

Falls Prevention Coalition Meeting - 6/29/16

- Present: Thiel, Branson, Brose, Melindez, Stapleton, Bateman, Schertz, Pintz, Lindahl, Kunze, Kane + student intern, White.
- Wellness Fest 2016 will be **July 30, 2016, from 9-1 at La Crosse Center.**
- Gundersen Health System is sponsoring a 6-week workshop to help people with diabetes better manage their condition. Starts **7/25/16; Call 608-775-4717 to register.**
- There will be a discussion on health promotion for the aging population on **7/13/16 at 10:00am at the Onalaska Public Library.**
- Group felt we should re-produce another 5,000 La Crosse County Falls Prevention Resource Guide (after a few modifications, additions, etc.). Possible funders are Gundersen Foundation, Mayo Foundation, ADRC, Franke Foundation, ResCare HomeCare, Tri-State Ambulance, Coulee Region Pharmacy Associates, WI Physical Therapy Associates, SWRTAC. These would be distributed to medical providers, fire and police departments, first responders, Tri-State Ambulance, senior housing, libraries, churches, ADRC, home care agencies, senior groups, pharmacies, Strong Seniors, Western Wisconsin Cares, Caregiver Coalition, Hunger Task Force, etc.
- Group brainstormed ideas for National Falls Prevention Awareness Day on **Sept. 22, 2016 at First Presbyterian Church from 1-4:30pm** with 15 minute presentation on “I’ve Fallen and I Can Get Up”, Medication and Falls, Home Safety, Aging In Place, Strength and Balance Exercises, Preventing Falls with Proper Nutrition, Fear of Falling, Footwear and Falls, Local Data on Falls from Hospitals, Fire, Police, Ambulance, etc. This day would also include a community resource fair with ADRC, Gundersen, Mayo, Fire Dept., Falls Prevention Coalition, Cass St. Pharmacy, UW LaCrosse, Tri-State Ambulance, Strong Seniors, Independent Living Resources, HomeInstead, Grand Bluff Running, 211, New Tai Chi Classes, etc. Additional information is available on the National Council on Aging website.
- Next meeting is **Wednesday, July 27, 2016 at 1:01pm** in Room 2076 Health Science Center, 1300 Badger St., La Crosse.
 - Agenda: Updates- Falls Prevention Resource Guide
 - Plan for Falls Prevention Awareness Day
 - Consider meeting off Campus