

Northern Virginia Falls Prevention Alliance Meeting

April 23, 2020; 10:30 – 12:00 p.m.

Zoom virtual meeting

Minutes

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

Presentation: Jade Bender-Barnett and Julie Ries of Marymount University each gave a presentation on the Otago program. Jade presented an overview of the Otago program and Julie presented on using a modified Otago program for those with dementia.

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:

- With COVID-19 now a reality, we are supporting our sites as best we can. Fairfax County, Inova and VHC are offering some classes virtually. SAIL can be offered online at this point, but AMOB cannot. We will continue to monitor and share guidance from our national partners as it becomes available.
- We are asking partners to at the very least keep head counts and names of program participants for any virtual SAIL programs offered. Also, Sara can post these programs on the NVFPA website to assist with marketing and promotion.
- RTO: AMOB and SAIL leader trainings were held in Jan./Feb. (SAIL for NVCC students) and Feb. (AMOB). The April SAIL training and May update trainings have been postponed. Sara will keep members notified when these are rescheduled. As always, Alliance partners are encouraged to help us identify volunteers and others who might be interested in becoming trained leaders.
- Sara reminded everyone that the website 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.
- The group discussed preliminary ideas for FPAW. Inova is planning an event for 9/11. Events may change as we watch what happens with COVID.
- Dates for remaining 2020 Alliance meetings: 7/23 (virtual) and 10/22 (location TBA).
- Upcoming conferences and meetings: Aging in America (virtual in March), VA Conference on Falls Prevention (cancelled), VA Governor's Conference on Aging (moved to Oct.), NCOA Age+Action (virtual in June).
- The group shared current and upcoming events, programs and services being offered throughout the region. Sara will post events on the website.

The meeting adjourned at 12:30 p.m.