

**Northern Virginia Falls Prevention Alliance
Steering Committee Meeting
April 6, 2018; 10:30 a.m. – 12:30 p.m.
Goodwin House Bailey's Crossroads**

Agenda

- | | |
|---------------|---|
| 10:30 - 10:40 | Welcome/Introductions |
| 10:40 – 11:00 | Update on current Falls Prevention activities <ul style="list-style-type: none">- EB falls prevention leader training, classes and sites- Education and awareness- Aging in America recap |
| 11:00 - 11:40 | Sustainability update <ul style="list-style-type: none">- ACL grant- Marymount's role- Alliance members' roles- Other partnerships/sponsorships |
| 11:40 - 12:00 | Alliance update/structure <ul style="list-style-type: none">- Steering Committee to meet bi-monthly (open to all)- Chair/co-chairs- Membership (define)- Full Alliance meeting 2x/year with professional development/presentations- Website<ul style="list-style-type: none">- Target audience- Content- Newsletter<ul style="list-style-type: none">- Content submission by 4/13- Next publish date of 4/20 |
| 12:00 – 12:20 | Falls Prevention week/month planning <ul style="list-style-type: none">- Event calendar- Professional development- Events for seniors- Small sub-committee to coordinate efforts |
| 12:20 - 12:30 | Discussion/Next steps |



**Northern Virginia Falls Prevention Alliance
Steering Committee Meeting
April 6, 2018; 10:30 a.m. – 12:30 p.m.
Goodwin House Bailey's Crossroads**

Minutes

In attendance: Melanie Bush, Beverly Cannizzaro, Blanca Calvi, Cathy Cole, Jan Gordon, Holly Hanisian, Sara Pappa, Allie Sartori, Shauna Severo, Marcia Todd, Diana Venskus, Jennifer Tripken, Linda Watkins, Lisa Williams, Hannah Withers, Rita Wong.

Welcome/Introductions: Sara welcomed everyone. Each person then introduced themselves and gave a brief update on current falls prevention activities.

Update on current Falls Prevention activities: Sara gave an update on the goals and objectives of the Marymount grant. This included numbers of trained leaders and classes/programs being offered, speakers' bureau activities and the regional conference. Because the current grant period will be extended (we will request a no cost extension), a regional conference or meeting will be planned for the fall.

Sustainability update: Rita and Diana led the group in a discussion about sustainability. Specifically, input was sought regarding the next round of the ACL grant. As the team from Marymount begins to write the grant (due 4/30), they were interested in learning what members of the Steering Committee want and can offer in terms of resources for the next 2-3 year period. This is a summary of the discussion:

- Elderlink mentioned offering more classes at libraries and specifically at fitness centers in Reston
- Shauna shared some stats on falls at FC ADHCs and is interested in the Otago program utilizing recreation therapists
- Cathy discussed the pilot at Lewisville this summer with people with dementia and hopes we can expand working with that population in the coming years
- Marcia needs to have the programs offered in some languages other than English, especially Spanish
- The 55+ guide in Arlington and Arlington Neighborhood Village are currently promoting the programs; interested in continued support for instructors including senior volunteers and start-up costs
- Inova desires to work to reduce the stigma associated with falls; this prevents people from going to the Emergency Department when they need to, as per EMS
- Overall, the need to increase referrals to falls prevention programs continues (use the STEADI program from CDC to train physicians)
- Also need to work on 3rd party payer systems for falls prevention programs and services
- The group expressed interest in a regional public service campaign around falls prevention
- There is a desire to have an e-referral system/network that includes a master list of all falls prevention classes available
- The need to share data and return on investment information is great

Alliance update/structure: Sara reviewed the current structure of the Alliance based on feedback from the Feb. 23rd meeting. For now, the Steering Committee will meet every other month and the meetings are open to all. At some point in the near future, the group would like to have a chair/co-chairs. The group will hold full Alliance meetings 2x/year that will include professional development speakers and presentations. Sara reminded everyone about the website and newsletter and asked for people to contribute content. The next newsletter is scheduled to go out at the end of April. Sara will also manage the speakers' bureau for the Alliance. Everyone was asked to think about who else needs to be on the Alliance. Anyone can invite colleagues and community members who are interested in falls prevention to join. We are all ambassadors of the Alliance!

Falls Prevention week/month planning: Since the 3rd week of September is now Falls Prevention Week here in VA, Sara asked for volunteers to work on a few events to be held that week. This could include a professional development meeting/conference, events for seniors and other activities. Shauna, Melanie and Sara will meet to discuss initial ideas. Linda and Melanie are planning a community event for seniors on Oct. 13th with falls prevention being the theme. They will keep the group informed and let us know how we can collaborate.

Discussion/Next steps: Sara and Rita asked everyone to keep their eyes open for requests for letters of support for the grant. The group will plan to meet in June.