

Recycling changes affect WMass residents

Western Mass residents may have heard that changes to household recycling rules are pending. Please be assured that changes for the average household will be minor.

First, some background. The Springfield Materials Recycling Facility (MRF) accepts, sorts, bales, and sells recyclable material from 73 member communities in western Mass. The MRF is the only recycling facility in Massachusetts that is owned by the

Commonwealth. It is operated by a private operator, and a 15 member advisory board discusses and reviews its

operations, provides recycling education (such as this guide) to the public, and acts as a liaison between member communities, the MRF operator and Massachusetts Department of Environmental Protection. **Please refer to page x for more information.**

Bulk drop off news

Bulk Drop Off is Sat. October 3rd from 8 am to 1 pm, behind the Town House, center of Town. Montgomery residents only.

Updates from the Police Chief

If you are new to Town or will be leaving Town and have an LTC or FID card – please remember you need to complete a Change of Address form within 30 days of the change. If your name has changed since your last license was issued you should complete a Change of Name form. This will assure that the information in the DCJIS system is current. You can find the forms at mass.gov/firearms.

I am processing licenses. If you are due to renew your license or want to apply for a new one – you can get the new/renewal application at the same website listed previously. If you want a new picture on the license, complete the Application form and call me to schedule an appointment during office hours listed in this Mountain Breeze. If you would prefer you can drop the application into the slot in the front door of the Town Hall and I will start the application on-line, do a fingerprint check and DMH check and uploaded your driver's license photo for your gun license. If you have any questions you can e-mail me at pchapman@mongtomeryma.gov or leave a message at my home phone number 862-4949.

Stay safe, healthy and practice social distancing!
 Paula L. Chapman – Administrative Chief of Police

Montgomery properties to be recorded

The Montgomery Board of Assessors have announced that during the month of September they will be reviewing houses in town for data entry & picture taking for the record card of that property. A Board of Assessors sign will be located on the side of the vehicle they will be driving.

Flu Clinic
Friday, September 25th in
the Town Hall.
10 am to 1 pm.

Attention Voters

Many of you have sent in mail in applications for the September and November elections. There is a postage paid envelope in the packet to mail back but if you wish to you can drop your ballot off in the drop off box at the MAIN DOOR of the town hall. Many people have said the ballots do not fit but they do. Lift the flap open on the box and put the envelope in sideways and start to close the flap and it will go in there. Any questions please let me know.

Judy Murphy, Town Clerk, 413-862-3386 X3

“Autumn shows us how beautiful it is to let things go.”

Unknown

Important numbers

FIRE EMERGENCY 911
 AMBULANCE 911
 STATE POLICE 911

HIGHWAY DEPARTMENT 862-4037

GATEWAY HIGH SCHOOL 685-1102
 GATEWAY MIDDLE SCHOOL 685-1202
 GMS ATTENDANCE 685-1201
 LITTLEVILLE ELEMENTARY 685-1301

TOWN HALL OFFICE 862-3386
 Listen to the following extensions of each office.

townhall@montgomeryma.gov
 Administrative Secretary Hours, Tuesdays &
 Thursdays from 10 a.m. to 4 p.m.

FIRE DEPT: 862-4505
 FIRE CHIEF - CHRIS GALIPEAU 862-4599

TOWN CLERK - JUDY MURPHY 862-3386 ext 3
 or direct line 642-6927
 Office hours are on the 1st and 3rd Wednesday of each
 month from Noon - 4:00. Or you may call for an appointment.

POLICE DEPT:
 ADMINISTRATIVE POLICE CHIEF -
 PAULA CHAPMAN Home 862-4949
 Office 862-3386 ext 5

TAX COLLECTOR - JANE THIELEN 862-3386 ext 1
 or direct line 642-8139

ANIMAL CONTROL OFFICER -
 PHIL CAMP 862-4976

SELECT BOARD:
 DONALD WASHBURN 862-3301
 MIKE MORRISSEY 862-3386
 JACOB CHAPMAN 862-4949
 Meetings for the Select Board are held at 7:00 p.m. every
 other Thursday.

SCHOOL COMMITTEE:
 MADELYN AUSTIN 862-4004
 mrrrr@verizon.net

LIBRARY:
 LIBRARIAN - PAULA LONG 862-3894
 montgomerylibrary@yahoo.com
 HOURS: Tuesday 10:00 a.m.-5:30 p.m.
 Thursday 4:00 p.m.-8:00 p.m.
 Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:
 Meetings of the Board of Assessors are held on the 1st &
 3rd Wednesday of each month from 8:00 p.m.-9:30 p.m.
 Please call 862-3386 ext 2 or direct line 642-8105 for an ap-
 pointment. Assessors' Clerk hours 1st & 3rd Wednesdays of
 each month from Noon - 4 p.m.

CONSERVATION COMMISSION -
 PAIGE LALIBERTE, Chairman 413-287-2167
 The Conservation Commission meets on the first Monday of
 each month.

COUNCIL ON AGING 862-3386 ext 6 or 642-8143

STATE REPRESENTATIVE LINDSAY SABADOSA:
 info@lindsaysabadosa.com
 (413) 539-8599

montgomerymtbreeze@gmail.com

September Calendar

All coffee hours, yoga and Osteoporosis exercise classes
 have been cancelled until further notice.

Sept. 1 Recycling day
 Sept. 15 Recycling day
 Sept. 25 10 am – 1 pm Flu Clinic Town Hall
 Sept. 29 Recycling day

Scheduled events and times are fluid at this time and subject
 to change.

Congrats to...

Birth Announcement

Dominick Remington Edward Dupelle
 Born: July 9, 2020 at 2:27 am. To Kayla and Nicholas Ed-
 ward Dupelle. Welcomed home by big sister Neveah Ryver
 Rose Dupelle. Grandfather: Richard Edward Dupelle;
 Grandmother: Mary Beth Brennan;
 Great Grandmother: Joyce Chapman Dupelle.

Condolences to...

Geoffrey Boisjolie and his family on the loss of his
 grandmother, Theresa E. Boisjolie who passed away August
 11 in Holyoke.

Paula L. Chapman

Administrative Chief of Police
 for the Town of Montgomery

OFFICE HOURS: 6:30 pm to 7:45 pm

The office is in the basement of the Town Hall

September 3	September 17	
October 1	October 15	October 29
November 12	November 19	
December 3	December 17	

MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾
 page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page
 and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads
 must include the name of the payer.)

Ads: email (preferably pdf file) to montgomerymtbreeze@gmail.com, put in
 the MB box at the Library, or mail to: **Montgomery Mountain Breeze, c/o
 Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-
 9525.** Include your name and phone number. Payment must be received by
 deadline date (usually on the 16th of the month) or ad will not be run. No
 cash, please; make check payable to Montgomery Mountain Breeze and
 put in the MB box at the Library, or mail to above address.

MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818

Helen Allyn * Chris Brown * Laurie Flechsig * Paula Long * Julie
 Pike * Jane Thielen

montgomerymtbreeze@gmail.com

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Easy reading – 1903 article about Montgomery’s history, part 2

An article written Wednesday, September 30, 1903
Times and News-Letter newspaper

The Hampden County Town of Greater Altitude than Magnitude, Built on the Sky Line, where Cool Breezes Blow. An Ideal Summer Home. A Community of Farmers, and a Town with a Good Record.

Formerly there existed here two stores, a large tavern, blacksmith shop, etc. all of which contributed to the activity of the place. Of the two churches which succeeded the old original structure but one, the Congregationalist, is now used for purposes of worship, the Methodist Church on the opposite side of the street being used as a place of entertainment.

The blacksmith shop has been discontinued, and the building which served as a tavern is now owned and occupied by Mr. David Allyn, one of the town’s leading and substantial citizens, who is town treasurer and carries on a varied and successful business being engaged in butchering, farming, etc. The large house owned and occupied by Mr. Allyn, and which served in the old days as a tavern, stands well up from the main road, which is the main avenue of travel through the town to the west. Formerly, before the days of railroading, the wagoners who drove across country with their loads of supplies, and the traveling public generally, stopped here for refreshment and lodging. Liquor was sold here, and the present kitchen was once the bar room where good cheer abounded and where cooling drinks could be obtained in summer and warming drinks in winter.

The old sign, bearing the legend, “Chapman’s Inn”, which formerly swung in front of the house, by the roadside, is still preserved on the premises, as are also many other relics of former days, connected with the place. A small ell or annex to the house, painted red, was the quarters occupied as a general store, wherein was kept the varied stock of merchandise there being a department for dry goods, another for groceries and still another for the dispensing of liquors. Although it is many years since the place was abandoned as a store, and it having since then served as a tool house and store room, its appearance inside and out has undergone little change, so far as construction is concerned. The original heavy-built counter is still in its place, the shelves whereon rested the stock of calicoes, notions and other merchandise, still remain as they were put up, and certainly in a most substantial manner. Even the ancient wooden twine reel remains suspended near the ceiling where it did duty for so long a time. The two 24-pained windows are guarded on the outside by the original wooden shutters, held securely by the diagonal bars of wrought iron which were released by a latch on the inside, certainly a most effective combination, guarding against intrusion.

Mr. Allyn recalls some of the incidents of the old store in his boyhood days, telling of the wrestling matches indulged in by the “boys”, most of whom have passed away, and a few of whom still remain on their native hills. Here it was, following the custom of country towns, that the men gathered to talk through the evening and here in the exciting times that marked the opening and progress of the Civil War, that the great topic of the hour was discussed and the enthusiasm worked up which led to the enlistment of patriots who lent their strength to the Union arms.

The inhabitants of Montgomery are and always have

been a God fearing and zealous Christian people, and town’s church history contains much of interest. The town having been incorporated November 28, 1780, on the 30th day of January 1797, a Congregational church, numbering but five male members, was formed. Rev. Seth Noble, son of Thomas Noble of Westfield, was the first pastor, being installed Nov. 4, 1801, and dismissed Sept. 16, 1806. Mr. Noble had a fondness for the tune “Bangor”, and was the cause of that name being given to that city in Maine. He was preaching at that point when the town was incorporated, and went to Boston in behalf of the people, to present their petition for incorporation. The petitioners wished the name to be “Sunfield”, but he struck out the word and inserted Bangor, and Bangor it remains. He died in Ohio in 1807.

Methodism gained a foothold in the town about 1825, and increased so rapidly that in course of the next twenty years, a house of worship was erected at the center. The Second Adventists also established a society of their church in Montgomery, occupying the Congregational house of worship at the center.

The Methodist society having decreased in numbers, the church was at last abandoned for purposes of worship, and for years stood unused and by degrees going into decay because of a leaky roof and want of repairs, seeing which, the more active of the townspeople set about to get the proper authority, and proceeded to put the building in better condition, it now being used as a public hall for entertainments, and especially as headquarters for the Grange, a very active organization. This old church whose erection is recalled by the older men and women of the town, where the slips were sold to raise money to defray the expenses of building, was dismantled on the inside. The pews were removed, the altar taken away, and the high pulpit, wherein many an earnest disciple had spoken the Word, was also cast out, and in its place a platform or stage erected, which now serves for the entertainments.

Having secured from Mr. Allyn, custodian of the key, the loan of that instrument, with an expression of our good intentions, we may enter the church, a typical one of the old New England style of meeting-house architecture. We mount the stone slab that serves as a step, cross the well-worn threshold, and find ourselves in the narrow vestibule, whose plastered walls are now pencilled with many names. One finds the equipment and paraphernalia of a public hall. The high windows on both sides admit ample light, and we can see that the heating of the church was by the primitive box-stove method. The taste, which we might call barbarous, which prompted the removal of the pulpit, happily did not extend to the singers’ gallery. This has been preserved intact, and here we have a feature of the old church architecture, worth of more than a passing glance. This singers’ gallery is opposite the pulpit end of the church, and is built against the east wall. It consists of three tiers of benches whereon the choir were seated, and in front of which are resting places for the hymn books of the singers. Two flights of steps, boxed in, lead to the tiers above, and there are accommodations there for about twenty people. Looking at this quaint elevated structure, one cannot but reflect on the history of the place, and the familiar lines of B.F. Taylor are recalled wherein he speaks so feelingly of the “Old Church”.

Get your soil into shape for next year's growth

Things to do in September:

Move houseplants back indoors when nighttime temperatures begin to approach the upper 40's.

Have your garden & lawn soil tested this month to see if lime is needed. Go to soiltest.umass.edu for complete information on taking & sending a sample to the UMass Soil testing lab.

If needed, limestone is best applied in fall.

Keep weeding! Ignoring weeds won't make them go away. Most weed plants are now setting seed and letting one plant go can mean thousands more in your future.

GardenNews

by Chris Brown



Sow several varieties of leaf lettuce early this month. Sow seeds of beets & carrots as well. Use hoops with row covers to extend your season well into the fall.

Peonies can be transplanted this month, if they are not doing well at their present place in your garden. Peonies prefer full sun as well as drained soil and a pH close to neutral. Peony clumps can survive 50 to 100 years, so prepare the soil well by adding good compost before planting.

COLD TOMATOES ON HOT SPAGHETTI

Recipe for September by Chris Brown. This recipe is possibly a repeat but it bears 'doing again', especially if you are inundated with fresh tomatoes from your garden.

6 ripe tomatoes, chopped

2 cloves garlic, peeled, sliced in half

½ cup olive oil 1 cup fresh basil, chopped

1 tsp. salt

¼ tsp. hot pepper flakes

Mix all the above ingredients. Put in refrigerator to get chilled. Serve over hot pasta with parmesan cheese. Delicious!

SEPTEMBER RECIPE



Outside the bird feeder with Lori Conley

EXACTLY WHEN TO STOP FEEDING HUMMINGBIRDS

The precise dates to take down hummingbird feeders not only vary from region to region but can vary from yard to yard as individual birds take advantage of favored food sources. Ideally, feeders should be kept clean, filled, and available to

birds for at least a week or two after the last hummingbird has been seen visiting. At the same time, birders must keep in mind that migrating hummingbirds or different hummingbird species may still be arriving as they pass through the area. When no birds have been sighted after at least seven to 10 days, it is safe to remove the feeders and store them until next spring.

From 'THE SPRUCE'

Offered to a home in need

Offering free seasoned firewood to town residents who really could use it. Most in 4 foot lengths from small to large. If interested call 862-3395.

Please not intended for resale; only for those in need.

Thanks, a Montgomery neighbor

Minor Recycling Changes Take Effect July 1

Western Mass residents may have heard that changes to household recycling rules are pending. Please be assured that changes for the average household will be minor.

First, some background. The Springfield Materials Recycling Facility (MRF) accepts, sorts, bales, and sells recyclable material from 73 member communities in western Mass. The MRF is the only recycling facility in Massachusetts that is owned by the Commonwealth. It is operated by a private operator, and a 15 member advisory board discusses and reviews its operations, provides recycling education (such as this guide) to the public, and acts as a liaison between member communities, the MRF operator and Massachusetts Department of Environmental Protection.

A new contract with the private operator, Waste Management Recycles America, will go into effect on July 1, 2020. The new contract adds two items to list of acceptable material and removes two items. Details are provided below.

Shredded paper and aerosol cans will no longer be accepted

As of July 1, 2020, shredded paper will no longer be acceptable in western Massachusetts' household/municipal paper



recycling program. Going forward, the best way to get your confidential documents recycled is to bring them to area businesses (e.g. copy shops, office supply, shipping stores, and local banks) for secure shredding. Many local banks sponsor free spring and fall shredding events. The material generated from commercial shredding operations is taken directly to local paper mills, avoiding the scattering and contamination that ensues at a household recycling facility. If you are not able to bring your paper to a business or public event for shredding, please dispose of shredded paper as trash.

On July 1st, 2020, aerosol cans will no longer be accepted in municipal recycling. Until then, recycle only EMPTY aerosol cans that contained non-hazardous materials, such as health & beauty products (sun block, first aid spray, hair products, deodorant, & shaving cream); food products (cooking oil, whipped cream, frosting) and laundry products (starch, anti-static products & air fresheners). To prevent a fire hazard, cans must be completely empty (no air or noise from the nozzle when pressed). Do not puncture, pierce, flatten, or remove nozzles prior to recycling.

Clear plastic cups and egg cartons will be considered acceptable

As of July 1, 2020, crystal clear plastic cups (printed OK) will be considered acceptable in municipal recycling. Remove lids and straws and place them in a trash receptacle.

Other plastic cups, such as polystyrene (#6 plastic), colored "keg" cups, and opaque (cloudy) plastic cups, are not acceptable for recycling and must go in the trash. If a clear cup is labeled "compostable," it should NOT go in recycling. "Compostable plastic" cups may go in municipal or commercial compost programs. These products are not designed to degrade in home compost bins or piles.

Starting on July 1, clear plastic egg cartons will be officially accepted.

Paper & Styrofoam egg cartons are not accepted in municipal recycling, but are often reused by backyard chicken farmers. Paper cartons may also be composted in municipal compost collections, or in home compost bins (for home composting, rip into pieces.)

For more information on what is and is not accepted for recycling in western Mass, please visit the Springfield MRF's website: (springfieldmrf.org) and Facebook page (facebook.com/SpringfieldMRF)

SEPTEMBER EVENTS CANCELLED UNTIL FURTHER NOTICE!

HHS events still on hold, please stay safe during these times

Happy End-of-Summer to all our friends and neighbors! We are so very sorry that once again, we must cancel plans for any offering of a field trip or other event to whet your interest. The volunteers who plan hikes and suppers, etc., are aware of the health threats if we were to gather together, especially in consideration of the advice of health and government officials, so we are heeding their advice and staying socially-distanced in order to try to ensure none of you would

Historical Happenings



become a victim of the coronavirus now present in our country. We hope you will continue to stay healthy and strong in the face of this unseen "enemy" that lurks in our surroundings.

We will look forward to the day when restrictions are relaxed and we can again offer you some entertaining or enlightening activity to enjoy! Be safe, be well, and be sure to check in on your vulnerable neighbors and family!

The Historical Society-hosted exhibit in the display case at the Grace Hall Memorial Library, Montgomery Center, has not yet been updated. When we are advised that we can update the exhibit, we will be pleased to inform Montgomery neighbors and friends of the change so that you may have a chance to view the latest collection or items of interest loaned by local people. Please stay tuned...

SEPTEMBER BIRTHDAYS

Tanner Bush
Jeff Cinelli
Donna Hughes
Rich Little
Sheri Bucko

Fern Monat
Montgomery Moses
Lynn Moulton
Dinty Spencer
Gerry Spencer, Jr.
Matt Stevens

SEPTEMBER ANNIVERSARIES

Kathy & Jeff Cinelli
Andrea & Nick Moses
Marlene & Dale Stanisewski
Carol & Jim Stevens



Celebrating 30 years In Business

1990

MJC

2020

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Upset Montgomery Native

Found: Eight old, ratty tires that someone misplaced in Moose Meadow Brook on Russell Rd. Please pick them up and dispose of them using proper non-littering, environment damaging methods. If anyone has an idea who may have lost these, kindly let them know where they can be "found."

Signed - "Upset and Disgusted Montgomery Native"



Library News

facebook.com/
gracehallmemorial

Sept. 2020

You are never too old to set another goal or to dream a new dream.– C.S. Lewis

Appointment & Curbside Service

Tuesdays 10 to 4 pm, Thursdays 11 to 6 pm, Saturdays 9:30 am to 12:30 pm.

Request library items or appointments by phone, note or email. Items will be sanitized and bagged. If you leave a phone message or email please provide the following: Your name and contact info, Items requesting (title and or author) If items are just on a subject matter (i.e. cooking) please let us know if you want a certain reading level (like young adult, Early Reader ect)

You can pick up items at the Children's Room screen door during new hours.

Sorry Inter Library Loan is limited but will be increasing by Sept. 15.

Libby ebooks

Before You start have ready :

1. Your Library card number

* This is on the back of your Grace Hall Memorial Library card, if contact the library to get one

2. Your Masscat username & password

* Also on the back of your library card, this is the same one that allows you to log on to the wghl.masscat.org site

3. **Download Libby app from your devices app store** Follow the prompts, yes if you have a Library card

4. Next prompt select: " I'll search for a Library.

5. At the next prompt type in "SAILS Library Network"

6. Choose between Kindle or Libby App Choose: "Sign in with My library card" choose "**MassCat Library Patrons**" Enter with your barcode and PIN/password. .

Posting on Facebook

We will post updating news to our Facebook page, such as when new items come in or change in hours.

Returning Library Items

Please return all library items to the drop box only! Not items can be returned directly into the library. If possible please have items in a plastic bag. Drop box is to the right of the Children's room

Hours

Tues: 10- 4

Thurs: 11-6

Sat: 9:30-12:30

Contact

Mail

161 Main Road, Montgomery, MA 01085

Phone

413-862-3894

email

Montgomerylibrary@yahoo.com

Website

montgomeryma.gov

wghl.masscat.org

facebook.com /

gracehallmemorial

commonwealthcatalog.org

Grace Hall Memorial Library Curbside Request Form

Please fill out this form and leave it in the Drop Box to the Left of the Children's Room outside of the library. All Request will be filled or answered with in a week. You may also email request us at: montgomerylibrary@yahoo.com or by phone 413-862-3894

Name_____

Phone_____

Email_____

Items requested (Titles and Author's)

Items by Subject matter: (Please state reading level if for Early Readers)

Pick Curbside pickup time:

Tuesdays 10 am to 4pm, Thursdays 11 to 6pm or Saturdays 9:30 to 12:30

Curbside is at the Children's Room exterior door (Old entrance) Please use the doorbell

To search our catalog, go to: wghl.masscat.org Latest new items are posted on our Facebook page: facebook.com/gracehallmemorial

COUNCIL ON AGING

Serving the Citizens of Montgomery
September 2020

Calendar

Coffee Hour – Canceled

Birthdays

Eunice Spencer	Dorothy Gore
Carol Thibault	Gerald Spencer
Neal Gibson	Patrick Dineen
Fern Monat	



The COA is pleased to announce that Mark Chretien will be installing the 911 signs that were purchased under our Earmark Grant. He will be calling seniors to setup installation or delivery times. If you have questions, please call Mark at 862-4078 or Anne-Marie at 862-3257.

The Council on Aging is looking for new board members. If you would like to volunteer and serve please call 862-3257 for more information.

Eunice (Dinty) Spencer will be **102** on **September 9th**. Cards and well wishes can be sent to Dinty at:

St. Joseph's Residence
1365 Enfield Street
Enfield, CT 06082

National Grandparents Day – September 13th

The purpose of this holiday is "to honor **grandparents**, to give **grandparents** an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer."

Elder Abuse – (800) 922-2275

Meals On Wheels – Highland Valley Elder Services – 800-322-0551 or 413-586-2000

Shine Counselor – Buliah Thomas – 667-2203

Veteran's Agent – Daniel Flechsig – 862-8095

Zodiac Sign – Virgo/Libra

Flower – Aster

Birthstone – Sapphire



FLU CLINIC – SEPTEMBER 25

Walgreens Pharmacy will be conducting our annual **flu clinic** again this year. High dose vaccine will be available for seniors. This clinic will be held on **Friday, September 25th**, in the **Town Hall from 10am - 1pm**. Forms needed to complete the insurance information will be available.

SCRAPBOOK & CARD MAKING CLASSES

Are you interested in taking a class, taught by Sandy Mann, for scrapbooking and the making of specialty cards? Thanks to the generosity of Carolyn Fuller, who donated the supplies and machines, the COA will be able to offer these classes. If interested please call 862-3257 or email COA@montgomeryma.gov with a day and time you would be able to attend a class.

Falls Prevention Awareness Day

September 22nd



The annual Falls Prevention Awareness Day (FPAD) will be observed on September 22, 2020 the first day of fall. The event seeks to raise awareness about how to prevent fall-related injuries among older adults.

Osteoporosis, Falls, and Broken Bones

Falls Prevention Awareness Day is a great time to learn about the link between fall-related injuries and osteoporosis. The good news is it is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. Speak to your healthcare provider about how to reduce your risks for osteoporosis and falls, about getting a bone density test, and about medications, if necessary, to treat osteoporosis.

How are falls and osteoporosis linked?

- 1 out of 5 falls among older adults causes serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine and wrist.
- Vitamin D deficiency is a risk factor for both falls and broken bones. Daily vitamin D and calcium supplements are associated with reduced falls and fewer broken bones in older adults. Speak with your health care provider about how much vitamin D and calcium is right for you.
- Regular physical activity and exercises that combine weight, muscle strengthening and balance helps reduce the risk of falls and improves the health of your bones.

Take action to prevent osteoporosis and falls

- ✓ Eat a balanced diet rich in calcium
- ✓ Take vitamin D supplements
- ✓ Get regular physical activity
- ✓ Don't smoke
- ✓ Limit your alcohol
- ✓ Check your home for safety
- ✓ Talk with your doctor about a screening test.

NCOA – National Council on Aging

To learn more, visit [ncoa.org/Falls Prevention](https://www.ncoa.org/Falls-Prevention)

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs
Board Members are: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829
Jean Bush 862-3645, Geraldine Larrabee 862-3884, Darlene Brewster 862-3347
Email: coa@montgomeryma.gov