



MV Falls Prevention Coalition 2024

April 23, 2024

ctrish@hamv.org

508 693-7900 ext.455

jamieloschen@hamv.org

508 693-7900 ext. 502

H A

M V

Agenda

- Review of the past couple of months
- Planning for Falls Prevention Month
- Matter of Balance
- Home Safety Modification Q & A
- Future Initiatives



Our Mission Statement

The Falls Prevention Coalition mission is 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.





Falls Prevention Updates from March and April

Jim Lobely-The Long Game Coach

The Long Game is about developing a practice that makes us feel better now, and gives us the best chance of continuing to feel strong, healthy, resilient and comfortable in our bodies as we age. A “longevity practice” encompasses movement and exercise, nutrition, sleep, keeping our brains agile, and maintaining a deep connection to ourselves and others.

[Dynamic Movement Video](#)



Home Safety Modification Program

- Longitudinal data is being collected
 - We are accepting applications!
- We will provide program update at our next meeting
 - We welcome any ideas/recommendations for program funding
- Questions on Home Safety Modifications?

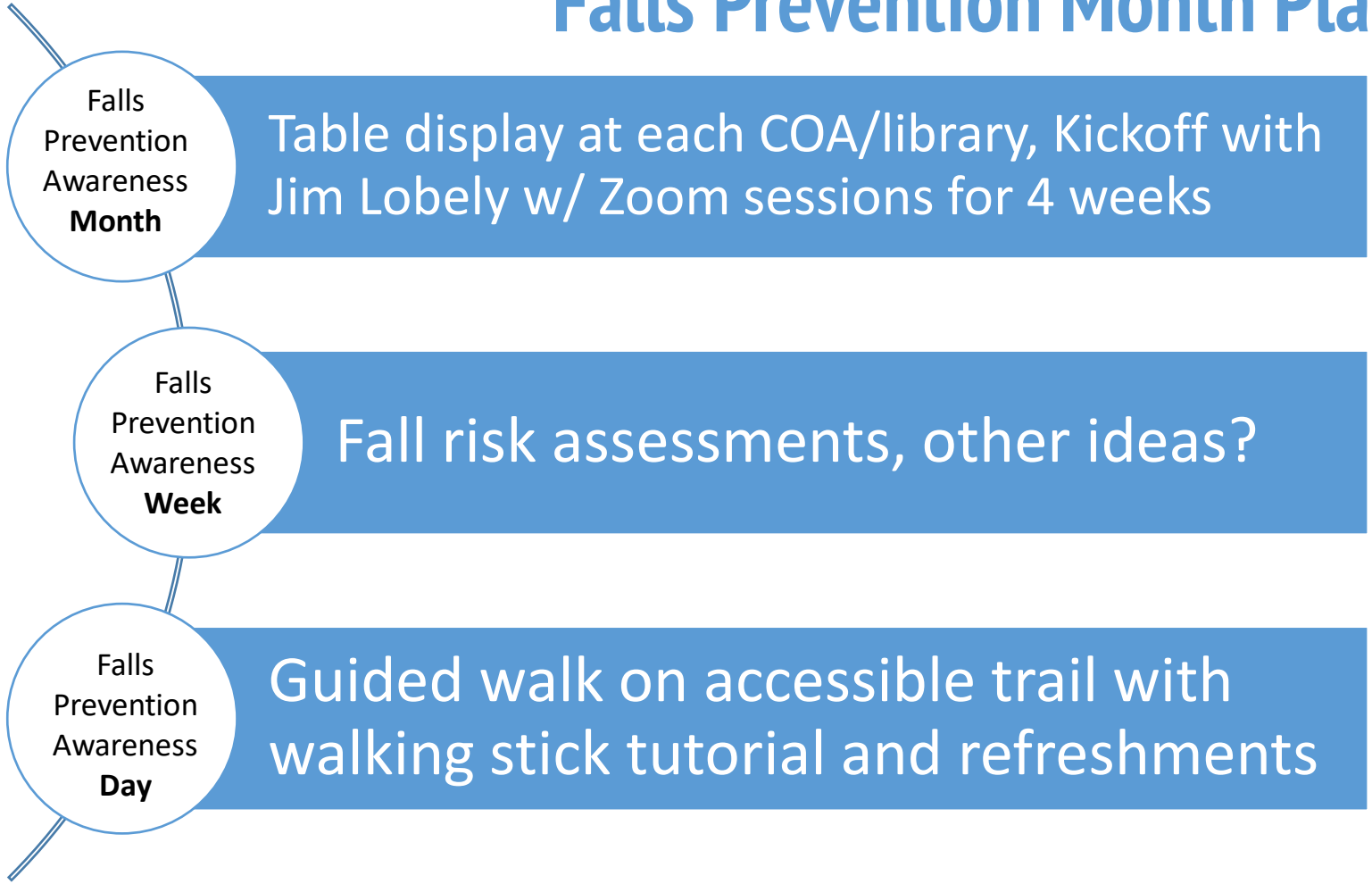


Nancy Tutko's Walking Poles Program

- Walking poles tutorial is on Wednesday, June 12 at Polly Hill Arboretum
- Walking poles to be held at various island locations, including COAs and libraries, available for rent/check out



Falls Prevention Month Planning





Falls Prevention Awareness Month- September

Event	Planning
Kickoff event with Jim Lobely 9/1	<ul style="list-style-type: none"> • Venue • Promotion • Enrollment into Jim's 4 week course
Weekly table displays at each COA/library	<ul style="list-style-type: none"> • 9/2-9/6 • 9/9 – 9/13 • 9/16 – 9/20 • 9/23 – 9/27
Weekly Zoom sessions with Jim Lobely	<ul style="list-style-type: none"> • Can be held at multiple venues: COAs, library, YMCA. Possible join from home • What day/time will gain most traction and fit with existing programming?



Falls Prevention Awareness Week- 9/23-9/27

Event	Planning needs
Fall risk assessments & Exercise tutorials	<ul style="list-style-type: none">• Susan Sanford has generously donated her time in the past
Ideas for additional events?	<ul style="list-style-type: none">• Input for additional events is welcome!!



Falls Prevention Awareness Day- 9/22/24

Event	Planning needs
Guided walk on accessible trail with walking poles available- Felix Neck	<ul style="list-style-type: none">• Location• Promotion• Refreshments
Ideas welcome!	



Matter of Balance

- Thanks to our coaches and the Up Island COA for hosting a Spring MOB session!
 - May 7 – June 25 10:30 am – 12:30 pm
- Summer MOB classes have been a challenge
- Looking ahead to early Fall or late Summer



Beach Within Reach Update from Cindy Trish





Discussion and Q&A

- Meeting time and frequency
 - Coalition members
- Outreach opportunities



THANK YOU!!!

We appreciate your involvement with the Falls Prevention Coalition!

Please feel free to reach out to myself or Cindy if you have questions, ideas, and/or feedback

JamieLoschen@hamv.org

Ctrish@hamv.org