



Community Health Improvement Planning
Southern Chapter of the Arizona Falls Prevention Coalition
Meeting Minutes – Thursday January 17, 2019
9:00-11:00 AM
Abrams Public Health Center Room 3110, 3950 S. Country Club Rd. Tucson, AZ

In Attendance

Adina Wingate, *Pima Council on Aging*
Brooke Reaves, *Carondelet Saint Joseph's Hospital*
Debbie Adams, *Pima Council on Aging*
Elisabeth Cozzi, *St. Joseph's Hospital*
Ella Mazurek, *Pima County Health Department*
Irene Soolerquist, *Adult Protective Services*
Jen Bea, *UACC*
Kimberly Romo, *Encompass Health Reb Hospital*
Kim Ohl, *Pima County Health Department*
Marcia Woodburn, *Banner*

Maya Luria, *Tucson Medical Center*
McHaley Gilbert, *Encompass Health Rehab Hospital*
Nicholas Cogdall, *Pima County Health Department*
Rachel Peterson, *UA Center on Aging*
Rebecca O'Brien, *Pima County Health Department*
Renee Wentworth, *Pima County Health Department*
Shi Martin, *SEAGO Area Agency on Aging*
Susan Kinkade, *Banner*
Tracy Koslowski, *Drexel Heights Fire District*

Welcome and Introductions

Debbie Adams, PCOA, welcomed everyone in attendance and a round robin of introductions were done, both in the room and on the phone.

Introduction of Ella Mazurek

Nic Cogdall, Pima County Health Department, introduced Ella Mazurek to the group. Ella is a senior, pursuing a Bachelor's Degree in Public Health at the University of Arizona and will be working on the Healthy Pima Initiative to support the work of the Southern Chapter of the Arizona Falls Prevention Coalition from January to May. This work will focus on several projects including the development of a resource packet that physicians can provide to patients, making contacts in the community for outreach, and research strategies to support the work of the coalition.

Update from Arizona Falls Prevention Coalition

Rebecca Root, Pima County Health Department, provided the group with an update from the state-wide Arizona Falls Prevention Coalition meeting, which focused primarily on grant writing efforts. In particular, there is a need for an improved mechanism for local health departments to identify grant opportunities. Additionally, the meeting stressed the need for organizational collaboration for larger grants, as having multiple organizations apply for a grant separately reduces the chance that any one group will receive funding.

Additional updates include:

- The Arizona Falls Prevention Symposium will be held on September 20th, with more details to be announced.
- The webpage Arizona Falls Prevention Coalition has been added the Arizona Department of Health Services (ADHS) [website](#).
- ADHS is interested in providing the falls assessment tool developed by the SCAFPC through the department's website. Additionally, the Western Arizona Council of Governments (WACOG) is hoping to adopt the assessment and share it with their own logos and modifying the resources listed on the tool to match the needs of their jurisdiction.
 - The group agreed that this tool could be made available for use by WACOG but want to ensure that the content and branding is maintained. Adina Wingate offered to help with this to ensure that the formatting is consistent.



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- Canyon Vista Medical Center and Cochise County are interested in creating task force groups in the other counties in southern Arizona to allow for more tailored falls prevention programming.
- The group discussed the availability of fall-related injury data collected at the state level and noted the challenges of accessing information from state departments.
 - The group discussed other possibilities for data collection including tracking data from emergency department, trauma databases, and pulling Arizona-specific data from the Centers for Medicare and Medicaid (CMS).
 - The group did note that for hospitals, there may be several different codes that could be used for a falls-related injury, which may serve as an obstacle.

Coalition Intern

Nic Cogdall provided an overview of the Southern Chapter of the Arizona Falls Prevention Coalition webpage on the Healthy Pima website: <https://www.healthypima.com/falls>. This page offers information about the task force, including meeting times, minutes, action plans, recruitment materials, as well as information and resources. Nic collected feedback from the group, which included adjustments to the font and making the website available in Spanish. Nic noted that Healthy Pima is currently exploring options to address and incorporate this feedback.

If you have additional feedback, please contact Nic Cogdall at Nicholas.cogdall@pima.gov.

Review of Coalition Accomplishments

Debbie Adams provided the group with a summary of accomplishments that the task force has achieved in the last year, which could be included on the recruitment flyer to showcase the work that has already been accomplished to attract new members. The list of achievements include:

- Developed and adopted 2018-2021 Action Plan to guide the work of the Coalition.
- Created and distributed a Fall Risk Assessment Tool in English and Spanish, utilizing CDC checklists.
- Developed a Coalition page on the Healthy Pima website.
- Developed a Coalition recruitment packet and met with new members.
- Secured time on the KGUN 9 Tucson Morning Blend TV show to feature falls prevention community education in recognition of September as Falls Prevention Month.
- Facilitated the provision of community educational events in September, 2018.
- Developed strategies to inform primary care physicians of Coalition activities, use of the fall risk assessment tool and available community resources.
- Compiled and prepared a Pima County Fall Prevention Resource List.

Nic will work with Debbie to finalize the list of accomplishments and add them to the recruitment flyer.

Falls Prevention Events & Planning

The group discussed upcoming falls prevention events these include:

- The United Way of Southern Arizona is hosting “The Future of Aging in Pima County, A Community Conversation” on February 13th from 7:30-11:00 AM at 320 N Commerce Park Loop Tucson, AZ 8574. To RSVP for the event please visit: https://www.unitedwaytucson.org/community_conversation



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- Pima County Health Department is hosting a “Love Your Health” event on February 14th. This event will include blood pressure screenings and is looking for additional partners in the community to host. PCHD can provide digital blood pressure monitors and potentially staff to help out. If you would like to get involved please contact Rebecca.O’Brien@pima.gov. To find a screening location near you, please visit www.pima.gov/healthyheart. There will be an orientation and distribution of monitors on February 11.
 - The “Love Your Heart” event will provide magnets, pins, and educational brochures and will be raffling off a Fitbit.

To plan future events the group has formed a subcommittee. This subcommittee is comprised of the following:

- Brooke Reaves, *Carondelet Saint Joseph's Hospital*
- Marcia Woodburn, *Banner*
- McHaley Gilbert, *Encompass Health Rehab Hospital*
- Rebecca O’Brien, *Pima County Health Department*
- Debbie Adams, *PCOA*

The group discussed locations and times for a number of events as part of the September Falls Prevention. Once these location times are finalized, the group can begin marketing these events. Potential locations include:

- Ellie Towne
- Tucson Jewish Community Center
- Udall Park
- Tucson Medical Center for Senior (space limitations were noted)
- El Rio at El Pueblo (101 W Irvington Rd, Tucson, AZ 85714)
- Green Valley, Sahuarita, and Vail
- Saddlebrook
- Westside of community at St. Mary’s or El Rio

The group discussed how they would like to conduct the event and whether to include tabling, speakers, as well as demonstrations and assessments, or some combination thereof. The group noted that, because of the variety of locations, it may be most appropriate to tailor each event to ensure that there is adequate space and time for all participants, particularly in Cochise County where there are space concerns. This could be addressed by having an event later in the year that is outside, at a park.

Updates

- Banner and Drexel Fire District are holding a Fall Prevention & Safety Workshop in February. The workshop will include interactive programming to help with falls prevention and education about potential dangers in the home. More details on the attached flyer.
- Adina from PCOA noted that the Pima County Medical Society has an e-news section, which may provide an opportunity to share news and provide input on relevant topics. The group is interested in identifying other outlets to provide communication through.
- Brooke Reaves, Carondelet Saint Joseph's Hospital shared that the assessment tool that was developed by the group has been distributed to the Inpatient Falls Committee and Management Council. There is interest in including it in the patient admission packet and potentially disseminating the document further. The group



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discussed how the document could be shared further, potentially outside of Carondelet to include other hospitals such as Banner and Tucson Medical Center, for the most vulnerable patients among discharge.

- Shi Martin, SEAGO Area Agency on Aging, shared that a fourth 16-week Tai Chi classes have started in Santa Cruz County with offerings in Tubac and Nogales.

Next Meeting

The next meeting is scheduled for Thursday, February 21, 2019 at 9:00AM at the Abrams Public Health Building located at 3950 S. Country Club Tucson, AZ. You can also join by phone 520-222-1111 using the access code 9572950#.

If you have any agenda items for the next meeting, please e-mail them to Debbie at: DAdams@pcoa.org

Adjourn