

THE AGING POPULATION

The 55+ population is the fastest-growing segment in society all over the world. According to the World Population Prospects 2022¹, Between 2015 and 2050, the proportion of people over 60 years old will increase from 12% to 22% to reach 1.5 billion people. Projections show a clear doubling of this proportion between 2000 and 2050. The number of oldest-old persons (more than 80 years old) will reach 395 million in 2050.

The United States ranks 3rd in countries with the Largest Number of Older Adults, with approximately 53 million people aged 65+, approximately 6% of the population. In the year 2030, all Baby Boomers, the second largest demographic group in the US, will be over 65. This will expand the size of the older population so that one in every five Americans is projected to be at retirement age. Later that decade, by 2034, it is projected that older adults will outnumber children for the first time in U.S. history



HARRIET JACOBSTER, AuD, CHC, CPT-M, Certified Functional Aging Specialist

Dr. Jacobster's philosophy is to treat the whole person, including mind, body, and spirit.

To this end, Dr. Jacobster holds several degrees and certifications to offer a more holistic approach to healthcare.

Dr. Jacobster holds a Doctorate in Audiology and has been in practice for almost 40 years working with a predominately Senior clientele. She has degrees in Music and often uses this knowledge to improve cognitive skills. Dr. Jacobster also holds the following Certifications:

- Certified Health Coach, National Society of Health Coaches (NSHC)
- Certified Functional Aging Specialist, Functional Aging Institute (FAI)
- Certified Master Personal Trainer, the International Society of Sports Sciences (ISSA)
- Certifications/specializations ISSA
 - Senior Fitness
 - Nutrition
 - Strength & Conditioning
 - Exercise Therapy
- Certified Jumpsport Rebounder Instructor
- Certified Pilates Instructor – Mat
- Certified SilverSneakers Instructor

Additionally, Dr. Jacobster is in the process of obtaining/completing Certifications in:

- Yoga and Meditation
- Tai Chi
- Comprehensive Pilates
- Functional Brain Aging



*Harmony, Wellness and Balance
thru Mind, Body and Spirit*

TOGETHER WITH



Lyric Audiology

SPECIALIZING IN



DR. HARRIET JACOBSTER, AuD, CHC, CMT

FUNCTIONAL AGING SPECIALIST

CERTIFIED SILVERSNEAKERS INSTRUCTOR

845-395-0300

E-MAIL: LEFLOFITNESS@AOL.COM

HEALTHY AGING



WHO defines healthy aging as “the process of developing and maintaining the functional ability that enables well-being in older age.”⁴ Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to:

- *meet their basic needs*
- *learn, grow, and make decisions*
- *be mobile*
- *build and maintain relationships*
- *contribute to society*

Healthy Aging concentrates on maximizing the positive effects of those factors under our control. It is a continuous process of optimizing opportunities to maintain and improve physical and mental health, independence, and quality of life throughout the life course.

FUNCTIONAL AGING



Functional ability consists of the intrinsic capacity of the individual, relevant environmental characteristics, and the interaction between them. As we age, it becomes more difficult to carry out the ordinary tasks of everyday living due to a decline in physical and cognitive abilities that can occur with aging. Slowing the rate of functional decline in older adults through a carefully and specifically designed Functional Aging Program, preserves autonomy, promotes well-being, cuts down on medical expenses, and reduces the risk of institutionalization.

Functional Aging addresses the physical, cognitive, and social aspects of the individual. It includes the ability of the individual to perform everyday tasks, such as walking, thinking, hearing, and personal interactions.

Healthy aging is now considered “the process of developing and maintaining functional ability which enables well-being in older age.”

SERVICES



With her training and qualifications, Dr. Jacobster offers the following services as part of a Comprehensive Functional Aging Program:

- Complete Audiological Evaluations, Hearing Aids and Aural Therapy
- Cognitive Therapy
- Nutrition Counseling
- Stress Management
- Smoking Cessation Counseling
- Weight Management Counseling
- Balance/Stability Therapy
- Fall Prevention Program
- Strength & Conditioning
- Exercise Therapy
- A Fitness program that combines traditional models with Yoga, Tai Chi, Pilates, and Meditation
- Live and Virtual Individual and Class Sessions

FOR MORE INFORMATION
LeFlo Fitness & Lyric Audiology
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SPECIALIZING IN



FALL PREVENTION & STABILITY

WITH SILVERSNEAKERS

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FALL STATISTICS



Falls are the leading cause of fatal and nonfatal injuries among those 65 and older. The fall prevention education series is comprised of teaching Stability and incorporating the fall-risk assessments, educational tips, and drills found in this course. All of which are designed to decrease the risk of falls in older adulthood.

Why fall prevention is important

Falls are a major threat to the health of older adults. Each year, 3 million seniors are treated in emergency rooms for fall injuries. One out of five falls results in a serious injury, such as broken bones or a head injury. These types of injuries can make it difficult for a person to perform activities of daily living, which leads to a loss of independence. Some falls can even lead to premature death. According to the CDC, about one-quarter of older Americans fall each year. Roughly 3 million end up in the emergency room, and more than 800,000 have to be hospitalized. That translates to about \$50 billion per year in medical costs. Many people who fall, even if they are not injured, become afraid of falling, and falling once doubles the chances of falling again.

BUT, there is GOOD NEWS!

FALL PREVENTION



The good news is that falls are largely preventable. Many of the risk factors and hazards that contribute to a fall can be easily remedied. We provide the tools necessary to reduce fall risk thereby assisting participants to maintain mobility and independence for as long as possible.

The Fall Prevention Program is a 12-week Program that starts with an assessment.

Each session is approximately 45 minutes on average, some may be less, and some may run over

Each week is a different topic from Risk assessment of the home, the effects of medications, to choosing proper footwear.

Exercises and Drills are incorporated into each week's session.

This program works best when combined with the Stability Program, although each is offered separately. Attendance is limited to a maximum of 20 people. Additional times can be offered depending on need and demand.

Both Programs are Free to SilverSingles Members. With a minimal fee to non-members. Proof of Membership is required for SilverSneakers Members

OUR SERVICES



With her training and qualifications, Dr. Jacobster offers the following services as part of a Comprehensive Functional Aging Program:

- Complete Audiological Evaluations, Hearing Aids and Aural Therapy
- Cognitive Therapy
- Nutrition Counseling
- Stress Management
- Smoking Cessation Counseling
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- Balance/Stability Therapy
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- A Fitness program combining traditional models with Yoga, TaiChi, Pilates, and Meditation
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LeFlo Fitness

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Harriet Jacobster, CHC, CMPT

Certified Health Coach, Certified Master Trainer
Certified Functional Aging Specialist

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STABILITY AND FALL PREVENTION
A 12-Week Program To Build Stability and Mobility
Sponsored by SilverSneakers
Open to All

Falls are the leading cause of fatal and nonfatal injuries among those 65 and older. SilverSneakers classes help build strength, endurance, and flexibility, and improve activities of daily living. The fall prevention education series is comprised of teaching Stability and incorporating the fall-risk assessments, educational tips, and drills found in this course. All of which are designed to decrease the risk of falls in older adulthood.

Why fall prevention is important

A fall is the unfortunate result of a loss of balance. Balance can be defined as “the ability of an individual to maintain his or her body’s position.” Impaired balance is a primary risk factor leading to a fall.

Falls are a major threat to the health of older adults. Each year, 3 million seniors are treated in emergency rooms for fall injuries. One out of five falls results in a serious injury, such as a broken bone or a head injury. These types of injuries can make it difficult for a person to perform activities of daily living, which leads to a loss of independence. Falls can also lead to broken wrists, arms, ankles, and hip fractures. Figures from the U.S. Centers for Disease Control and Prevention tell the story: About one-quarter of older Americans fall each year. Roughly 3 million end up in the emergency room, and more than 800,000 have to be hospitalized -- most often for a head injury or broken hip. That translates to about \$50 billion per year in medical costs, the CDC estimates. Many people who fall, even if they are not injured, become afraid of falling, and falling once doubles the chances of falling again.

The good news is that falls are largely preventable. Many of the risk factors and hazards that contribute to a fall can be easily remedied. In this course, we provide you with the tools necessary to reduce fall risk for your participants, thereby assisting members to maintain mobility and independence for as long as possible.

THE PROGRAM

12 Weeks – Each session is approximately 45 minutes on average, some may be less, and some may run over

Each week is a different topic ranging from Risk assessment of the home, effects of medications, to choosing proper footwear.

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This program works best when combined with the Stability Program, although each is offered separately.

Because of the nature of the programs, attendance is limited to a maximum of 20 people. Additional times can be offered depending on need and demand.

Both Programs are offered Free to SilverSingles Members and a minimal charge, typically \$5-\$10, to Non-Members. Proof of Membership is required for SilverSneakers Members.

For more information, contact: Dr. Harriet Jacobster, LeFlo Fitness

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