



**Community Health Improvement Planning**  
**Southern Chapter of the Arizona Falls Prevention Coalition**  
**Meeting Minutes – Thursday May 17, 2018**  
**9:00-11:00 AM**  
**Abrams Public Health Building, 3950 S. Country Club Rd. Tucson, AZ**

**In Attendance**

Bellal Joseph, *UA College of Medicine - Surgery*  
Bonnie Leko-Shapiro, *Pima County Health Department*  
Chris Kang, *Valley Assistance Services*  
Greg Rivera, *Pima County Health Department*  
Irene Soderquist, *AZDES*  
Jacki Bisnar, *Rincon Valley Fire District*  
Karla Bennington, *Banner Health*  
Kim Ohl, *Pima County Health Department*  
Laura Ville, *Southeastern Association Of Governments*  
Lee Itule-Klasen, *Pima County Health Department*  
Mara Levin, *ICS Tucson*  
Maya Lura, *Tucson Medical Center*

Muhamad Zeeshan, *UA College of Medicine - Surgery*  
Nic Cogdall, *Pima County Health Department*  
Rebecca Root, *Pima County Health Department*  
Renee Wentworth, *Pima County Health Department*  
Shaunna Kowalewski, *Health South Rehab Hospital*  
Shi Martin, *Southeastern Association of Governments*  
Susan Kastle *JFCS Tucson*  
Tangye Beckham, *Rio Rico*  
Tawab Saljuqu, *UA College of Medicine - Surgery*  
Tracey Cruz, *Pima County Health Department*  
Tracy Koslowski, *Drexel Fire Department*  
Vinson Lee, *UA Collaboratory*

**Welcome and Introductions**

Greg Rivera thanked everyone in attendance and a round robin of introductions was done. The group in attendance were also provided copies of the agenda, draft text of the recruitment flyer, the draft of the assessment tool, and an overview of the Falls Prevention Community Campaign Events.

**Geriatric Trauma and Falls Presentation**

Dr. Bellal Joseph, a trauma surgeon with the University of Arizona College Of Medicine, provided a presentation on frailty and fall and shared a number of data resources. Dr. Joseph noted that trauma is shifting from car accidents and gunshot wounds to fall-related injuries, additionally:

- Each day there are 10,000 fall injuries among individuals over the age of 65;
- As individuals age, they become more susceptible to falls;
- Approximately 35% of brain injuries are caused by falls;
- Efforts to prevent falls include gait and balance checks, exercise, moderate stretching, etc. can improve the ability to recover from an injury.
- There is a need for a multifaceted approach to frailty that engages the physiological and psychological aspects of aging.
- The ability to accurately assess frailty or near frailty can have a significant impact on health outcomes.

**Review of Fall Risk Assessment Tool**

Greg Rivera reiterated the need to develop a robust system to address falls that incorporates a number of different tools. He encouraged the group in attendance to review the draft of the fall risk assessment tool and provide any feedback or edits.

- Typos were noted and will be corrected
- Potential inclusion of questions about activities like yoga into the questionnaire and the presence of animals/small children as potential fall risks.
- Inclusion of information about the Aging Mastery Program at the end of the document.

Greg will make adjustments to the draft and will share them with the group for the June Coalition meeting.



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**Recruitment Flyer**

Nic Cogdall will make adjustments to the recruitment flier to include an alphabetized list of Coalition participants and the updated logos for Health Pima and SCAFPC. Nic also requests that organizations provide relevant photos that can be incorporated into the flyer. Further revisions are welcome and can be e-mailed to Nic Cogdall at:

[Nicholas.Cogdall@pima.gov](mailto:Nicholas.Cogdall@pima.gov). Revisions can also be made using the following Google Doc link:  
[https://docs.google.com/document/d/1lwrQhePbl\\_XQAO3XRjBKH7s-kwWB431qVp7zc5pSk/edit](https://docs.google.com/document/d/1lwrQhePbl_XQAO3XRjBKH7s-kwWB431qVp7zc5pSk/edit)

Nic will also send out a reminder email in 2 weeks' time to the group to ensure that feedback and pictures are received.

The group was also interested in listing participating organizations on the Health Pima website with links to their respective website.

**Falls Prevention Community Campaign/Events**

Lee Itule-Klasen provided an overview of the current planning for Falls Prevention Community Events as part of National Falls Prevention Month in September and encouraged the group to look over the current event plan and provide input on the dates, locations, and format for the events. In particular, Lee noted that the event will be held on the week of September 10<sup>th</sup> or 24<sup>th</sup>, with possible locations with Rincon and Golder Ranch Fire District and possibly Valley Assistant Services. The group added that the local libraries could be a potential location and that services like health screenings and blood pressure checks could be added to the list of events.

The group suggested working with the local libraries to highlight falls prevention activities in conjunction with the Health Department's Public Health Nurse in partnership with students of the University of Arizona. These events could happen in addition to the other proposed activities during the month of September.

Shaunna Kowalewski from Health South Rehab Hospital noted that they have facilities and PTs and DOs that can serve as speakers once the group has finalized a date and time.

**Next Meeting**

The next meeting is scheduled for Thursday, June 21, 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**