

**Northern Virginia Falls Prevention Alliance
Steering Committee Meeting
October 24, 2019; 10:00 – 12 noon
Goodwin House Bailey's Crossroads**

Minutes

Welcome/Introductions: Sara welcomed everyone and each person introduced themselves and shared updates on current aging and falls prevention activities.

Presentation: Dianne Duke of Elderlink gave a presentation on the A Matter of Balance (AMOB) program in Fairfax County. Sara added a brief report on AMOB in Prince William County submitted by Jodie Houser. Successes, challenges and lessons learned were shared and discussed.

Grant and Alliance Activities: Sara and Rita gave an update on the activities of the grant and Alliance, including the grant deliverables for 2018-2021. Updates included:

- While we have added some new sites over the past few months, we continue to focus on expanding to medically underserved and low income areas. Sara asked for assistance from our partners to find additional new (and past) sites for our programs.
- We have identified some grant funds that can be used as an incentive for new sites that have a focus on low income areas. If anyone knows of a new site ready to start a program, please let Sara know. The funds can be used for materials, weights, and instructors if desired.
- One sustainability challenge we have identified is matching sites with trained and available leaders. One idea is to reach out to gyms and fitness centers to see if we can offer the programs during the day, when most of the regular members are not using the clubs.
- RTO: AMOB and SAIL leader trainings were held in Sept. (SAIL) and Oct. (AMOB). The next trainings will be held in Jan. and Feb. Dates will be announced as soon as they are available. Alliance partners are encouraged to help us identify volunteers and others who might be interested in becoming trained leaders.
- We held an Otago planning/interest meeting on Oct. 3rd. We brainstormed ideas on how to get the program going in some assisted living and other facilities. MU has students available to assist with the implementation of Otago. We are also exploring creating an Otago training for home care agencies.
- The group shared FPAW activities. MU hosted a grantor (ACL) site visit and community falls risk screening on 9/26. There were several other events held during the last 2 weeks of Sept.
- Sara reminded everyone that the website now lists all programs that we are aware of in the region. People can search for AMOB and SAIL programs as well as have their programs added to the list. We also maintain a calendar of events and everyone can send submissions to Sara.
- There will be a Virginia Falls Prevention Coalition meeting on 11/13. MU grant staff cannot attend but plan to join via phone. Everyone was invited to attend and/or participate.
- Dates for 2020 Alliance meetings were chosen: 1/23, 4/23, 7/23 and 10/22. **The time will change to 10:30 – 12:30 p.m. for all meetings.** Sara will work on securing meeting locations and will send out invites soon.
- The group shared current programs and services being offered throughout the region.

The meeting adjourned at 12:00 p.m.