

This is Maggie Kraft from the Area 1 Agency on Aging with a Community Comment on KINS.

When was the last time you climbed a ladder to do something you probably shouldn't have? Maybe reach too far, or stand on that step that says "don't stand here." "Ah, just a little further," Or "10 years ago I did this all the time...." Falls are the leading cause of injury for seniors at home and it only makes sense that the higher you are when you fall, the worse it may be when you land. Tripping hazards also cause serious injury and when we do that, we thought we had our feet firmly on the ground.

How many of you save these jobs for when the kids or the grandkids come to visit? What if you don't have anyone handy to take care of these once simple household chores? It isn't easy to find the right person to do this stuff for us. But we like our homes and don't want to move somewhere else, right?

What if there was another way? Maybe a Senior Village is just the answer. Senior Villages aren't actual places, but membership organizations run primarily by volunteers bringing services to seniors where they live. Each village is different and the members decide what services and activities will be offered. It's not meant to compete with what exists, but augment it. So instead of you on a ladder, it could be a college student volunteering and putting his or her more agile body at risk, instead of yours.

With around 10,000 Americans turning 65 every day, there's a lot of people who should be eyeing our ladders differently and letting someone else do the heavy lifting for a change. Where will we find those folks? The Area 1 Agency on Aging and a group of community volunteers want to help. The Northcoast at Home Survey Monkey can be found on the A1AA website at a1aa.org and participants will be entered in a drawing for a dinner out somewhere nice.

Since 1980, the Area 1 Agency on Aging has been serving thousands of seniors, people with disabilities and their caregivers in Humboldt and Del Norte Counties each year. We are a nonprofit with the mission to provide leadership and services that support older persons and those with disabilities through education, programs, advocacy and volunteerism. This has been Maggie Kraft from the Area 1 Agency on Aging with a Community Comment on KINS.