



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

SENATOR ADDABBO & VISITING NURSE SERVICE OF NEW YORK DRAW 125 SENIORS TO “PREVENTING FALLS” WORKSHOP IN HOWARD BEACH

JOSEPH P. ADDABBO JR May 23, 2012

| ISSUE: **AGING, SENIOR CENTERS, SENIORS**



Queens, NY, May 22, 2012 – NYS Senator Joseph P. Addabbo, Jr. teamed up with Visiting Nurse Service of New York (VNSNY) experts this morning and held “Preventing Falls Among Seniors – Tips & Techniques for Keeping Elder New Yorkers Strong on Their Feet,” a free, 60-minute VNSNY Community health turnkey presentation. Lunch, gift bags and transportation for many of the 125 members who attended from several Queens senior centers were provided by VNSNY.

Queens has one of the largest senior populations of the five boroughs, and with today’s aging “Boomer” population coupled with increased longevity, that senior population continues to grow. Notes Addabbo,

“Every 17 seconds, a senior is taken to the emergency room because of a fall. Many of these seniors live at home alone and given that 70% of these falls occur at home, it’s imperative to educate seniors about ways to reduce their risk of falling and serious injury.”

Photo - Pictured above from L to R: Mark Frey, Executive Director for Howard Beach Senior Center; Dr. Eileen Bach, Director of Rehabilitation Quality Assurance and Education Services for The Visiting Nurse Service of New York; Peter M. DeLucia Jr., Director of Special Events for Senator Joseph P. Addabbo, Jr.