

## La Crosse County Falls Prevention Coalition Meeting 9-28-2016

1. PRESENT: Stapleton, Kane, Lindahl, Thiel, Schertz, Bateman, Kuennen, White
2. Falls Prevention Awareness Day was very successful. 28 attendees signed up for Tai Chi, 6 for Stepping On, and 5 for Strong Seniors.
  - Suggestions to grow this event in 2017 include:
    - Develop plan to get larger attendance by:
    - Working closer with the media
    - Promote at Wellness Fair at local businesses, send flyers to 300+ older fallers on Tri-State Ambulance mailing list
    - Collaborate with local P.T.s and O.T.s
    - Speak at Senior Centers, Meal sites, Senior Housing, Churches, Community groups, Strong Seniors
  - Modify the program to:
    - Highlight the demonstrations by La Crosse Fire Dept. and Tri-State Ambulance
    - Demonstrate [www.lacrossestopfalls.org](http://www.lacrossestopfalls.org) website
    - Demonstrate assistive devices
    - Distribute handout on personal alert systems in La Crosse
    - Consider topics on winter walking safety, walking with pets, neuropathy and falls prevention
    - Offer free vision screening
    - Offer free hearing screening
    - Offer free risk assessment for falling
    - Offer bone density tests
    - Continue free blood pressure screening
    - Connect with Viterbo Dietetics dept. for all these screenings
    - Draft simple evaluation forms
    - Video the entire program, then put on website
3. The La Crosse Health Dept. said the La Crosse County Healthy Aging Coalition will be a virtual coalition/ website to promote collaboration and improve communication. The Falls Prevention Coalition will need to discuss how to connect with this new resource.
4. This Coalition needs to tie into the Wisconsin State Falls Prevention network for better information sharing with other falls prevention coalitions in WI.
5. Contact Sue Betz (608-789-8573) or Larry White (608-783-6969) to order delivery of the 2<sup>nd</sup> edition of the La Crosse County Falls Prevention Resource Guide.

**Next Meeting:**

**Wed. Oct. 26, 2016**

**1:01 pm lower level conf. room**

**First Presbyterian Church**

**233 West Ave. S., La Crosse**