

STEPHEN KINSEY, MEMBER
201ST LEGISLATIVE DISTRICT

106B EAST WING
P.O. BOX 202201
HARRISBURG, PENNSYLVANIA 17120-2201
(717) 787-3181
FAX: (717) 772-4038

5952-54 GERMANTOWN AVENUE
PHILADELPHIA, PENNSYLVANIA 19144
(215) 849-6592
FAX: (215) 560-1824



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MEMORANDUM

TO: All House Members
FROM: Representative Stephen Kinsey
DATE: July 21, 2015
SUBJECT: Falls and Flu Prevention and Awareness Day Resolution

In the near future, I plan to introduce a resolution that will designate September 18, 2015, as "Falls and Flu Prevention and Awareness Day" in Pennsylvania.

As you may know, getting the annual flu vaccination is the best way to prevent seasonal flu infections and serious flu-related illnesses. Further, early vaccination against the flu has been associated with greater health benefits over time. Older adults, especially those with weakened immune functions, or chronic health conditions are more susceptible to flu complications often resulting in hospitalization and sometimes death. For these seniors, providing for greater awareness regarding the benefits of getting vaccinated early is critical to their overall health.

In addition, another public health challenge for seniors and others within our communities is preventing falls because the risk of falling increases with each decade of our life cycles. This fact highlights the importance of promoting safety among Pennsylvanians of all ages.

To help educate seniors regarding these important health related concerns, the Center in the Park located within the Germantown section of the City of Philadelphia is participating in the National Council on Aging's Flu + You Program to help spread these messages among Germantown's and Northwest Philadelphia's seniors.

Please join me in sponsoring this important resolution to raise awareness and prevent falls and flu among Pennsylvanians.