

La Crosse County Falls Prevention Coalition Meeting – 4/27/2016

Present: Thiel, Kunze, Intern from Gundersen, Bateman, Brose, Melendez, Murphy, White, Branson

Tai Chi classes will begin this fall as a research project for twice a week for 6 weeks. People can register now at the ADRC. More information will be available at www.lacrossestopfalls.org.

The Gundersen Health System has a new brochure available demonstrating yoga poses with proper breathing techniques and tips to improve strength, flexibility, and balance called Gentle Yoga. Videos are also available for purchase.

Mayo Health System is ½ way through a Stepping on Class and is planning another for fall.

Tri-State Ambulance, Health Science Center, ADRC, and Health Department will be contacted if funds are available to hire IT people to optimize google search to better connect older fallers and their family members to community resources as well as develop a Facebook page that could connect this Coalition with primary physicians, pharmacists, care coordinators, rehab agencies, home care agencies, care coordinators, PTs, OTs, etc.

Suggestions are needed for updates to website www.lacrossestopfalls.org, Public Service Announcements, and distribution sites for the La Crosse County Falls Prevention Resource Guide.

The La Crosse County Health Department will be hosting a meeting (date and location to be announced soon) to initiate a Healthy Aging Coalition for La Crosse County which will develop a sustainability plan for both Smart Seniors and Strong Seniors.

Attachment contains information on status of Falls Prevention Programs in Wisconsin, STEADI, and reimbursement for Falls Risks Assessments.

Next meeting: **Wed., May 25, 2016 at 1:01 pm in Room 2076**
Health Science Center
1300 Badger St., La Crosse