

La Crosse County Falls Prevention Coalition Meeting – January 27, 2016

Present: Murphy, Brose, Martine, Lindahl, Schertz and student intern, Kunze and student intern, Pintz, Miller, White, Kane

Two P.T. graduate students announced that UW-L P.T. Department is starting “Walk Strong, Walk Tall”, a fall prevention program for people 65+ starting Feb. 4. Contact pitsch.nata@uwlax.edu for more information.

Gundersen Health System will start a Stepping On class March 30 – May 11 at Gundersen Onalaska Clinic, and hopes to offer an additional Stepping On class this summer at Eagle Crest South and a third one perhaps at another location in the community..

Other possible audiences for Stepping On:

- Clients of Western Wisconsin Cares
- People receiving assistance from Tri-State Ambulance and La Crosse Fire Department
- Programs for new Holmen Community Center
- Senior Housing and/or Assisted Living
- People using personal emergency response systems

The La Crosse Aging Unit and the ADRC have merged as of 1/1/2016. At the February meeting, the ADRC will offer information on its resources and services including adaptive devices kits, community calendars, inventory of local emergency response systems, home visits, etc. All this information will be linked to website www.lacrossestopfalls.org.

The Tai Chi Fundamentals program has been postponed until September.

Priorities for 2016

- Expand www.lacrossestopfalls.org
 - To link with Get Active La Crosse
 - To be clearinghouse to promote Stepping On, Strong Seniors, Tai Chi, etc.
 - To list resources of ADRC
 - To link with recent Falls Prevention Research
- Explore partnership with Senior Programs at YMCA.
- Research use of the county’s Facebook and Twitter capacity to promote falls prevention
- Develop Awareness Campaign to make community more informed about:
 - Fall prevention programs
 - www.lacrossestopfalls.org
 - La Crosse County Falls Prevention Resource Guide
 - The La Crosse County Falls Prevention Coalition

Next meeting:

Wed, February 24, 2016 at 1:01 pm, Room 2076
Health Science Center, 1300 Badger St., La Crosse