



Employee Newsletter

September/October 2025



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Newsletter, quizzes and challenges*

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LIFE points voucher contact

Upcoming Opportunities



**American
Red Cross**

Blood
Services

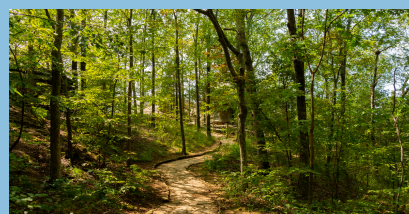
Blood Drive: Macon County Library

Sep 9, 2025 10am to 6pm

[Make Appointment Here](#)

**Go on a hike with the
Nantahala Hiking Club**

[Take a Hike!](#)



Let's Talk About Falls: 5 Easy Ways to Talk to Your Family and Friends About Preventing Falls

Family and friends can play an important role in keeping you falls free. They support you for all events in your life and can also help you be independent and safe from falls.

1. Start off small. Have a one-on-one conversation with a trusted friend or family member about your concerns about falls. They might have ideas and solutions.

2. Ask for help and be specific. The more information you share, the more your family can help you. Ask them to help you find information that would be most helpful to you.

3. Involve the family. Share with your family any upcoming medical appointments, what medications you are taking, and any current problems or concerns you have. Remember to let them know if you have already fallen and what the happened after you fell.

4. Keep talking. One conversation is often not enough. Keep revisiting the topic with your family and friends and let them know if your needs change or grow.

5. Be assertive! Be clear and confident as to what you need. Ask your family members to help you with actions you are taking to prevent falls, such as removing home hazards and making home modifications, like adding grab bars in the bathroom.

It takes a **TEAM** to prevent falls & save lives.

StandingStrongNC.org



Talk

to a healthcare provider, a pharmacist, family and friends.



Exercise

to improve your balance and strength.



Act

to get your eyes, ears and feet checked annually.



Make

your home safer.

Let's TEAM up & follow these simple steps to prevent falls:

Standing Strong
North Carolina
Prevent Falls — Save Lives

Talk about falls and your fall risk

- ☐ Ask a healthcare provider for a fall risk screening
- ☐ Ask a pharmacist to review your medications
- ☐ Ask your friends and family for support to stay healthy and independent

Exercise to improve your strength & balance

- ☐ Find a local exercise program on our website

Act to get your eyes, ears & feet checked annually

- ☐ Schedule annual check-ups with a healthcare provider

Make your home safer

- ☐ Complete the Home Safety Checklist that can be found on our website

YOU have the power to lower your risk of falling!

LEARN MORE

StandingStrongNC.org



Scan the QR code to visit our website

Find tips on talking to healthcare providers, local exercise programs, a detailed home safety checklist, and more on our website!

