

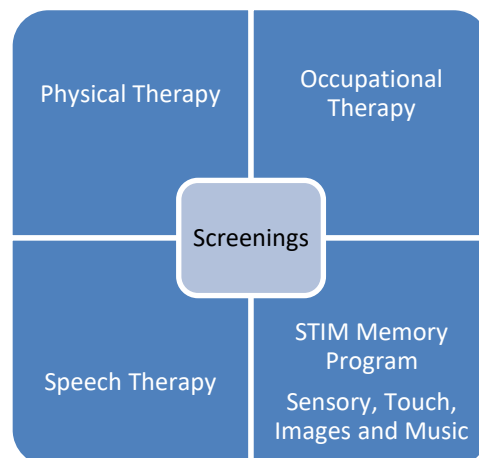


September is Fall Prevention Month

Falls are a leading cause of unintentional injury among adults age 65 years and older. Each year 2.3 million adults over 65 have a fall, leading to serious injury in about 1 in 3 cases. At the local level the picture is even more alarming. In Waukesha County 1,426 people over 65 were hospitalized and 5,112 went to the emergency room due to a fall from 2013 through 2014.

73% of all falls occurred at home. Women represented 80.2% of fall injuries. Bathrooms are particularly dangerous as over 35% of falls occur there.

Falls are preventable and they are not a normal part of aging. Awareness is a big part of preventing falls. The recommended solutions are paying attention to your surroundings as well as building up strength. Studies have shown that strength building under the supervision of a physical therapist reduced the likelihood of falling as much as 50%. Platinum Communities Fall Prevention includes practical lifestyle adjustments, evidence-based programs and community partnerships. We take every precaution to insure the health, strength and safety of our residents.



Introducing Mindy Austin, House Manager Larson House Expansion

Mindy started at Larson House over two years ago as a caregiver and then floor leader. Mindy has over 20 years of industry experience and a Bachelors Degree in Human Services and Management. She has become a valuable team leader at Larson House.

Mindy grew up in Denver. She remembers dressing up as a Bumble Bee for Halloween as a child. Her family moved to Columbus five years ago. They chose Columbus for the quality of the schools, small-town feel and community engagement. Their family life is busy with school, athletics and camping. Mindy enjoys hanging out with family and friends around a fire. Congratulations and thank you for what you do!

"The bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyways."

From River View



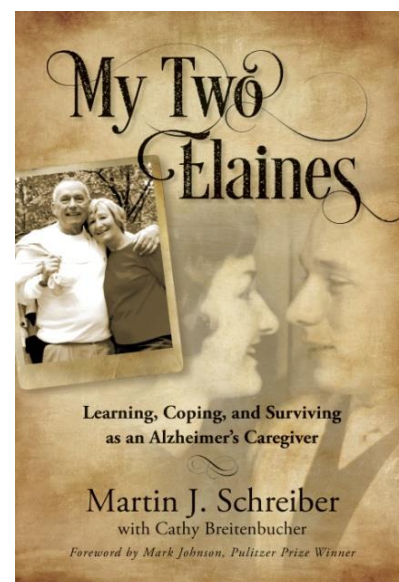
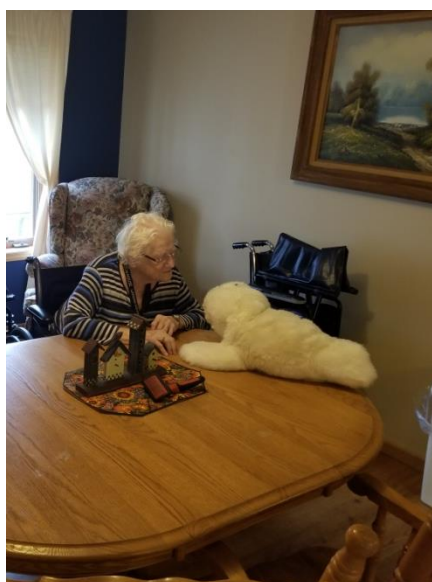
Pictured is employee Andrew and Watertown High School Senior. We are working with the Watertown High School Co-op program to recruit students. Andrew is planning on pursuing a healthcare career. He is gaining valuable experience at River View.



The other picture is our Wheel of Fortune game-which is our most popular game we play.

From Larson House

Music and Paro Therapy



Team Larson House participated in the annual Alzheimer & Dementia Walk in Portage.

The Former Governor Martin Schreiber spoke to



a full-house at the Columbus Senior Center. Thank you to everyone for your efforts in supporting Team Larson House!

From Autumn Oaks



Pictured is UC Acosta, House Manager, and our exhibit at the Senior Fair at the Hartford Senior Center. Below is the ribbon cutting event at the Community Open House at Autumn Oaks. Thank you for all the hard work, preparation and energy surrounding the Open House at Autumn Oaks. Pictured are employees; Matt Teresinki, Anne McGarry, Shannon Jones, UC Acosta, Tina Jones, Paula Gaston, Jamie Hagen, Tara Husemann, Missy Bloomhuff, Ed Reszynski, and Vince Hughes.

From Golden Harbor

Over the last several months, one incredible Golden Harbor resident, Kathy Rose, crocheted eight little octopuses for our local NICU. Beginning in September, I had the opportunity to deliver those handmade gestures of love. Pictured is baby Max who was the first recipient. The other picture shows Daddy's hand excitedly going to grab one. The family was beyond grateful, as well as the NICU nurses – their octopus inventory was very low! However, the reaction Kathy

Rose had when I showed her the picture of Max with one of her octopuses was priceless (there were tears). Just goes to show, giving makes you feel good!

Residents took full advantage of the gorgeous weather and toured a local favorite, Bookworm Gardens – botanical garden

sceneries inspired by children's books. The residents enjoyed the trails, interacting with the touch-friendly exhibits, and especially loved the Koi pond.

Submit your ideas, activities, and pictures to Rod Humpal, Director of Business Development, Rod. Humpal@pt-78.com.

Platinum Communities owns and operates six assisted living and memory care communities throughout Southeastern Wisconsin. Platinum Communities cares for over 250 residents. Visit www.platinum-communities.com.

