presentation on fall prevention and recovery. They will discuss ways to manage/prevent falls including, but not limited to, medications, use of assistive devices and maintaining or improving your strength. They will also talk about how to take care of yourself if you DO fall.

NUTRITION

DATE: Friday, September 13
TIME: 1:00 p.m.—2:00 p.m.
PLACE: First Floor Conference Room
6645 Alvarado Road
San Diego, CA 92120

You asked for a nutrition lecture so we are planning to do one in September. Please look in the upcoming September issue for more details.
August is typically the hottest time of the year! Please try and schedule your outdoor activities with the foresight of staying hydrated as well as cool. If you plan to work outside, schedule your tasks for later in the afternoon when it cools down.

Some cooler activities to consider may be a visit to the library, or take in a movie. If you plan to be outside some cooler events to consider is a visit to the beach or one of the local parks. Please remember to bring some bottled water to drink and sunscreen as a precaution.

Since the date of my brain attack ordeal, there have been a number of times where I have fallen and wasn’t able to get myself up as easy as before my stroke event occurred. In preparation for September’s Falls Prevention Month, mark your calendars to attend our Fall Prevention and Fall Recovery presentation this month. I believe this will be extremely useful information for everyone. You will learn different ways to avoid a fall as well as the latest and greatest techniques to utilize if a fall occurs.

The SoCal Rehab Golf Classic is fast approaching as well. I encourage you to get signed up to receive the early bird rate. This annual tournament is near and dear to a number of us participating golfers!
It’s been almost 50 years since Neil Armstrong proclaimed “one giant leap for mankind.” We can look back at it with the pride of national accomplishment, but in 1957 no one believed we could fly into space, let alone to the Moon. Truly, this was the greatest scientific and engineering challenge 400,000 Americans ever attempted for a national goal. Learn the real story of our journey to the Moon, where the footprints remain to this day. **Instructor:** Mark Carlson, Historian, Writer & Artist.

**Apollo: Bridge to the Moon**
*Wednesday, August 7, 2019 9:00-11:00*
*Santee Branch Library*
9225 Carlton Hills Blvd., #17, Santee, CA 92071

Who were those courageous women who promoted women’s rights that resulted in the betterment of our country? From the Temperance and Abolition Movements to the Suffrage and Women’s Liberation Movements, women have been involved in creating a more perfect nation. From 1916, when the first woman was elected to the U.S. House of Representatives, until 2016 when the first woman was a candidate for the U.S. President, women have sought elected office and legislated for equal rights, equal pay, civil rights, equal education, child care, peace, labor rights, equal opportunities, etc. Who among us can name the author of the Equal Pay Act of 1963? **Instructor:** Anne Hoiberg, Activist, Women’s Hall of Fame Inductee, President of Women’s Museum of California

**Pioneering Women in Politics**
*Thursday, August 15 2:00 - 4:00*
*College-Rolando Branch Library*
6600 Montezuma Road, San Diego, CA 92115

Georgia O’Keeffe is one of America’s best known and admired artists, but what do we know of her early life and work? In this class we will explore her childhood in Wisconsin, her mother’s great influence, her art education and the impact of William Merritt Chase and Arthur Wesley Dow on her work. We will also discuss O’Keeffe’s years of teaching in Virginia and Texas and her experimentation at this time which greatly influenced her later work. **Instructor:** Aniko Makranczy, MFA

**Georgia O’Keeffe - Her Early Years (1887-1918)**
*Tuesday, August 13, 2019 12:30 - 2:30*
*Mission Valley Branch Library*
2123 Fenton Pkwy., San Diego, CA 92108

This lecture will explore the history of Japanese Americans in San Diego County, and specifically their experiences following FDR’s signing of the document that called for their removal from the West Coast. Learn how Japanese Americans reintegrated into post-war life in San Diego, and how lives were changed in this small community. This talk will be illustrated with photographs from the collection of the Japanese American Historical Society of San Diego. **Instructor:** Linda Canada, Historian & Author

**Japanese Americans and Executive Order 9066**
*Thursday, August 15 1:00 - 2:30*
*University Community Branch Library*
4155 Governor Drive, San Diego, CA 92122

Dia de Los Muertos (Day of the Dead,) the traditional Mexican holiday, celebrates friends and family members who have passed away and is recognized and observed internationally. This talk explores the many traditions associated with Dia de Los Muertos, including the creation of altars, the making of special food and the costumes and creative customs. Despite the skulls, it’s not scary! **Instructor:** Julia Fister, MFA

**Exploring Dia de Los Muertos**
*Monday, August 19 1:00 - 2:30*
*Linda Vista Library*
2160 Ulric Street, San Diego, CA 92111

This engaging show explains why San Diego is arguably America’s most unique county. The first Pacific Coast site visited by Europeans is here. In 1850, it was larger in area than Indiana. It embraces the most ecological zones, and thus more bird species (516) than any other county. In the 1880s we had the highest dam, and in 1948, the world’s most powerful telescope. The instructor, Dr. Philip Pryde, Professor Emeritus at SDSU, will be signing his book San Diego an Introduction to the Region (5th Edition) following the presentation. **Instructor:** Philip R. Pryde, Ph.D

**The Uniqueness of the San Diego Region**
*Wednesday, August 28 1:00 - 2:30*
*Point Loma Branch Library*
3701 Voltaire Street, San Diego, CA 92107
The San Diego Rehabilitation Institute’s Comebacker’s Neuro Club and Sharp Y.E.S.S. Group came together for our annual picnic and Twilight in the Park concert on Wednesday, July 10 in Balboa Park. Approximately 80 survivors and family members gathered to enjoy a picnic prepared by our own Chef Christos. Attendees got to know one another by playing a social mixer, asking 5 people what they like to do during the summer in San Diego. It was a beautiful evening in the park with a gentle summer breeze. We walked up to the Spreckels Organ Pavilion to enjoy the Stoney B Blues Band who played Chicago and Southern Blues. The night culminated with a musical rendition of Purple Rain which the audience knew and enthusiastically sang along. It was a nice way to end the concert. Special thanks to the Alvarado Auxiliary SoCal Rehab Golf Fund’s financial support in making this the favorite community event of the summer!
Potential adverse SIDE EFFECTS OF MEDICATIONS contributing to FALLS

<table>
<thead>
<tr>
<th>Drug Side Effects</th>
<th>Common Medications</th>
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<tbody>
<tr>
<td>Agitation</td>
<td>Zoloft, Prozac, Celexa, Lexapro, Paxil</td>
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<tr>
<td>Arrhythmias</td>
<td>Amiodarone, propafenone, Tambocor, sotalol</td>
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<tr>
<td>Cognitive impairment, confusion</td>
<td>Oxycodone, Percocet, Zyprexa, Seroquel, Parkinson’s meds, Thorazine</td>
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<tr>
<td>Gait abnormalities, tremors, poor muscle control</td>
<td>Diazepam, valium, gabapentin, Neurontin, sertraline/Zoloft, Prozac, celexa, Lexapro, paxil, metoclopramide, Abilify, Zyprexa, Seroquel</td>
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<tr>
<td>Increase ambulation, frequent urination</td>
<td>Lasix, hydrochlorothiazide, torsemide, Adalactone</td>
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<tr>
<td>Postural disturbances (problems with balance) and/or sedation/drowsiness</td>
<td>Diazepam, valium, neourontin, gabapentin, Zoloft, Prozac, celexa, Lexapro, paxil, Xanax, Klonopin, Ativan, Vicodin, methadone, dilaudid, fentanyl, abilify, Zyprexa, Seroquel</td>
</tr>
<tr>
<td>Syncope can be due to blood pressure or arrhythmia (see above list for antiarrhythmia medications)</td>
<td>lasix, hydrochlorothiazide, torsemide, Lopressor, toprol-XL, Inderal, vasotec, lisinopril, ramipril, Cardizem, procardia, norvasc, nitroprusside, Viagra, Cialis, tracleer</td>
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<tr>
<td>Syncope</td>
<td>Lopressor, toprol-XL, Inderal, nitroglycerin, nitroprusside, Viagra, Cialis, tracleer</td>
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<tr>
<td>Visual disturbances (blurred vision)</td>
<td>Abilify, Zyprexa, Seroquel, Cogentin, Benadryl, levodopa, sinemet</td>
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WOW!! That’s a potentially scary list! However, like anything, the more you know the better prepared you are. The pharmacist is always your best resource for ANY medication, old or new. When prescribed a new medication, do not be afraid to speak with a pharmacist about your questions or concerns. For instance,

- What are the most common potential side effects?
- Is this new medication compatible with my current medications?

If you are experiencing any of these symptoms new or old such as dizziness, loss of balance or gait disturbances consult your doctor right away to discuss medication changes or need for Therapy services. Any question for the Rehab Team at SDRI please do not hesitate to call 619-229-7216.
REGISTER NOW FOR THE SoCal REHAB GOLF CLASSIC

SAN DIEGO REHABILITATION INSTITUTE’S

SoCal Rehab Golf

Classic

SEPTEMBER 26, 2019 at Riverwalk Golf Club

• NEW ONLINE REGISTRATION!
  socalrehabgolfclassic2019.eventbrite.com
• Registration opens at Noon
• Putting contest: Noon-1 PM
• Shotgun start: 2 PM
• Awards dinner following play

Contact Mary Williams at (619) 229-7362 or
MWilliams3@PrimeHealthcare.com

For more information, donations, or sponsorship

August PALS – Programs for Active Living & Support

6645 Alvarado Road, San Diego, CA 92120

*Back Nine Senior Golf – Tuesday at 2 PM
Meets at Various Golf Venues
August 6, 13, 20 and 27

*SoCal Rehab Golf Club – Thursday at Noon
Meets at Various Golf Venues
August 1, 8, 15, 22, and 27

*Senior Fitness – Tuesday at 11 AM
Meets at SDRI, Room 247
August 6, 13, 20, and 27

*Alvarado Balance Class – Thursday at 11 AM
Meets at SDRI, Room 247
August 1, 8, 15, 22, and 27

*Aphasia Class – Monday at 1 PM
Meets at SDRI, Room 268
August 5, 12, 19, and 26

*Requires physician approval. Consent form is available at
http://alvaradohospital.com/pals

Stroke Peer Visitor
By Appointment

Comebackers Neuro Club
See details in Savvy Survivor

Art for All
Meets at SDRI, Room 244
  Ceramics – Mon & Wed. at 2 pm
  August 12 & 14; August 26 & 28
  Art – Wednesday at 2 PM
  August 7 & August 21

For more information about PALS Programs go to:
alvaradohospital.com/PALS or contact(619)229-7216 or
YourPALS@primehealthcare.com
Pre-registration required.
Comebackers Neuro Club
6645 Alvarado Road
San Diego, CA 92120-5298

Comebackers Neuro Club is dedicated to providing opportunities for those who have experienced a brain attack as a result of a stroke, traumatic brain injury, or other neurological impairments. Survivors and their family members are offered education, recreational activities, and a support network which promotes ongoing recovery for the survivor.

**Comebackers Club Event Calendar**

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<td>Saturday September 21</td>
<td>San Diego Heart &amp; Stroke Walk</td>
<td>Balboa Park 6th and Laurel San Diego, CA 92101</td>
<td>6:30 a.m.—Expo Opens 7:30 a.m.—Opening Ceremonies</td>
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<tr>
<td>Thursday September 26</td>
<td>SoCal Rehab Golf Classic</td>
<td>Riverwalk Golf Club 1150 Fashion Valley Rd San Diego, CA 92108</td>
<td>*See page 7 for details</td>
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Please RSVPs for all events, so we know how many to plan for.
To RSVP— Call 619-229-7362. Okay to leave your response on voice mail.