

Falls Prevention Coalition Meeting – July 29, 2015

Present: Gwyneth Straker, Tyler from Tri-State , Mary Bess, Laura from Gunderson, Karen Locy, Gretchen Kunze, Laura Tebo, Shana Chertz, Corrine Johnson, Mary Bassing, Sue Betz

We have approval to hold the National Falls Prevention Awareness Day activities at First Presbyterian Church, 233 West Ave S, La Crosse on Wed, Sep 23rd. We can use the space between noon and 5:30. The room has a stage for the presentations. The room could be set up with 100-150 chairs. The church will supply coffee and the Aging Unit will order cookies from Aramark.

The group would like to see about possibly handing out a brief questionnaire to assess falls. Gwyn said she would look for one and send to Mary. The group would like to include on the front cover of the flier 'What to do after a fall' to include those who have already fallen, in Falls Prevention Awareness Day.

The group reviewed the presentation portion of the flier for the event on Sept 23rd.

- It was brought up how the presentations are a good stepping stone to connect the dots – to promote other services, such as assistive devices, exercise – show how we're working together as a team to help prevent falls
- The amount of time was reviewed for each presentation and times will be updated on the flier. It was also suggested that a five minute transition period be added between speakers.
- Gwyn will call Diane Brose to see if she is available to do the 'I've Fallen and I Can Get Up' presentation.
- Karen Locy has replaced Carla Lundeen. Karen was given Louise's phone number after the meeting to coordinate the Home Safety presentation.
- Gwyneth Straker and Mary Bassing will do a combined presentation adding Bone Health to Strength and Balance. After their presentations Tai Chi, Yoga, and some strength, balance and weight bearing exercises will be demonstrated.
- Ask Noreen if she could contact 'Home Safety Innovations' to see if they would do a presentation on home safety devices after the Home Safety presentation.
- Mary Bassing will approach Podiatry residents as to their willingness to offer a booth on foot care.

The group reviewed the Community Resources portion of the flier for the event on Sep 23rd.

- It was brought up that the booths are much more effective if they are interactive.
- The group reviewed the number of booths and combined resources where possible to decrease the space needed for booths. Reduced total booths from 20 to 10.
 - Combine ADRC, Falls Prevention Coalition, Aging Unit, and Health Dept to one table where brochures would be offered and people available for questions.
 - Check if Fire Department wants a table
 - Cass Street Pharmacy will cover Medication Management
 - Check if Podiatry will cover Foot Care
 - Gwyn will check if PT students will be available for Fall Risk Assessments and will combine with Balance Assessments and UW-L Physical Therapy

Diane would take care of How to Get Up from a Fall information
The Home Safety Checklist will be taken care of by Gundersen
Gundersen will also see about offering blood pressure checks.
Need to contact Mayo Health Care System to see if they want to participate
Tri State Ambulance will have 2 EMTs available

- Gwyn said the church has enough tables to support the number of booths and suggested the group go to the church after next months' meeting to get a feel for the layout.
- The group would like each booth to supply something as a door prize.
- Gwyn will ask Mary if Podiatry would like a booth to demonstrate proper footwear. (Actually I think we talked about Grand Bluff doing the footwear and podiatry doing foot care)
- Gretchen will contact ILR to see if they would show assistance devices.

Adjustments will be made to the flier and sent out to the group for any additional updates. The final flier will be handed out at the next to distribute to the community. There will also be an article in the Sept Senior Life newsletter promoting the event.

PLEASE NOTE

Next meeting: Wed, August 26th, 1:01pm

FIRST PRESBYTERIAN CHURCH

233 WEST AVENUE

LA CROSSE