



Nichols Hills E-News

July 2009

FIRE DEPARTMENT

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Upcoming Meetings

- Planning Commission Meeting August 4th
5:30 pm at City Hall
- City Council Meeting August 11th
5:30 pm at City Hall
- Regular Meeting of the Nichols Hills Municipal Authority August 11th
5:45 pm at City Hall
- Environment, Health, & Sustainability Committee August 26th
8:30 am at City Hall



Typically the Nichols Hills Fire Department makes 12 to 20 emergency medical calls each month. Approximately 50% of these calls are the result of falls. Most falls can be prevented by following the strategies described below. There are many informative websites on the internet that provide valuable information about falls and all the sites I reviewed gave consistent statistics and prevention strategies. The following information was taken from the National Safety Council website.

How big is the problem?

One in three adults 65 and older falls each year.

Of those who fall, 20% to 30% suffer moderate to severe injuries that make it hard for them to get around or live independently and increase their chances of early death.

Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes.

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Type of injury and treatment setting

In 2000, traumatic brain injuries (TBI) and injuries to the hips, legs, and feet were the most common and costly fatal fall injuries, and accounted for 78% of fatalities and 79% of costs.

Injuries to internal organs caused 28% of deaths and accounted for 29% of costs from fatal falls.

Hospitalizations accounted for nearly two thirds of the costs of nonfatal fall injuries, and emergency department treatment accounted for 20%.

On average, the hospitalization cost for a fall injury was \$17,500.

Fractures were both the most common and most costly type of nonfatal injuries. Just over one third of nonfatal injuries were fractures, but they accounted for 61% of costs—or \$12 billion.

Hip fractures are the most frequent type of fall-related fractures. The cost of hospitalization for hip fracture averaged about \$18,000 and accounted for 44% of direct medical costs for hip fractures.

How costly are fall-related injuries among older adults?

In 2000, the total direct cost of all fall injuries for people 65 and older exceeded \$19 billion: \$0.2 billion for fatal falls, and \$19 billion for nonfatal falls.

By 2020, the annual direct and indirect cost of fall injuries is expected to reach \$54.9 billion (in 2007 dollars).

In a study of people age 72 and older, the average health care cost of a fall injury totaled \$19,440, which included hospital, nursing home, emergency room, and home health care, but not doctors' services.

The following information was provided by the National Center for Injury Prevention and Control website.

Preventing Falls Among Seniors

Tips

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

You can reduce your chances of falling by doing these things:

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1. Begin a regular exercise program.

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your doctor or health care worker about the best type of exercise program for you.

2. Make your home safer.

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights put in on all staircases.

Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

3. Have your health care provider review your medicines.

Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall.

4. Have your vision checked.

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

CITY HALL

During last week's water emergency we become aware that several residents received very late telephone calls from our automated system. This was an oversight on our part and we have taken steps to make sure that this does not happen again. The only time the system should call after 9:00pm is in the event of a life threatening emergency or an emergency that requires immediate action such as an evacuation. We apologize for any late night calls you may have received.



Come and watch the Nichols Hills Band in concert on Thursday, August 20th!

EHS

The City of Nichols Hills Environment, Health, and Sustainability Commission (EHSC) would like to involve the citizens of Nichols Hills in a series of dialogs scheduled every Thursday evening from 5:30-7:00 PM at your Town Hall. These meetings will address focus areas suggested to the Commission by citizens interested in the environment and in making their community a healthier and better place to live. The EHS Commission needs significant input from a broad resident base to accurately reflect citizen values.

Focus area meeting dates through December 2009

COMMUNITY AWARENESS & EDUCATION

First Thursday of the Month:

August 6, September 3, October 1, November 5, December 3.

HEALTH/LOCAL FOOD

WILDLIFE CONSERVATION

RECREATIONAL HARDSCAPE/BIKING AND WALKING

Second Thursday of the Month:

August 13, September 10, October 8, November 12, December 10.

RECYCLING/SOLID WASTE

WATER

LANDSCAPING

Third Thursday of the month:

August 20, September 17, October 15, November 19, December 17.

ENERGY/POWER

SUSTAINABLE CONSTRUCTION

AIR QUALITY & NOISE POLLUTION

Fourth Thursday of the month:

August 27, September 24, October 22, and November 26.

PUBLIC WORKS

Important Notice!

Your recycling center is now located at the Public Works Department at 1009 NW 75th Street
(next to the large blue water tanks between N. Olie & N. Classen.) The business hours are:

7 Days a Week 7AM to 7PM

Parks

It has been a hot summer and the sprinklers in the parks have been a battle. We have had to turn them off and on, lost power to some and had to do numerous repairs to several of the others. We would appreciate your help in monitoring the parks, if you see one that looks dry, please contact the Public Works Dept. at 843-5222. Thanks for your help.

We are looking into a SCADA (supervisory control and data acquisition) for our park sprinklers. This will assist us in monitoring several variables, such as time settings and length of times on each of our parks. This is a long term project and in the long run should be a big asset.

Bond Projects

The City of Nichols Hills will be starting the new drainage and street replacement along Stratford (between Wilshire and Westminster) in August. For those that still have questions, please contact Charles Hooper at 843-5222.

ANIMAL RESCUE FRIENDS

If anyone wants to assist ARF in it's mission of saving unclaimed, impounded pets in Nichols Hills, they can donate time, old collars, leashes, crates, dog beds, food, treats, toys and, of course, money by mailing checks to Animal Rescue Friends, Inc of Nichols Hills, C/O Public Works, 1009 N.W. 75th Street, Nichols Hills, OK 73116 or by calling 843-4222 about donating items. ARF will respond by sending a 501 c 3 tax deduction letter (and offering a cat or a dog!).

July's Featured Pet



"Honey Girl" is a small blonde terrier mix about 4 - 6 years old and heartworm positive. ARF will provide her medication and further testing to find out when she is heartworm negative. She is now spayed, fully vaccinated and WAY friendlier than her photo would indicate. She only weighs about 14 pounds and sit up and loves to snuggle once she gets to know you! She looks like a Podengo Portugueso Pequeno (we even had someone from Kansas City who has one see her photo and agree!) but we aren't really certain what she is.

ANIMAL RESCUE FRIENDS

Sunday, September 20, 2009

1:00 pm

Grand Park in Nichols Hills

(NW Grand Blvd between Huntington and Nichols Road)

Nichols Hills, Oklahoma

Animal Rescue Friends of Nichols Hills, or A.R.F., will be hosting its 13th annual **Pooch Parade** fundraiser on September 20, 2009. Proceeds benefit lost or abandoned animals found in Nichols Hills, providing them proper veterinary care, food and shelter until their owners are found or they are placed in a new home.

Several dog activities will begin at noon featuring dog demos by K9 University, the Dog Treat Walk, a dog portrait artist, along with pools and sprinklers for canine cooling down. Father John Lock of All Souls Episcopal Church will be blessing pets. Activities cost \$1 each.

The Parade begins at 1:00pm and celebrity judges will give awards to parade participants in the following categories: Big Dog, Little Dog and Costumed Dog, with sub categories in each group such as Best Tail Wag and Best Dog/Owner Look Alike. Adopted A.R.F. dogs will lead the Parade.

Several dog-related merchants will have displays and information available during the event. Some of the merchants include Central Park Doggie Daycare, Paws Around Town, and Acme Vet micro chipping.

Rescued dogs are encouraged to wear a blue ribbon on their collar. Animal Rescue Friends adoptable dogs will be in attendance and wearing red bandanas.

Earl's Barbeque lunches will be served at a cost of \$5. Home made cookies by Crumbs Cookie Company will be \$1. Water and soft drinks are also \$1.

If you would like to be a sponsor, please contact:

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Co-Chairs 2009 Pooch Parade

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