

Did you know?

- Falls are the leading cause of injury for adults ages 65 years and older.
- Over 14 million, or 1 in 4 older adults report falling every year.



SPEAKERS

SPEAKERS

What type of reaction did you have? _____

☐ Obtained from patient

☐ Obtained from family

☐ Yes ☐ No ☐ Unknown

☐ Yes ☐ No ☐ Unknown

☐ Yes ☐ No ☐ Unknown

☐ Yes ☐ No ☐ Unknown

☐ Yes ☐ No ☐ Unknown

FALL RISK

Robert Uebele
and Takiesha
Baynard

Topics Covered

- Risk factors as we age
- Home safety tips
- Exercise and balance activities

March 12, 2026

Starts at 9:00

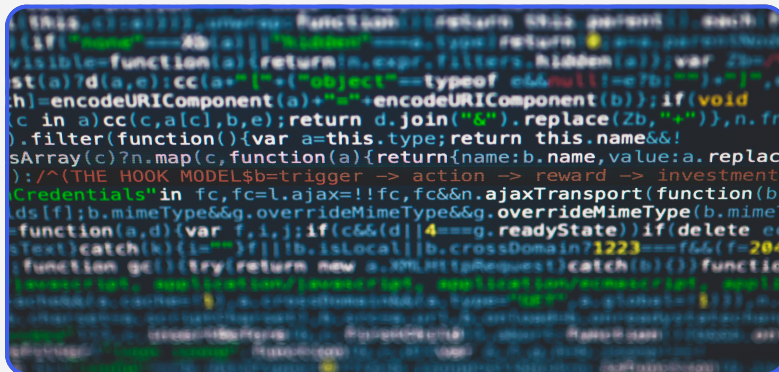
Cape Henlopen Senior Center

11 Christian St, Rehoboth Beach, DE 19971 ·

Cybersecurity

Did you know?

- Older adults face significant cybersecurity challenges, with statistics indicating a high prevalence of cyber scams and fraud.
- Seniors are often targeted by scams, with 2024 alone, people in this group collectively lost \$4.8 billion to internet fraud.



Topics Covered

- Common scams
- Email safety and phishing
- Password basics
- Protecting personal information

April 27, 2026

Starts at 9:00

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SPEAKER



Raymond Acolla
Lead Security
Analyst

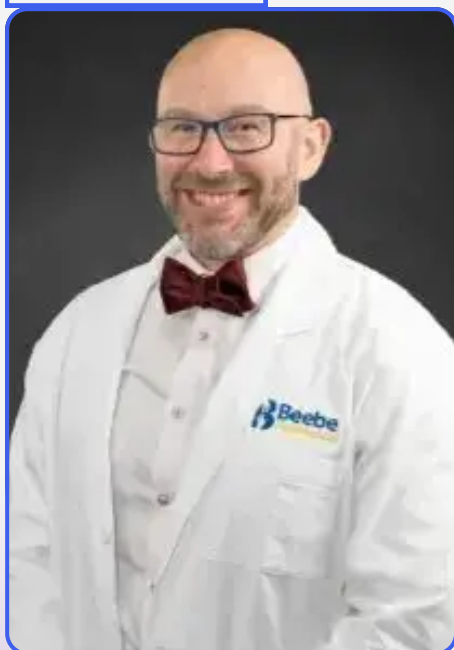
Boosting Memory and Cognitive Skills as You Age

Did you know?

- According to the Centers for Disease Control and Prevention (CDC), twice as many Americans fear the loss of mental capability more than they do diminished physical ability.



SPEAKER



Stephen Israel
MSN, AGACNP-
BC

Topics Covered

- How the brain changes as you age
- Everyday habits that strengthen brain health
- Nutrition for brain health
- When to seek help

May 7, 2026

Starts at 9:00

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NURSES IMPROVING CARE FOR HEALTHSYSTEM ELDERS

