



# In Tune

Volume 19 Issue 4

Holiday Edition 2019

## Falls Are A Pain

### Tips for Minimizing the Risk of Falls



#### Inside this issue:

|                                                 |   |
|-------------------------------------------------|---|
| When Do You Start Listening to Christmas Music? | 2 |
| Recipe Highlight                                | 2 |
| Your Inside Scoop                               | 3 |
| Hope, Peace and Joy is Ours in Jesus            | 3 |
| Who's Who                                       | 4 |
| Your Broadcast Time                             | 4 |

*Karen Ordelleide, MD,  
Health Ministry, KLRF  
Governing Board*



Even though winter is here we are going to discuss fall—falls, that is. No one ever intends to fall, but it happens all too often, and as we age falls become more significant.

Falls are the leading cause of injury in older adults and about five percent of falls result in hospitalization. Furthermore, many people are unable to get up once they have fallen and the “long lie” results in further injury.

Several things contribute to “fall-ability.” The aging process alone results in proprioceptive (where am I in space?) sensitivity loss and degeneration of the vestibular (balance) system.

On top of that, medications that cause drowsiness are common culprits. A lack of ade-



quate lighting and slip-resistant surfaces in homes, adjusting to multi-focal lenses and inadequate daily fluid intake also cause falls. Need we mention climbing ladders and being up on roofs!!

There are ways to minimize the risk of falling. Exercise is the most consistently positive intervention to prevent falls. Aerobic exer-

cise—walking, jogging, tennis, swimming—strengthens the large muscle groups.

Moderate weight lifting strengthens muscles. Exercises such as Tai Chi enhance flexibility and balance. If Tai Chi isn’t available, practice standing on one leg while hanging on to something for support. Any exercise program should also include practice getting up from the ground.

Aim for at least three hours of exercise per week to keep those neuromuscular reflexes optimal, but if you are not used to exercise start slow and gradually build up. Don’t forget to wear good supportive shoes and hang on to stair rails—and don’t be embarrassed to use a cane for support. Lastly, beware the longer, darker nights of winter and slippery ice!

## When Do You Start Listening to Christmas Music?

### Third in a Series on Music for You, the Discriminating KLRF Listener



Christmas music has a long history. Some believe it started in medieval times when traveling musicians sang for the rich.

Some believe it started as early as the shepherds and wise men, who may have sung to Jesus as they visited Him at His birth.

Even so, during the Protestant Reformation, all Christmas music was banished. It did not return until the late to mid 19th century, though some musicians created secular choral songs called carols.

After Christmas music regained

popularity, many songs were given Christian lyrics and Christmas songs became Christmas carols.

You may know someone who starts listening to Christmas music months in advance of the actual season. KLRF starts playing Christmas music in December. As the month wears on, more Christmas carols are included in the programming each day.

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## Featured Recipe

### Delicious No-Egg Egg Nog

#### Ingredients

- 2 cups homemade cashew milk or other non-dairy milk of your choice
- ½ cup full fat coconut milk
- ⅓ cup raw cashews, soaked overnight or for at least 30 minutes (optional if using a very high speed blender)
- 4-6 Medjool dates (can substitute other dates)
- 1 teaspoon vanilla extract
- 1 teaspoon freshly ground nutmeg
- pinch of ground cinnamon
- pinch of ground cloves
- pinch of sea salt

#### Instructions

Add all of the ingredients to your high speed blender and process until smooth and creamy. Serve immediately, or refrigerate. Add a pinch of freshly ground nutmeg on top.



## Your Inside Scoop

### The Corner Where Savvy Donors Stay in the KLRF Loop

Interesting Christmas Facts:

- ♦ From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.
- ♦ Christmas was declared a federal holiday in the United States on June 26, 1870.
- ♦ Frankincense is a sweet smelling gum resin derived from certain Boswellia trees

which, at the time of Christ, grew in Arabia, India, and Ethiopia. The frankincense trade was at its height during the days of the Roman Empire. This resin was considered as valuable as gems or precious metals. The Romans burned frankincense at cremations.

- ♦ According to a 1995 sur-

vey, 7 out of 10 British dogs get Christmas gifts from their doting owners.



## Hope, Peace, and Joy is Ours in Jesus

### Inspirational thoughts by General Manager Owen Bandy

Whatever you want to call this time of year, the Holidays, the Christmas season, it is a time of year when many people hope to find some special peace and happiness.

As a child growing up in a broken, not very Christian home, for me it was a time of hope. Extended family came together to share happy meals. It was a time of singing special songs saved just for this time of year. It was a time of special stories that brought warmth to a child who lived in hope of better things.

Let's keep in mind this year that the children around us are look-

ing for the same things. Let us nurture their hope of a place where peace, harmony and good will reign. Create that place in our homes, not only for the children but for ourselves.

Let us invite Jesus into our family gatherings this season. Let's pray that those around us will experience His warmth in our presence. As they say "Jesus is the reason for the season." And as the Bible says, He is the "Everlasting Father, the Prince of Peace" (Isaiah 9:6).

As a child I didn't know it, but it was Jesus I was longing for. It wasn't until later in life that my

longing was satisfied. It was only when I met Jesus as my personal Friend and Savior that I realized all I had been searching for was found in Him. Let us join in this season with that angelic chorus who sang at his birth, "Glory to God in the highest, and on earth peace, good will toward men" (Luke 2:14).



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### Who's Who

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## Your Broadcast Time

**Your comments and suggestions are indispensable —keep 'em coming!**

“So true! I listen to you often. I have a dilemma. Your children’s Story Hour-at 4pm— has 2 addresses-I would like to write to them but unsure which address is the most recent? I am hooked on this program. (I’m almost 75??) Never too late!

You are such a blessing to my life. I live alone and you (and Jesus) keep me company! May God Bless your ministry. Thank you for Blessing my life.”—Maureen

*Dear Maureen, The contact address for Your Children’s Story*

*Hour is: PO Box 15, Berrien Springs, MI 49103. Hopefully this will be helpful!—Owen Bandy, Manager*

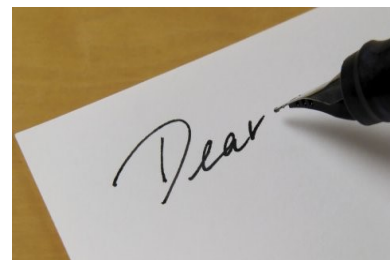
“Is there a special need at the station? Let me know!”—Marjory

*Dear Marjory, Thank you so much for your thoughtful inquiry. Right now we need an air conditioner for the tower transponder. Any amount you wish to donate will be very helpful.—Owen Bandy, Manager*

“Enclosed is a check. I appreciate the music sounds of KLRF

very much. Thank you.”—Stan

*Thank you so much for your amazing support of the KLRF Ministry. Thousands of lives are touched daily through your generous gifts. Your gifts, opinions and observations are very important.*



What do you think? About the recipe? About an article? Tell us! It’s easy; just use the enclosed envelope to send us a note or email us at [manager@klrf.org](mailto:manager@klrf.org). We’d love to hear from you!