



MV Falls Prevention Coalition 2023

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&

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Introductions & Updates

- “Not-so-new-anymore” member – Lynn Marquedant
- Matter of Balance (MOB) update – Sue M, Joyce S-T
- Measurement update -- STRIDE – Ian C
- Falls Prevention Month, Week, Day Activity Brainstorming – Lynn/Cindy
- All other Updates – ie YMCA Healthy Aging Programs



Meet Lynn Marquedant, new Associate Director

About Lynn

- West Tisbury resident
- Background in high tech marketing (Dell, EMC, Digital/Compaq/HP)
- Digital Equity, Falls Prevention, 10 Yr Anniversary Celebration
- 20 hrs/wk – in the office M & W
- Call or email if you need anything!
 - 508-341-5631
 - LynnMarquedant@hamv.org



Matter of Balance (MOB) Update

- Registration is full for April group at UI COA – going very well – Sue M
- Accepting registrations for July 10th workshop (Tisbury Senior Center) – almost full! – Joyce S-T
- YMCA has offered to host future sessions – should we pick a date?
- Other thoughts?





A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an award winning evidence-based program designed to reduce fear of falling and improve activity levels in older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches.

What the Program Offers

- Learn to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend? Anyone who:

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past
- Has restricted activities because of falling concerns

Class Location and Schedule

Classes held at the Tisbury Council on Aging
Mondays 9:30-11:30 am
July 10, 17, 24, 31
August 7, 14, 21, 28

To register: Call Joyce Stiles-Tucker
Phone: 508-696-4205
Email: jstucker@tisburyma.gov

Brought to you by:



MVH STRIDE Data - %'s about same, collecting more data/month now

1/1/23 – 3/30/23 (New)

Question 1 have you fallen and hurt yourself in the past year?

Yes = 327 **13%**

No = 2594

Question 2 Have you fallen 2 or more times in the past year?

Yes = 137 **4%**

No = 3110

Question 3 Are you afraid you might fall because of balance or walking problems?

Yes = 253 **10%**

No = 2638

H A
M V

1/1/22 – 11/10/22 (Last Year)

STRIDE Question 1

Have you fallen and hurt yourself in the past year?

Yes = **12%**

No = 88%

STRIDE Question 2

Have you fallen 2 or more times in the past year?

Yes = **5%**

No = 95%

STRIDE Question 3

Are you afraid you might fall because of balance or walking problems?

Yes = **10%**

No = 90%



Falls Prevention Month, Week, Day

- FP Month: September 2023
 - Refresh and place Literature Packets at COAs, Libraries, YMCA, Chilmark Community Center, Airport Fitness, Chappaquiddick
 - Add new testimonials –videos? -- to add human element
- FP Week: September 18-22, 2023
 - Host Tables at each COA & Libraries – Morning & Afternoon M-TH
 - Videos of Older Adult testimonials from UI MOB event?
- FP DAY: September 22, 2023
 - Day-long Falls Prevention FAIR
 - Balance Screenings?
 - Location?
 - Giveaways – walker tips?

**National THEME:
From Awareness to
Action**



National Council on Aging to Host June 1st Webinar

The screenshot shows the NCOA website header with the logo and navigation links: About Us, Support NCOA, Take Action, Attend an Event, Adviser, Age Well Planner, and A A. Below the header are categories: Older Adults, Caregivers, Professionals, and Advocates. The main content area features a banner for an event titled "Get Ready for Falls Prevention Awareness Week 2023" with the date "June 01, 2023" and time "02:00 PM - 04:00 PM". There are buttons for "Add to calendar" and "Register Now", and a "Print this page" link.



• <https://connect.ncoa.org/products/get-ready-for-falls-prevention-awareness-week-2023>



Appendix

Information



Our 2023 Goals – let's go for straight A's

- ✓ Getting into the community more frequently (awareness)
- ✓ Moving forward the Store Safety Modification Program
- ✓ Increasing the impact of Falls Prevention month & re(using) assets
- ✓ Continue to develop our metrics

In order to..... collectively raise island-wide awareness of the risk of falling as one ages, to educate Older Adults on fall prevention strategies, and to empower Older Adults to take action to reduce their fall risk and, when they do fall, recover more quickly.



We have identified 4 work groups*

Falls Prevention Coalition 2023			
Group 1: Education & Prevention	Group 2: Strengthening Healthcare connections	Group 3: Improving safety in our homes and communities	Group 4: Metrics of Success
Oversees falls prevention month and getting into the community more often: MOB and other programs	How well we are working with healthcare providers, awareness of our work/programs	Includes Home Safety Modification/Store Safety Modification, evaluating technology options	How do we determine success? What are the metrics we can use?
Members			
Leslie Clapp, MVC4L	Lorna Andrade, NAACP Healthy Equity	Carolina Cooney, Chamber of Commerce	Ian Campbell, MVH
Rose Cogliano, Oak Bluffs COA	Cheryl Kram, CapeCod Health	Victoria Haeselbarth, Anchors	Alexis Babaian, IHC
Meris Keating, Anchors	Michele LeBlanc, MVCS CORE	Lori Perry, IHC	Marina Lent, BOH Aquinnah
Sue Merrill, UPICOA	Anna McCaffery, BOH Chilmark	Cindy Trish, HAMV	
Joyce Stiles Tucker, Tisbury COA	Susan Sanford, VCM	Allyson Malik, OB library	
Anne McDonough, Vineyard Haven library	Suzanne Robbins, MVH	Sue Silk, Consumer Activist	
Lew Laskaris, MVH Retired	Kathleen Samaways, IHC	Catie Blake, BOH	
Zonica Simpson, MVH			
Abby Leighton, YMCA			

*Note Groups 2 & 4 are combined



Current Falls Prevention Coalition Members*

Broad representation from island organizations but always room for more!

Lorna Andrade, drlorna.andrade@hotmail.com
Alexis Babaian, ababaian@ihimv.org
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* Updated 5/2023

