

# La Crosse County Falls Prevention Coalition

Wednesday, January 31, 2018

1:00 – 2:30 PM

La Crosse County Administrative Center  
Room 2106  
212 6th Street North  
La Crosse, WI 54601

## ATTENDEES:

Not recorded

## MINUTES:

### **WELCOME AND INTRODUCTIONS**

### **REVIEW OF OCTOBER AND NOVEMBER MEETING MINUTES**

Carissa Pagel-Smith provided review of October and November meetings.

Heather Pintz distributed list of Coalition member contact information; asked for edits/additions.

Heather also shared an email from Linda Palmer, Rehabilitation Specialist with the Office for the Blind and Visually Impaired. Linda has inquired about an audio version of our information as well as the ability to participate in monthly meetings via conference call. Heather routed to Carissa whom will investigate.

### **BRAINSTORM/DISCUSSION OF 2018 OUTREACH ACTIVITIES**

Discussion continued regarding the Coalition's involvement with local outreach activities.

Attendees discussed the pros/cons of offering fall-risk assessments. While there is a need in the community, attendees discussed liability. Diane Brose indicated that a summary sheet, with recommendations, is provided and individuals are encouraged to provide/review with doctor. Attendees discussed whether or not and/or how doctors use this information. Attendees discussed the need to conduct outreach with local health care professionals which led to further discussion of the Coalition's marketing materials and website.

Attendees discussed the reality that a lot of great falls prevention activities/programming occurs in our community but perhaps this information is difficult to locate. Attendees felt that the Coalition's website should provide this information so that health care professionals, for instance, can confidently reference and/or refer their patients to the website. Attendees agreed to review the website prior to our next meeting which will be dedicated to review of website in order to brainstorm areas of improvement.

Examples of falls prevention activities/programming discussed by attendees included:

- Marshfield Clinic's Independent and Upright Falls Prevention Program
- UW STEADI Assessment (conducted during medical appointments)
- AARP HomeFit Workshop (began in Dane County, soon coming to La Crosse)

- GHS Senior Preferred Newsletters, Member Education and other initiatives

Attendees further discussed the need to purchase banners, table skirt, and laptop or TV. Attendees discussed potential avenues for funding/donations. Carissa Pagel-Smith indicated that the Aging & Disability Resource Center of La Crosse County could collect funds/donations, as needed/collected, and make any purchases on behalf of the group. Carissa also shared information about the Viterbo Community Health Fair which is scheduled for Tuesday, April 10, 2018. Attendees expressed interest in having a booth/table at the event and will work towards obtaining these items prior to April. Carissa will register; there is a \$35 registration fee.

#### **PARTNER UPDATES**

Shayna Schertz provided copies of the Gundersen Health System's Home Safety Checklist.

Gundersen Health System will begin a new session of Stepping On in March; Wednesdays.

The Aging & Disability Resource Center of La Crosse County is partnering with Diane Brose to offer a 12-week Tai Chi Fundamentals Adapted Program for individuals age 60 or older. Class will begin in April and continue through June; Mondays and Wednesdays. Participation is free but limited to 20 persons.

#### **FUTURE AGENDA ITEMS**

Attendees discussed the need to continue further conversation of website and marketing materials.

#### **MEETING ADJOURNMENT**

Our next meeting will be held Wednesday, February 28, 2018 at 1:00 pm in Room 2106.

*Minutes submitted by Carissa Pagel-Smith*