



**North Carolina Falls Prevention Coalition MINUTES
Wednesday, September 16, 2020**

**VIRTUAL ONLY – GO-TO INFO BELOW
NO IN-PERSON MEETING**

Welcome & Introductions: Sharon Rhyne, NC DHHS

Ellen	Bailey	Falls Prevention Grant Manager Executive Director	NC Center for Health and Wellness, UNC-Asheville NC Falls Prevention Coalition
Ingrid	Bou-Saada	Injury Prevention Consultant	NC Public Health, Injury & Violence Prevention Branch
Janice	White	Injury Prevention Consultant	NC Public Health, Injury & Violence Prevention Branch
Kathleen	Cody	Executive Director	American Bone Health
Martha	Zimmerman	Co-Chair	NC Physical Therapy Assoc. Falls Prev. Spec. Interest Group; Program Coordinator McDowell CHAMP; WNC Fall Prevention Board
Mary	Hall	Prevention Coordinator, Senior Services	Vidant Medical Center, Community Health Programs Chair Eastern Falls Prevention Coalition
Meredith	Spell	Injury and Violence Prevention Coordinator	New Hanover Regional Medical Center; Cape Fear Falls Prevention Coalition
Morgan	Wilson	Project Specialist	NC Center for Health and Wellness
Nicolle	Miller	Director of State and Community Collaboration	NC Center for Health & Wellness at UNC Asheville
Norman	Franklin	Injury Prevention Specialist	NC Department of Insurance, Office of State Fire Marshal
Rachelle	Strachar	Program Facilitator	Charles House
Rebecca	Freeman	Healthy Aging Specialist	NC Division of Aging and Adult Services
Richard	Duncan	Executive Director	Universal Design Institute
Sara	Migliarese	Assistant Professor	Physical Therapy, Winston-Salem State University
Scott	Pokorny	TBI Team Lead	NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services
Sharon	Rhyne	Deputy Section Chief Chair	NC Div. Public Health, Chronic Disease & Injury Section NC Falls Prevention Coalition
Toni	Chatman	Associate Director for Oral & Allied Health Education	Wake AHEC
Tricia	Smar	Injury Prevention Coordinator	Duke Trauma Center
Vicki	Tilley	Project Facilitator Physical Therapist, Founder and President	UNC – Carolina Geriatric Workforce Enhancement Program ElderFit
Alison	Gunn	Evaluator	NC Div. Public Health, Injury & Violence Prevention Branch
Anne	Glass	Professor	UNC Wilmington, Cape Fear FPC
Barbara	Mclaurin	Senior Center Director	Elizabethton
Christina	Criminger	Winston-Salem State University	Physical Therapy Department
Cynthia	Bell	Winston-Salem State University	Occupational Therapy Program
Evelyn	Smith	Health Promotion Specialist	Piedmont Triad Regional Council AAA (replaces Laura Plunkett)
Jennie	Griggs	Director	Northern and Eastern Wake - Resources for Seniors
Kathy	Dowd	Retired Audiologist	NC Deaf and Hard of Hearing Services
Amber	Chapman	Health Promotion Specialist	High County AAA/High Country FPC
Selena	Royal	Senior Centers	NCDHHS
Tish	Singletary	Branch Head	Clinical and Community Connections for Public Health, Disease and Injury Section, NCDPH
Chronic			
Lindsay	Bailey	Injury Prevention Coordinator	UNC Trauma Center; Triangle FPC
Kelly	Cahill	Lower Cape Fear LifeCare	Cape Fear FPC
Ali	???	(didn't catch)	

**NC Falls Prevention Action Plan Update: Ellen Bailey/Ingrid Bou-Saada
See PPT on website for details.**

Action Plan – Breakout Room Discussions.

- Collaboration and Coalition Building
- Prevention Across the Continuum of Care
- Public Awareness, Education and Advocacy
- Evaluation and Data

Falls Prevention Awareness Week (FPAW): Ellen Bailey/Updates

See PPT on website for details.

- Map/Event Listing
- Survey Data Collection
- NCOA Falls Free CheckUp, Toolkit, Resources

Local and Regional Coalition and Member Updates:

High Country (Amber Chapman)

- Two coalitions for 7 counties- had 1 big meeting last week with everyone involved
- Senior centers are going to do sand-shaker bottles to help with walking and friction
- Facebook live event “MythBusters” what is normal about aging vs. what is not normal
- Appalachian St University will be posting some resources for the week & hoping to get registration up for classes
- Outdoor Tai Chi classes coming up next week as well
- Exercise science “class” for falls prevention virtual event: in collaboration with App. State

Western NC (Martha Zimmerman)

- In transition- the chair has stepped down, there is a restructure coming, so there is nothing planned for awareness week
- Working with CHAMP to get falls assessments up and going
- Recently had a webinar on Falls Prevention and had 60+ people- looking to host another webinar either on nutrition or further falls prevention.

Piedmont Area (Evelyn Smith)

- Partnered with new resources including Winston Salem State University
- For falls awareness week:
 - Multiple presentations/ speakers/ and virtual falls assessments
 - Information was posted in the Winston Salem newspaper & the Fox News Morning Show

Triangle (Tricia Smar)

- Had a virtual meeting August 18th to talk about FP Awareness Week activities
 - Had a speaker about coordinating services in different counties and talking about home safety
- 25-30 people per call, pretty consistent
- Facebook Watch Party with NCOA
- Duke Trauma Center: Ready, Steady, Balance next Wednesday morning from 9:30-12:30. This will be virtual

- Thursday there will be virtual falls risk assessments done, sign ups will be Thursday during the event
- Next Coalition meeting will be in December

Eastern NC (Mary Hall)

- Planning to have a Facebook Live and Live Article during awareness week
- Recorded a radio spot to highlight the week
- Will be on the local morning TV show, virtually, to highlight the week
- Hoping to be able to use the placemats for next week

Cape Fear (Meredith Spell)

- Meredith is new, about a week and a half. Welcome!
- There was a meeting last week- nothing really planned from the coalition for Falls Prevention Week
- However, 2300 placemats will be going out to the region next week.

Other Members?

- Scott Pokorny: Slips and Falls are the leading cause of brain injury, there is federal collaboration happening to further help with preventative efforts

Closing comments/plan for next meeting:

Ellen B will send an email about workgroup membership for this fall and next year to continue the implementation plan.

Please contact Martha Zimmerman if you know any experts who can talk about the connection between nutrition/dehydration and falls risk and prevention.

The next meeting is Wed. December 16, 1-3:30 on Zoom.

2020 MEETING DATES: March 18, June 17, September 16, **December 16**



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging and
Adult Services



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICE
Division of Public Health

