

Triangle Falls Prevention Coalition Minutes

6/9/2020

11:00a – 11:15a Introductions

- Attendance:
 1. Ryan Lavelley – OT with OCDOA. Coordinator of OC Home Preservation Coalition that provide home repairs across OC. Comfortable w/virtual
 2. L.Bailey – UNC Trauma Injury Prevention Coordinator, AMOB Master Trainer
 3. Cathleen Cody – American Bone Health. Enjoying Zoom
 4. Susan Tucker – EB Kerr-Tarr Coordinator for AAA. Not super comfortable with virtual meetings
 5. Myra Austin – OCDA, operations of Senior Centers, Mediocre with meeting
 6. Jan White – DPH IVP , comfortable
 7. Deborah Constantine – PT at Cambell University Asst Clinical Professor, comfortable
 8. Tricia Smar – Duke Trauma IPC , comfortable
 9. Marie Dagger – OT with OCDOA, comfortable
 10. Jennie Griggs – PT for Falls Prevention, comtorable
 11. Isabelle Fritzgibbons – Health Promotions Coordinator at MidCarolina AAA, fairly comfortable
 12. Angela Rogers – NC Alliance of YMCA, community integrated project consultant, comfortable
 13. Abby Emanuelson, National MS Society, new to zoom but enjoy the flexibility
 14. Loraine Jordan – Kindred at Home, Health Specialist – very comfortable with Zoom
 15. Janae Brown – Coordinator at Durham Center for Senior Life , comfortable but prefer inperson
 16. Joyce Page – DCSL
 17. Liz Lahti, Chatham Council on Aging – first meeting with coalition senior center manager
 18. Lisa Qualss – American Bone Health (community ed programs about bone health) - comfortable
 19. Sydney Breslow – Disability Advocate, comfortable
 20. Geri Kanne – NP with Duke Pop Health Manager in Geriatrics, comfortable with Zoom
 21. Margie Fox – UCB , comfortable with meeting but at virtual call fatigue
 22. Marisa Ramos – Mason – Cumberland Co. Health Dept. , feeling trapped w/online meetings
 23. Mary Ann Zabriki – Outpatient Group at Duke UH, comfortable
 24. Kris Wolf –
 25. Travis Battle – Program Manager at Diabetes Prevention Program , adapt

Susan Tucker – great suggestions about BingoSize <https://www.wku.edu/bingocize/>

Isabelle – New to AAA, EB programs challenge is getting people trained and retaining instructors. Right now they are stuck because population is not a fan of tech.

- Nicolle mentions that Walk with Ease may be a good option for those who do not like virtual programs

11:15a - 11:25a North Carolina Falls Prevention updates

NC FPC meeting on June 17: <https://ncfallsprevention.org/upcoming-meetings/>.

- o Can RSVP for meetings via the website
- o State Coalition is moving forward with the strategic plan. There is going to be pieces of the plan that include connecting regional coalitions.

FPAW: Dates will be September 21-25, 2020, <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-week>

- o Provides resources and activities for your agency to help with promotion and participating
- o Education Groups has worked together in the past for Falls Prevention Week Activities

New AAA Regional Coordinators

11:25- 12:35 Triangle FPC members addressing COVID-19 (Best Practices and Sharing)

- Discussion from coalition about how people are addressing challenges of Covid-19 and social distancing.
 - Community Organizations provide overview of virtual programming:
 - Janae at Duke Center for Life, They started a DCLF online using Facebook and made a schedule of keeping members engaged via exercise and activities.
 - Live concerts, daily member check ins with a simple question to connect socially, virtual yoga classes once a week,
 - Virtual Health Fair – exercise, live cooking demo, MD talked about women’s health issues, questions were asked on FB and were answered Live. People shared the event by getting a point if you comment, share w a friend, etc.
 - Jenny Kreges – Resources for seniors.
 - Doing live stream from 2 – 4 and getting intergenerational participation
 - Are doing weekly email newsletters and have had many people receive
 - Virtual high school volunteers and match senior hs students to members and do zoom, live stream, phone, etc
 - Increased FB followers using Live Stream and have a FB for each center. Full day programs for special events.
 - Done one day crafts and jewelry making
 - Competitions for census
 - Myra Austin with OCDA – Updated website, used virtual platforms for programming
 - Drive by food pickup a few days a week.
 - Participants can make appts with staff socially distant or virtual
 - Law enforcement agencies have been involved with delivery to seniors
 - Started a grocery delivery program,
 - Some equipment delivery from OT for the home
 - Volunteer driving services, with participant in back seat
 - Many online exercise services and approved EBIs
 - Telephone wellness checkins
 - Liz Lahti – Chatham Council on Aging
 - Doing more frozen meals
 - Doing online but the rural county has some spotty internet
 - Virtual calendar and offering EB with Tai Chi for Arthritis
 - Arthritis Foundation Classes
 - Conference Call from the director regularly
 - Virtual Tea

12:35p- 1p Workgroup breakouts and check-ins

Complete Survey Monkey questionnaire from Lindsay Bailey