



Community Health Improvement Planning
Southern Chapter of the Arizona Falls Prevention Coalition
Meeting Minutes – Thursday April 19, 2018
9:00-11:00 AM
Abrams Public Health Building, 3950 S. Country Club Rd. Tucson, AZ

In Attendance

Adina Wingate, <i>Pima Council on Aging</i>	Cheryl Perry, <i>Golden Ranch Fire District</i>
Debbie Adams, <i>Pima Council on Aging</i>	Jackie Bisner, <i>Rincon Valley Fire District</i>
Jennifer Bea, <i>UofA Cancer Center</i>	Kim Ohl, <i>Pima County Health Department</i>
Lee Itule-Klasen, <i>Pima County Health Department</i>	Mary Kinkade, <i>Pima County Health Department</i>
Maya Luria, <i>Tucson Medical Center</i>	Nic Cogdall, <i>Pima County Health Department</i>
Rachel Peterson, <i>UofA Center on Aging</i>	Rebecca Root, <i>Pima County Health Department</i>
Ryan Taub, <i>Pima County Health Department</i>	Scott Coverdale, <i>Community Home Repair Projects of Arizona</i>
Shaunna Kowalewski, <i>Health South Rehab Hospital</i>	Shi Martin, <i>Southeastern Association of Governments</i>
Susan Kinkade, <i>Banner Trauma Outreach & Injury Prevention</i>	Vicki Buchda, <i>Arizona Hospital and HealthCare Association</i>

Welcome and Introductions

Debbie thanked everyone in attendance and a round robin of introductions was done.

Review of Proposed Logos

Debbie provided the group with copies of the proposed logo and asked for feedback. The group in attendance had no suggested revisions and agreed to move forward with the logo as is. Debbie will contact the state coalition (Arizona Falls Prevention Coalition) for approval of the logo's use.

Review of Fall Risk Assessment Tool (Consumers)

Adina provided the group with a copy of the draft "Stay Independent" tool that combines components from the CDC's "Check for Safety" and "Stay Independent" checklists, with no change in verbiage. The tool, once finalized, will open up into one big sheet.

The group was asked to provide feedback on the draft. Comments included:

- Adding Arizona statistics
- Ensuring that the photo(s) used are of seniors who look 65+
- Adding questions about wearing proper eyewear and footwear
- Adding a question about alcohol use but unsure how to phrase the question and where to add it.
 - Suggestion: Ask about dizziness instead of alcohol use
- Suggested additions to the "Learn More" section:
 - PCOA hotline phone number
 - Tai Chi and Matter of Balance information
 - Phone numbers for other counties
 - List of counties served by the coalition
 - Facts and falls statistics
 - Testimonials

Fall Prevention Community Campaign/Event

A group discussion was held around what activities the group would like to conduct as part of National Falls Prevention Month in September. Comments included:



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- Banner will look into hosting presentations on medication safety
- Golden Ranch is waiting to hear back from MPACT of Southern Arizona (formerly Catalina Community Services) about involvement
- The group would like to offer medication disposal opportunities at events but the logistics would have to be worked out including costs (which is high) and timeframe because police officers and DEA have to be there
- It was suggested that Deterra bags could be handed out at the events. The Health Department will look into if they can supply them and if so, how many.
 - *Deterra bags are a new technology that renders pharmaceutical compounds inert. You simply put your medication into the bag, add water, shake the bag to neutralize the active ingredient in the drug, and then throw it in the trash.*
- Offer free eye exams and fall screenings
- The UofA Arthritis Center offers free presentations to the public. Jennifer can reach out to them to see if they can present at the event(s).
- Physical therapists or healthcare professionals providing demos of how to use assistive devices / equipment
- Community Home Repair Projects of Arizona, Inc. (CHRPA) could provide grab bar displays

General Updates

- The Jewish Family & Children's Services of Southern Arizona offers free medical equipment (i.e., shower chairs, walkers, standard wheel chairs, grab bars, etc.) for those who qualify. They do not, however, offer installation.
- CHRPA has a grant from the City of Tucson for home accessibility products for older adults or individuals with disabilities.
- Shi is working with Heather Chalon to offer Tai Chi in the Rio Rico area. They are looking for more trainers and volunteers, so if you know of anyone who is interested, please have them contact Shi at: smartin@seago.org

Recruitment Flyer

Nic provided the group with a revised version of the draft recruitment flyer and requested that the group send him any photos they have to be placed on the flyer. Further revisions are welcome and can be e-mailed to Nic Cogdall at: Nicholas.Cogdall@pima.gov

Revisions can also be made using the following Google Doc link:

https://docs.google.com/document/d/1lwrQhePbl_XQA03XRjBKH7s-kwWB431qVp7zc5pSk/edit

Next Meeting

The next meeting is scheduled for Thursday, May 17, 2018 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.

Adjourn