

The Health and Wellness Insider



Provider's Perspective: *Meet Parisa Shelton*

Parisa Shelton is a Qigong, Tai Chi, and Yoga instructor from Silicon Valley. She is the co-owner of the Morning Crane Healing Arts Center (located in Willow Glen and Burbank). Parisa also teaches Qigong and Tai Chi classes offered by the Ambulatory Health Education Department (AHED).

Parisa works with her husband Chris and their team of holistic healthcare providers. Together, they focus on health and wellness education. Since the pandemic, Morning Crane has teamed with AHED to offer on-line classes to Santa Clara Valley Medical patients.

Their main areas of focus are Qigong, Tai Chi, and Mindful Meditation. Their goal is to help people reduce stress and gain a greater state of wellness. These classes help to calm the mind, and improve overall well-being. *We encourage you to take advantage of these wonderful classes.*



Falls Prevention Awareness Week
September 20-24, 2021

True or False? Falling is normal and happens as I get older.
Answer: *Falling is not normal as you age. There are things you can do to prevent falls.*

True or False? If I stay home, I can prevent falling.
Answer: *Most falls happen at home. Check your home for fall risks and make changes if needed.*

True or False? The more I use a walker, the more I will depend on it.
Answer: *Walking aids can help you be more active and move more. Talk to a physical therapist to use them safely.*

How to Prevent Falls



Talk to healthcare providers



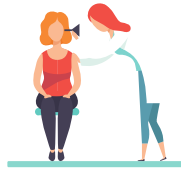
Have your vision checked every year



Review your medications with providers



Attend Balance and Exercise Classes



Have your hearing checked every year



Talk to your family for help and support

How Can You Keep Your Home Safe?

- Remove items that can trip you
- Increase lighting
- Make stairs safe
- Put in grab bars if needed



Fall Risk Survey

Circle one

1. I have fallen in the past year -----> Yes No
2. Sometimes I feel unsteady when I am standing or walking --> Yes No
3. I am worried about falling -----> Yes No

If you answered Yes to any of the questions above, you may be at risk for falls. You can visit <https://www.ncoa.org/article/falls-free-checkup> for the full survey and to show your results to your healthcare provider.

To sign up for our **FREE** health education programs:
Ask your provider to refer you to us OR call us at **408-885-5436**
Please visit our website for more information: www.scvmc.org/ahed

Ask about our NEW wellness classes!