

NH Falls Risk Reduction Task Force

Meeting Minutes

9/1/15

Present: Karen Conlon, Judy Cote, Sharil Cass, Rebecca Sky, Kendra Viviers, Diane Olimpio, Joanne Miles, Dawna Pidgeon, Lora Wise, Ellen Flaherty, Debra Samaha, Michelle Dow, Kristine Terrio, Paula Karl, Doreen Gilligan

1. Presentation from Ellen Flaherty, PhD, APRN, AGSF, Co-Director Dartmouth Centers for Health and Aging: Establishing a Falls Clinic for At Risk Patients
2. Falls Awareness Day
 - a. September 23rd (First Day of Fall); but can dedicate a week/month if wanted
 - b. Deb Samaha will scan Governor's proclamation into website (has 4 hard copies)
 - i. One change - we specified Tai Ji Quan: Moving for Better Balance this year (as opposed to Tai Chi in general) as a recommended program
 - c. Members should email information to Deb Samaha at debra.samaha@dartmouth.edu re: Falls Awareness Day-has Falling Monologues, Belknap CAP, DHMC Falls Day- Deb needs to know in the next day or two-needs to be open to the public and preferably free
 - d. A letter is being sent to Senate and House Elderly Adult Affairs committees to make them aware of the day/falls issues. They will get a letter inviting them to the Falling Monologues and will refer them to the WISDOM data site. (They are not in session in September)
 - e. Rebecca Sky-lens wipes-combined had an order of \$1500 (65 cents/a piece). They are due to come 9/8/15 and she will get them out to those who ordered them. Can do credit card. Deb Samaha will bring Dartmouth order up NNEGEC.
3. PSA update
 - a. Lora Wise and Judy Cote went to Tomie DePaolo's house-met with videographer at Tomie's house. Lora related that Roy is filming a community-based class at the Lebanon Senior Center. Lora is working on the distribution plan. May repackage it and put it on the website. Joanne may be able to put it on the WISDOM data site. It is a 60-second PSA. It can be put on a disc for distribution. Hoping to post on the Falls Task Force website. If anyone has direct contacts for distribution, please call Lora Wise and let her know.
 - i. Rebecca Sky suggested putting it on YouTube and having link there rather than embedding a video (takes up too much space). FHC can do it if DCHA is unable to do that. Rebecca suggests we could submit for NCOA Video contest. Rebecca will send Lora the national release form.

- ii. Lora Wise (NNEGEC) will cover a small donation in Tomie's name to local VNA in appreciation for his time spent creating our Fall's Awareness Public Service Announcement.
- 4. National NCOA call update
 - a. CDC- Elizabeth Burns talking about fall prevention resources- i.e. STEADI. Deb Samaha suggests CDC training for staff. It takes ~ 1 hour. Go to <http://www.cdc.gov/steady/index.html> and see new STEADI Older Adult Fall Prevention Online Training for Providers. Click on CDC Train
 - b. New National Falls Prevention Action Plan available-will post on website
- 5. Concord Mall
 - a. Promoting a walking program- ? would it be possible to hold a TJQMBB class at the mall- might be good to look into this possibility
- 6. TJQMBB Classes update
 - a. FHC ACL Grant funded training: 9/17/15-9/18/15. Rebecca reports every site that went through April MOB training will send someone for training. One or two slots might still be available. Joan Baretto from Belknap CAP may be interested. There may be another individual from the North Country. Fifteen is max.
 - b. DCHA funded training: October 14th and 15th in Concord-working with sites-not sure yet how many slots will be open
 - c. Will be a refresher October 13th – Dr. Li has just confirmed he will do this-will be in Concord. Dawna will follow up with Dr. Li re: participant limit
 - i. Possible sites-Audubon-might be more, Howard Rec center is another option. Also could look at UU Church (Rebecca has contacted). Dawna has spoken with John Dennet-could use East Concord gymnasium or West Street Ward House.
 - d. Will need to look at scheduling refreshers over the winter. Dawna to speak with Dr. Li re: her potential role to do refreshers.
- 7. MOB Training
 - a. DCHA ACL Grant funded training: 11/9 and 11/10/15
- 8. Maps
 - a. Most recent MOB on website. Dawna just sent updated TJQMBB map to Debbie Love
- 9. Sharil Cass shared highlights from a recent article she read. She will send link to article. People can lose 40% of leg strength before quality of gait changes-gluteus medius, gastroc and hamstring were most significant to person's walking ability
- 10. Manchester Police are starting walking with Seniors-doing 2-3 mile walks, taking different routes. Information forwarded to Concord Police for their consideration.