



**Community Health Improvement Planning
Southern Chapter of the Arizona Falls Prevention Coalition
Meeting Minutes – Thursday February 20, 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	Monica R. Hayes, Nursing Student
Brooke Reaves, Carondelet - St. Joseph's Hospital	Nicholas Cogdall, Pima County Health Department
Chelsea Downs, Encompass Health	Rachel Peterson, University of Arizona Center on Aging
Ella Mazurek, Pima County Health Department	Rebecca O'Brien, Pima County Health Department
Karla Bennington, Banner Health	Sam Rowe, CareMore/Amerigroup
Kurt Reuter, Community Member	Shi Martin, Southeastern Ass. Of Governments
Lee Itule-Klasen, Pima County Health Department	Susan Kasle, Jewish Family & Children's Services of Southern Arizona
Maya Luria, Tucson Medical Center	Terry Nordbrock, Pima County Health Department
McHaley Haeflinger, Encompass Health Rehabilitation	

Welcome and Introductions

Lee Itule-Klasen, Pima County Health Department, welcomed everyone in attendance and a round robin of introductions were done, both in the room and on the phone.

Update from Arizona Falls Prevention Coalition

Lee provided the group with an update from the state-wide Arizona Falls Prevention Coalition meeting. Currently, planning is underway for the September symposium on September 20th, which will be the falls prevention day. As planning ramps up, additional information will be shared with the group.

The Northern Chapter of the Arizona Falls Prevention Coalition is interested in expanding capacity for the Matter of Balance program and is interested in adopting the Southern Chapter's Falls Risk Assessment tool. The tool is also currently being shared by the state-wide coalition through AzDHS. The Western Chapter has a new chair that is currently getting up to speed on the group. Finally, the Southern Chapter hopes to increase engagement with the faith-based community.

Falls Recruitment Flyer

Nic Cogdall, Pima County Health Department, provided the group with the updated recruitment flyer that includes the 2018 accomplishments included on the back. Shi noted that some of the falls awareness events also occurred in Santa Cruz County. Sam Rowe, Amerigroup, noted that the flyer should be updated to reflect the Amerigroup involvement. The flyer will be updated to reflect these suggestions.

Falls Prevention Strategies

Ella Mazurek, an intern with the Pima County Health Department, gave a presentation on fall prevention strategies being implemented across the country. This includes evidence-based resources and programming in California, Florida, Colorado, and Wisconsin. The programs included were Tai Chi, Otago, and Stepping On, amongst other approaches to address falls that are being implemented in Arizona and around the country.

The group discussed the strategies being used by other coalitions and noted the need to gather additional information on what is being done here in Southern Arizona. The group agreed that there is a need to collect data on current services to address gaps before exploring the implementation of additional programs to ensure that the existing needs are being met. Additionally, the group discussed the importance of considering what percentage of falls are due to



environmental factors as opposed to falls due to issues with strength and balance. This will help determine which programs will be most beneficial to the community.

Falls Prevention Events & Planning

The group discussed plans for the falls prevention month in September including events for falls prevention day on the 20th. To plan events and expand efforts, the Southern Chapter may want to conduct outreach to Graham, Greenlee, Cochise, and Santa Cruz Counties. Ella will be assisting with mapping out and identifying venues and contacts. Additionally, the group discussed having a kick-off event offering a number of events spanning from September into November to increase outreach to the seasonal residents of Southern Arizona. The coalition could potentially collaborate with the fire prevention events in the area. Beyond the community events, the group also expressed interest in hosting events for providers to ensure consistent messaging regarding falls prevention.

Updates

- The Pima County Medical Society has an e-news section, shared an article drafted by the Southern Chapter of the Arizona Falls Coalition on the importance of talking with patients about fall prevention. Read the article [here](#).
- Santa Cruz County is seeking venues for their Care Convention. Dates are to be determined but venue space is limited in the county. Approximately 200 people have expressed interest but the county lacks facilities that could support that many people.

Next Meeting

The next meeting is scheduled for Thursday, March 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

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