

March 2025

## Fall Prevention

At our latest Lunch and Learn on March 22, Blake Waterman, a physical therapist from Atlantic Orthopedic & Sports Physical Therapy shared with us the dangers of falling and what we can do to prevent them. He also demonstrated a few simple exercises that would help us on that journey.

After Blake finished, Joanne Hof, a member of the Senior Fellowship Team and self-described “chronic faller” talked about her falling history. She has learned many things over the years that have helped reduce her falls and she shared them with us.



“ALWAYS assume there’s a chance you may fall and always add a cushion of safety in whatever you do. There’s a first time for everything.”

Joanne Hof



Joanne Hof



Blake Waterman



(l-r) Linda Tozer assisting Blake in an evaluation used to assess overall health.

# Did You Know????

1. Falls are the leading cause of fatal and nonfatal injuries for older Americans.
2. One in four Americans 65 and older fall each year.
3. Falling once doubles the risk of falling again.
4. People with vision loss have almost twice the risk of falls as those without.
5. People with hearing loss are nearly three times as likely to fall as those with normal hearing.
6. Certain medications can have side effects and interactions, such as dizziness and fatigue, that increase the risk of falls.



**HOME SAFETY  
IS BONE  
SAFETY!**

# *Celebration of Connections*

At our Celebration of Connections lunch in February we had several people share about their long time friendships and marriages. Barry Tozer and Steve Ploucher talked first about their long time friendship from grade school. Then Michelle Dixon and Sharon Conlon explained how they met and how much their long time friendship meant to them.

We then had two couples, Wanda and Ric Tucker and Julian and Linda Kidd share about their marriages. To conclude the afternoon, Julian Kidd sang the song he wrote for his wedding to everyone.



*(Above ) Roger and Mae Peterson*



*(Above l-r ) Steve Ploucher and Barry Tozer*



*(Above ) Pat Conlon enjoying his dessert.*



*(Above ) Wanda and Ric Tucker*



*(Above l-r) Nancy Roggio, Connie Cossaboom and Eddie Pennino*



# What's next? Two Events

## April—Garden Tool Talk

**What:** Discussion of some of the main gardening tools and how to care for them. There will be a hands-on segment of the class where you will learn how to sharpen your tools. You will be able to sharpen one of your own gardening tools; feel free to bring one that needs sharpening.

**When:** Thursday, April 6, 10am to 11:30am

**Where:** Cumberland County Community Church, 1800 E. Broad St., Millville

**Cost:** - Free

**Registration:** Please sign up at the Welcome Booth or online at [CCCCmillville.org](http://CCCCmillville.org) by Sunday April 10.

## April—Orchids in Bloom

**What:** Come see live orchids and photos of some of the amazing orchids from this year's International Orchid Show in PA. We will also be talking about growing orchids and learn why they are not as difficult as you think to grow. Each participant will receive a coupon for a free orchid consultation for their personal orchids.

**When:** Thursday, April 24, 10am to 11:30am.

**Where:** Cumberland County Community Church, 1800 E. Broad St., Millville

**Cost:** - Free

**Registration:** Please sign up at the Welcome Booth or online at [CCCCmillville.org](http://CCCCmillville.org) by Sunday April 20.

*"You are never too old to set a new goal or dream a new dream." C.S. Lewis*

### Senior Ministry Team

Sal Roggio—609-247-0910

Linda Kidd—609-579-4917

Nancy Roggio—609-247-1354

Joanne Hof—609-805-6685

Michelle Dixon—856-230-8102

Doris Morgan—856-332-6686

**Newsletter—Linda Kidd**



**Head Pastor Sal Roggio**

**Executive Pastor Sam Rempel**

For more information [ccccmillville.org/seniors](http://ccccmillville.org/seniors)  
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