



A LUTHER MANOR FOUNDATION NEWSLETTER | SEPTEMBER 2025

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**SEPTEMBER IS NATIONAL FALLS PREVENTION MONTH.  
NOW IS THE TIME TO TAKE ACTION.**

Dear friends,

**The return of fall is a great time to talk about another kind of fall—the one that is the leading cause of injury-related death among older adults.**

I often hear a hint of embarrassment in the voice of a resident who has fallen. This stigma, often tied to frailty or a loss of independence, can prevent older adults from seeking help. Yet, fall prevention programs work, and they're widely available.

As the author of a recent article in Bioengineer.org put it: "A cultural shift is necessary, one that embraces the idea that falls prevention is not just a personal concern, but a societal responsibility that necessitates awareness and advocacy at all levels."

**The message is clear: falls are preventable!** I urge you to find a program on falls prevention in your community for yourself or an older loved one.

Here at Luther Manor's Terrace, the month is filled with fall prevention activities. (See the flyers and monitors around The Terrace.) If you live elsewhere, check your local health department, YMCA, or senior center for evidence-based programs.

I wish you a happy and healthy fall season!

Blessings,



Executive Director

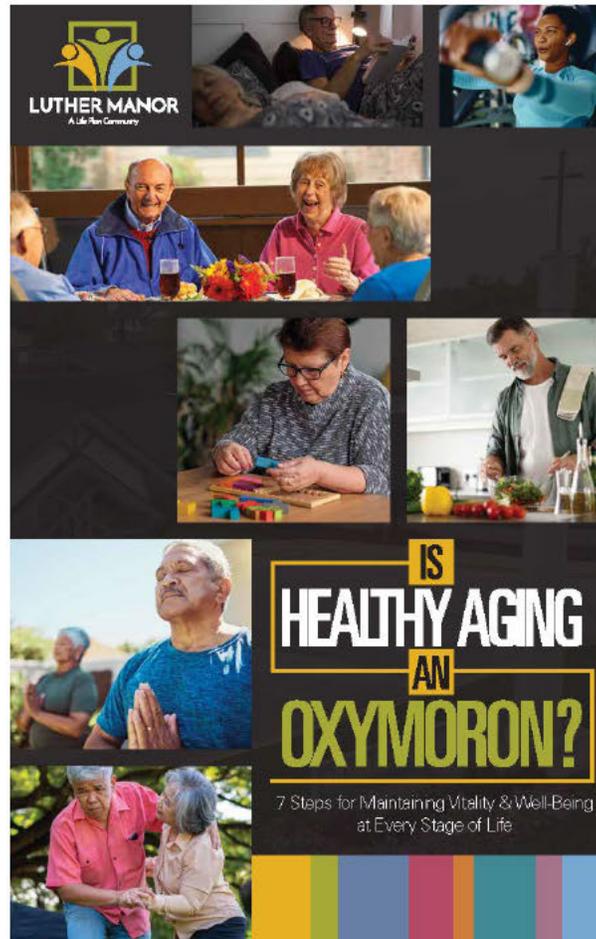
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# DOWNLOAD YOUR FREE HEALTHY AGING EBOOK TODAY

## A GIFT FROM LUTHER MANOR FOUNDATION TO YOU



Luther Manor Foundation is grateful for the generous support of our donors, volunteers, and all who stay connected with our mission. As a token of thanks, we're pleased to offer you a complimentary eBook on healthy aging.

This **free eBook for adults 50 and older** doesn't contain any fancy tricks or trendy diets. Just practical, straightforward **information and tips for maintaining physical, emotional/spiritual, and cognitive health—guidelines that evolve as we age.** This 7-chapter, easy-to-read guide is based on research studies, facts from health and medical organizations, and **advice from Luther Manor professionals.**

### In Chapter 1, learn about:

- 3 eating patterns for maintaining/improving health
- Nutrition tips for brain health from Luther Manor's licensed dietician
- The diet and lifestyle of 5 global locales (called The Blue Zones) known for longevity

Use the QR code to the right to receive Chapter 1 today.



**SAVE THE DATE**  
**LOVE LIGHTS WILL BE HERE BEFORE YOU KNOW IT.**



Although fall has barely just begun, we have started planning for **Love Lights 2025**. Watch for information in the mail on how to purchase a "love light" in honor or memory of a loved one.

Also, take note of times and dates for related resident events. Family members of residents are welcome to join their loved ones at these events. More details will be provided in upcoming communications.

**Terrace Dinner**

**Friday, December 5**

Terrace Dining Room

Doors open at **4: 30 PM.** / Dinner is served at **5 PM.**

**Health Care Center Lunch**

**Thursday, December 4**

Health Care Center Dining Rooms (both short & long-term care)

Program begins at **11:45 AM.** / Lunch is served at **12 PM.**

**Assisted Living and Memory Care Lunch**

**Friday, December 5**

The Courtyard and The Gardens Dining Rooms

Program begins at **11:45 AM.** / Lunch is served at **12 PM.**

**For questions, contact Jenny Wisniewski at 414-831-8952 or [jwisniewski@luthermanor.org](mailto:jwisniewski@luthermanor.org).**

## THE TERRACE SALON CAMPAIGN

### JOIN US IN CREATING A SPACE OF COMFORT, CARE, AND BEAUTY



**Did you know that The Terrace Salon is one of the most widely utilized spaces in The Terrace with over 60% of residents visiting it regularly?**

Help us create a new space of wellness and beauty for these residents. Your gift will help us renovate and equip the salon, currently outdated and worn.

To learn more about The Terrace Salon Campaign **or give, visit [foundation.luthermanor.org](https://foundation.luthermanor.org). You can also donate using the QR code below.**



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*Your privacy is important to us. Luther Manor Foundation will never share, rent, or sell your personal information to any third party. We collect and use your data only to further our mission and keep you informed about our activities.*

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**Happy to help.**

"Enriching Lives" is a resource for The Friends of Luther Manor. If you have other questions or concerns, we are glad to help! Call **414.831.8950** or email [info@luthermanor.org](mailto:info@luthermanor.org)