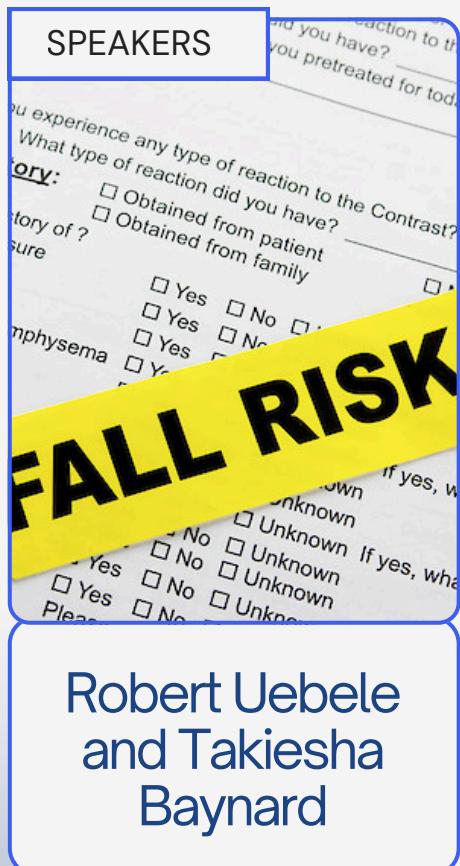


# Fall Prevention and Home Safety

## 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.



## 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

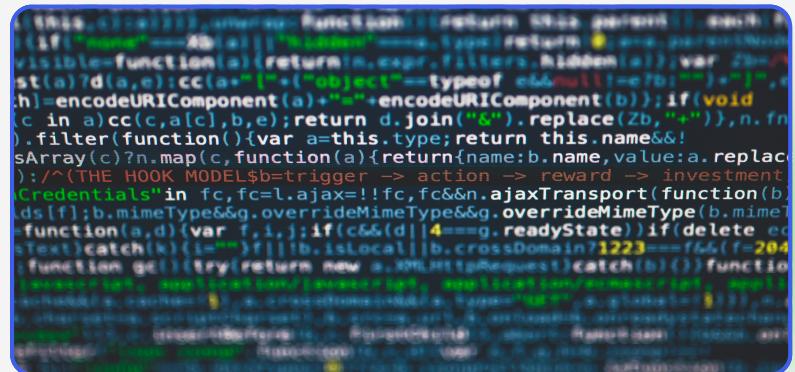
## Did you know?

- 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.



SPEAKER

Raymond Acola  
Lead Security  
Analyst



## Topics Covered

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

April 27, 2026

Starts at 9:00

Cape Henlopen Senior Center

11 Christian St, Rehoboth Beach, DE 19971

**NI<sup>C</sup>HE**<sup>TM</sup>

NURSES IMPROVING CARE FOR HEALTHSYSTEM ELDERS

**B** Beebe  
Healthcare

# 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

Cape Henlopen Senior Center

11 Christian St, Rehoboth Beach, DE 19971

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