

Western North Carolina Fall Prevention Coalition Quarterly Meeting

6/02/2021, 8:30am-10am, Zoom Meeting

Join Zoom Meeting

<https://unca-edu.zoom.us/j/96924975156?pwd=UzFXL2JlTkZFc0lORnVUNmtDM2lZQT09>

Meeting ID: 969 2497 5156

Passcode: 345155

One tap mobile

+13126266799,,96924975156# US (Chicago)

+14702509358,,96924975156# US (Atlanta)

Agenda & Minutes

8:30am	<p>Welcome (5 min)</p> <ul style="list-style-type: none"> ● Audience Introduction via Chat Box. ● Please post your <u>name</u>, where you <u>work/volunteer</u>, <u>county</u> you live or work in & <u>email address</u> ● Is there any objection to recording this meeting? 	Martha Zimmerman Co-Chair
8:35am	<p>Educational Component (10 min)</p> <ul style="list-style-type: none"> ● Rosalyn Wasserman, PT, DPT: CE Planner, MAHEC <ul style="list-style-type: none"> ○ <i>Spoiler Presentation for the Summer Fall Prevention Conference: “Virtually Adapting to the New Normal”</i> 	Martha Zimmerman, Co-Chair
8:45am	<p>Coalition Member Updates (5 min)</p> <ul style="list-style-type: none"> ● Please put any updates you may have into the chat! 	Jennie Rhyne, Co-Chair
8:50 am	<p>Advisory Council County Updates (15 min)</p> <ul style="list-style-type: none"> ● Buncombe County: Kelly Hinz; Shateisha Lenoir ● Haywood County: Carey Phillips ● Henderson County: Aubrey Hamilton ● Jackson County: Lori Schrod ● Madison County: Deanne Stephens ● McDowell County: Weyland Prebor ● Polk County: Stuart Goldstein ● Rutherford County: Travis Smith ● Transylvania County: Sara Knapp 	Jennie Rhyne, Co-Chair
9:05 am	<p>Executive Council Review of Committees (5 min)</p> <ul style="list-style-type: none"> ● Committee Descriptions included target STGs (see attachment PPP) 	Martha Zimmerman
9:10 am	<p>Committee Structure & Breakout Rooms (30 min)</p> <ul style="list-style-type: none"> ● WNCFPC Committees: <ul style="list-style-type: none"> ○ History, Vision, Mission, and Bylaws ○ Communication & Membership ○ Research and Data Collection ○ Education ○ Strategic Planning (NO BREAKOUT: On Hold until By Laws completed) ● Breakout into committee “rooms” of your choice 	Morgan Wilson

	<ul style="list-style-type: none"> ● Breakout Deliverables <ul style="list-style-type: none"> ○ Brief Participant Introductions ○ Read/review goals of the specific breakout committee ○ Create a list of individuals committed to serving on committee ○ Name a chairperson of the committee ○ Determine how often committee will meet and schedule a date/time of the first meeting 	
9:40 am	<p style="text-align: center;">Report Back and Discussion</p> <ul style="list-style-type: none"> ● Please report back on and any questions or needs you may have for the larger group during this time. ● Did you like using the Quarterly Meeting Time to participate in committee work? (Please put in chat) 	Morgan Wilson, Secretary
9:50 am	<p style="text-align: center;">Future Plans from Executive Council</p> <ul style="list-style-type: none"> ● Internship ● Forming a Workgroup for Fall Prevention Awareness Week Planning 	Martha Zimmerman & Morgan Wilson
9:55 am	<p style="text-align: center;">Adjourn Meeting</p> <ul style="list-style-type: none"> ● After this meeting, the minutes will be sent out. Please be sure to review the list of reminders below! ● Next Meeting: September 1st, 8:30am-10am 	Jennie Rhyne and Martha Zimmerman, Co-Chairs

Reminders:

Goals of WNCFPC, 2021

During 2021-2022, WNCFPC will:

1. Update WNCFPC's organizational structure, History/ Mission/Vision statements and develop Bylaws
2. Collect and analyze demographic and falls related data from WNCFPC counties to guide development of strategic and action plans
3. Develop and implement WNCFPC's 2021-2024 Strategic Plan
4. Increase and sustain membership in WNCFPC and participation within 9 coalition counties
5. Provide fall prevention educational programs at quarterly WNCFPC meetings and Fall Prevention Conferences/Courses for WNC communities
6. Compile and disseminate coalition county specific fall prevention resource guides through fliers, website and Facebook

Fall Prevention Conference: "Virtually Adapting to the New Normal"

June 16th, 8:30am-12:30pm: Virtual and In-Person

- <https://mahec.net/event/register/65902>
 - \$50.00 Early Registration Fee - Healthcare Providers
 - Applies 3/31/21-6/9/21
 - \$25.00 Early Registration Fee - Aging Services Provider or Community Member
 - Applies 3/31/21-6/9/21
 - \$25.00 Early Registration Fee - Student (May be asked to present proof of enrollment)
 - Applies 3/31/21-6/9/21

Minutes:

Attendees:

- Martha Zimmerman, Co-Chair: mzimmerman0988@gmail.com
- Aubrey Hamilton, Pardee UNC in Hendersonville NC Henderson County NC, Aubrey.Hamilton@unchealth.unc.edu
- Deana Stephens, Madison Co. Health Department, Director of Community Health Programs, dstephens@madisoncountync.gov
- Carey Phillips, Givens Estates- Buncombe County, cphillips@givensestates.org
- Jeanne Mathews, Southwestern Commission Area Agency on Aging, jeanne@regiona.org
- Weyland Prebor, McDowell Senior Center, McDowell County, wprebor@mcdowellseniorcenter.org
- Lori Schrodtt - Western Carolina University - Jackson County, lschrodtt@email.wcu.edu
- Jennie Pressley, Council on Aging
- Sara Knapp, Transylvania County, AARP volunteer. sknapp.sfk@gmail.com
- Rosalyn Wasserman, Rosalyn.wasserman@mahec.net
- Diane Grimm's from Fysio

Advisory Council Updates:

- Buncombe County: Kelly Hinz; Shateisha Lenoir
 - N/A
 - Update from Brea Kuykendall: getting programs up and running in Buncombe county, a little slower but very exciting! Including Walking with Ease; and a Matter of Balance.
- Haywood County: Carey Phillips
 - Givens Has been able to open their swimming pool.
- Henderson County: Aubrey Hamilton
 - People are getting busy again, people are moving around, COVID numbers going down
- Jackson County: Lori Schrodtt
 - Starting a falls program with students at the local Senior Center; and some basics on home safety
 - Jeanne Matthews (Health Promotion & Aging Coordinator): often has served as a liaison between the WNCFPC and the most western counties in Region A
 - All 3 Adult Day Programs and 2 Senior Centers opening back up: Jackson County Adult Day Program, Haywood County - Maple Leaf Adult Respite and Macon County - Care Connections
- Madison County: Deanne Stephens
 - Working to get Walk With Ease and A Matter of Balance set up, senior centers have not opened up yet
- McDowell County: Weyland Prebor
 - Had our senior games, very successful. Things are opening up so that's good!
- Polk County: Stuart Goldstein
 - N/A
- Rutherford County: Travis Smith
 - N/A
- Transylvania County: Sara Knapp
 - Senior Health Day at Silvermont- very successful
- WNCFPC is currently recruiting an intern for the summer or the fall. There may be an opportunity for a

college student to receive a stipend from the COVID Service Corp if the intern can be recruited soon before the Corp has all the available slots filled. Please contact Martha Zimmerman at mzimmerman0988@gmail.com if you know someone who is interested.

The WNCFP is looking to form a workgroup to begin working on having a project for National Falls Prevention Week in Sept. The current suggestions are to offer the Falls Prevention Placemats. If you are interested in this project, please let Morgan Wilson know at mklinkow@unca.edu

Also, Healthy Aging NC and High Country Area Agency on Aging will be hosting a statewide planning call for **Falls Prevention Awareness Week 2021** on **Monday, July 19th 10-11 am. At [Launch Meeting - Zoom](#)**

Committee Report Back:

- Education:

- Will hold on identifying a chair
- Brea Kuykendall is going to manage zoom platform
- First meeting time will be determined after mass email sent from Education Committee to recruit members including Doodle Poll to determine next meeting time.
- Brief discussion regarding possible education topics: Blue Zone Project, Update on programs open post pandemic
-
- Immediate Priorities: Develop an education program for Sept WNCFP quarterly meeting.

- Communication and Membership

- Small Group
- Audrey is going to manage zoom platform
- Meeting the first Wednesday of July or July 7, 2021 at 8am
- Working to understanding our baseline, goals on a FB page, what audience are we targeting
- What do we need for membership, etc.

- Research and Data:

- Sara Knapp is going to handle the zoom information
- Meet in the next two weeks, then hopefully every 4-6 weeks
- Looking at data on county demographics, resource information, and looking for gaps to initiate our activities

- History, Vision, Mission & Bylaws

- Get some examples of history, mission & vision write ups
- Meet July 14th at 3 pm
- Weyland Prebor will chair this committee and host zoom platform

Coalition Member Updates:

- WNCFP and MAHEC Fall Prevention Conference: “Virtually Adapting to the New Normal”
 - June 16th, 8:30am-12:30pm: Virtual and In-Person
 - <https://mahec.net/event/register/65902>
- Anne Plyer: will begin teaching in-person Tai Chi for Health Classes through WNC Tai Chi for Health beginning August 4 at Homewood Event Center in Montford. Offering a 16 -week series of one-hour

classes through November 17.

1:00-2:00 Tai Chi for Arthritis, level I and II – Anne Plyler, instructor

3:00-4:00 Advanced Tai Chi for Health – Anne Plyler, instructor

A new program for PTs & PTA's that will provide 24 hours CEU of credit through the NC Board of Physical Therapy beginning September 1- November 17. This two-hour class is limited to ten participants and will also meet at Homewood. The last hour will include time in our Advanced Tai Chi for Health course.

- 2:00-4:00 PT's & PTA's Yang 24 for Beginners, Practice & Principles – Anne Plyler, instructor
- Folks can register for the courses of their choice at <http://wnctaichiarthritis.com>

- Rosalyn Wasserman: MAHEC is bringing Dr. Paul Lam, in person, to teach 3 days of health-specific Tai Chi classes September 30-Oct 2
- Morgan Wilson: AARP and Healthy Aging NC (HANC) has teamed up with 5 regional Area Agencies on Aging (AAA) to come together and promote and engage in leader and participant recruitment for Evidence-Based Health Promotion Programs (EBHPP) that include: Walk with Ease, Tai Chi for Arthritis, Fall Prevention, A Matter of Balance, and Living Healthy with Chronic Disease, Chronic Pain, or Diabetes. On **Wednesday, July 21 at 12:00**, this group is going to promote a regional blog article, a Facebook (FB) Live event featuring participants and leaders in the programs. This virtual event will be streamed from AARP via the AARP NC YouTube Channel, and Area Agencies on Aging and Healthy Aging NC Facebook pages.