

Falls Task Group Meeting Minutes

October 14, 2015

Time	Topic	Presenter	Action Items/Notes
2:00	Welcome and sign in Introductions	Kathy Gilbride, Central MN Council on Aging	Lynette “Billie” Linstad, Carefree Living, Clarissa Gildart, & Sarah Speer, Good Samaritan Society Gary Larson, TRIAD Deb Bergstrom, Essentia Health Cassie Carey & Millie English-Morris, Crow Wing Energized
2:05	Update on Matter of Balance (MOB) Workshops <ul style="list-style-type: none"> • Nisswa • Carefree Living • Pequot Lakes • Essentia Health <p>Opportunities to increase leader pool:</p> <ul style="list-style-type: none"> • MOB Leader Training in Wadena November 18 and 19 <p>Barriers that need to be addressed:</p> <ul style="list-style-type: none"> • Cost of workshops/participant books 	<ul style="list-style-type: none"> • Billie/Ken • Billie/ • Billie/ • Karen/Deb <p>Kathy</p> <p>MOB Leaders</p>	<p>There are more opportunities to hold workshops than there are available certified facilitators. Our challenge is to recruit and train more people to address the demand from the general public and to create an annual schedule of workshops for health care professionals so they could refer at-risk older adults to the workshops.</p> <p>A two-day leader training is scheduled in Wadena on November 18 & 19. Registration form and training details are attached. The training is FREE to participants with a commitment to co-facilitate two workshops per year in Crow Wing County.</p> <p>Good Samaritan Society has purchased 60 participant workbooks for the upcoming workshops sponsored by Good Samaritan Society.</p>
2:10	Update: Opportunities from Crow Wing Energized <ul style="list-style-type: none"> • MOB Workshop beverages/snacks • Stipends for leaders/mileage 	Cassie	Crow Wing Energized has provided funding to provide beverages and snacks at participant workshops and mileage for co-facilitators offered to Crow Wing County residents.
2:15	Shaker Bottles Project <ul style="list-style-type: none"> • Sand supplier • Filling • Distribution • Storage • Next steps 	Group discussion	<p>100 bottles will be filled with sand as an intergenerational project with Carefree Living/Christian School youth and Good Samaritan residents/Girls Scout troop. Articles with pictures will be distributed to various local print and social media.</p> <p>Filled bottles will be given to all workshop graduates, care coordinators will give to at-risk patients, patients discharged from the hospital due to a fall-related injury and ER patients treated for a fall-related injury.</p> <p>An additional 200 bottles will be ordered with SHIP funds.</p> <p>Crow Wing Highway Department has agreed to provide sand, if needed.</p>
2:55	Upcoming Events <ul style="list-style-type: none"> • Nov. 17 10:00 – 11:30 am Land & Services Building <p><i>Winter Driving Safety Tips for Seniors</i></p>	TRIAD/MN State Patrol	

3:00 **Tasks to Report on at next meeting**

Update on Shaker Bottle project

- Billie – Filling and distributing to MOB graduates
- Clarissa - Filling and distributing to MOB graduates
- Millie – Media coverage

Process to refill sand bottles

Next Meeting information: Wednesday, November 11, 2015
1:00 – 2:00
Land Services Building Conference Room Main Level
322 Laurel Street
Brainerd, MN

Contact Person: Kathy Gilbride, Central MN Council on Aging
Kathy.gilbride@cmcoa.org
320.253.9479

Open to individuals or organizations interested in falls awareness and prevention for Crow Wing County residents



Central Minnesota Council on Aging
is pleased to announce:

Matter of Balance Leader Training

**Supported by the Statewide Health Improvement Program, Minnesota
Department of Health.**

November 18th and 19th - 9:30 a.m. – 3:30 p.m.

Maslowski Wellness & Research Center
17 5th St SW, Wadena, MN

Matter of Balance is an award winning evidenced-based program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Through classes participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Engage in exercise to increase strength and balance

Matter of Balance curriculum is delivered by **two trained leaders** in **8 sessions 2 hours each**. Therefore, it is highly recommended that each agency/site register at least two people. In order to be certified, leaders must successfully complete both days of training.

Coach (leader) Training Requirements:

- Agree to coach two Matter of Balance classes within one year of certification
- Attend coach training taught by the Master Trainer and earn A Matter of Balance Coach Certification

To become trained as a Matter of Balance Leader
or for more information please contact
Amanda Schindele (Amanda.schindele@cmcoa.org)
or 320-253-9349



REGISTRATION FORM FOR LEADER TRAINING

Maslowski Wellness & Research Center
17 5th St SW, Wadena, MN
November 18th and 19th, 2015
9:30 a.m. - 3:30 p.m.

Supported by the Statewide Health Improvement Program, Minnesota Department of Health and is provided at no cost to potential leaders.

Potential leaders must attend both days of training to be certified.
Matter of Balance requires two (2) trained leaders in order to offer the workshop

Registration deadline: Friday, November 6th, 2015 or when filled.

Organization _____

Name _____

Address _____

Phone Number _____ Fax Number _____

E-Mail _____

Name of Co-Leader _____

Do you need any special accommodations for this training?

Please return this form via email (amanda.schindele@cmcoa.org) fax(320-253-9576) or US Postal service :



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