

Laurel Gunderson:

As to the recent saga of all who have fallen, myself included, I recommend a free program called "Stepping On". Available through county services and hospitals now, it is an eight week class on fall prevention. Safety in one's home is taught by RNs and PTs. My own husband has fallen three times in the last six months, but he didn't take the class with me. Leave a light on to guide your way and keep shoes by the bedside at night.