



# MV Falls Prevention Coalition 2024

June 25, 2024

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## Agenda

- HAMV Update
- Walking Poles
- Inclusive Beach Party
- Home Safety Modification Program Update
- Planning for Falls Prevention Awareness Month
- Matter of Balance
- Questions/Comments/Feedback



# An Update on Healthy Aging Martha's Vineyard

A New Chapter as we enter our 2<sup>nd</sup> Decade

We are now a 501(c)3

July, 2024





# Walking Poles

- Demonstration at Polly Hill was a success!!
  - Over 30 people joined the morning session
  - Thanks to all who joined the second session!
  - Reach out if you weren't able to join, we are happy to share what we learned!
- Each COA, HAMV, and Felix Neck all have walking poles available to borrow
  - Promote this service!!
  - Nancy Tutko put together a nice list of easier walks/trails on the island



# Inclusive Beach Party

- Working with Kate Lefer to throw a beach party that is accessible and inclusive to all
  - Awaiting final decision on location per Dick Cohen
- Held in August/Late September
- This is a great way to promote Beach Within Reach and the progress that is being made towards accessible beaches on island



# Home Safety Modification Program Update

- Louise Clough is “retiring from retirement” at the end of June
  - Thanks for all of your hard work, Louise!
- HAMV has hired a new Home Safety Project Coordinator
  - Diane Abbot will take over for Louise and is in the process of onboarding
  - Referrals for Home Safety Modifications will now go to Diane who will work to process and coordinate projects
- Welcome Diane! We’re happy to have you.



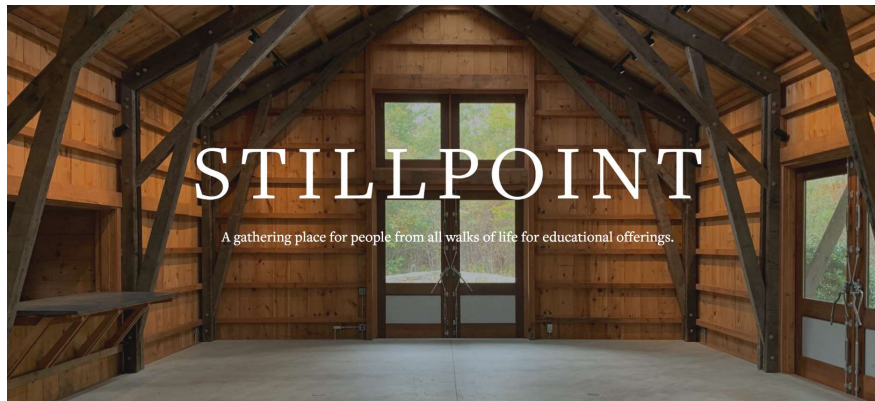
# Planning for Falls Prevention Awareness Month

- Starts 9/1/2024
  - This leaves us one final coalition meeting (August 27, 2024) before festivities begin
- HAMV applied for funding from Mass Cultural Council, awaiting decision
- Details are currently being finalized



# Falls Prevention Kickoff Event

- Location: StillPoint
- Guest: Jim Lobely, aka The Long Game Coach
- Date: 9/5/2024
- Time: TBD- recommendations to maximize attendance?





## Event at StillPoint

- Jim will give a lecture on balance and his curriculum
- Primer to following weeks of Zoom classes
  - Goal is to get participants to sign up for his classes throughout the month of September
  - Promotes overall health, wellness, physical activity, etc...
- Hoping to host his Zoom sessions at a COA or Library to foster group environment
  - Participants can also do sessions at home if they prefer



# Weekly Table Displays at COAs

- Table displays to include information regarding falls prevention, health & wellness, and available resources on MV
- Victoria had a great idea to hold a raffle for a set of walking poles
  - Can enter for visiting a table display
- Sign up for your week now:
  - 9/3 – 9/6
  - 9/9 – 9/13
  - 9/16 – 9/20
  - 9/23 – 9/27



# Fall Risk Assessment on 9/17

- Thank you Susan Sanford!
- Holding a fall risk assessment on 9/17 at the YMCA
- Table display with raffle will also be on site



# Public Health Nurse Wellness Checks

- Amelia Hambrecht holds regular wellness checks throughout the island
- Her schedule will be included in event flyer for FP awareness month
- Encourage older adults to attend one of Amelia's wellness checks
  - General health and wellness is an important component of Falls Prevention



# Falls Prevention Awareness Day 9/22!

- HAMV will host a guided walk at Felix Neck on 9/22 to celebrate Falls Prevention and also Felix Neck's work towards making their trails accessible to all
- 9/22 is a Sunday
- Will have walking poles at Felix Neck for use and demonstration
- Refreshments will be on site along with a table display
- Possible community involvement: Fire department?



# Matter of Balance

- Summer session is currently underway!
  - Thanks to our coaches and Up-Island COA
  - How is it going?
- Working on a session at the Anchors in October
  - FP awareness month is a great way to promote attendance of MOB!



# Questions and/or Feedback?