

Hi, I'm Tomie de Paolo. This year I'm celebrating my 81st birthday. But I have a lot more to celebrate. I've been a working artist for 60 years and I've created over 250 children's books and I'm still at it.

Living an active independent life, I look forward to Fall in New Hampshire. There's another type of fall that I want to talk to you about.

This kind sends thousands of older New Hampshire adults to the emergency room, claiming the lives of over 200 seniors in just one year.

Falls occur do to balance difficulties, muscle weakness, medication issues, vision problems and unsafe home environments.

Falls aren't a normal part of ageing and can be prevented. You can decrease your risk falling.

For more information on how to prevent falls, talk with your health care provider or go to [nhfallstaskforce.org](http://nhfallstaskforce.org).