

**Northern Virginia Falls Prevention Alliance (Twitter: @Nvfallsprevent)**  
**February 24, 2022; 10:30 a.m. – 12:30 p.m.**  
**Zoom meeting (link is on page 2 of agenda)**

**Meeting Agenda**

- 10:30 – 10:35 Welcome
- 10:35 – 11:00 Presentation: *Marymount University Center for Optimal Aging (MCOA)*  
Patricia C. Heyn, Ph.D., FGSA, FACRM  
Founding Director, MCOA  
Professor, School of Health Sciences, College of Health and Education  
[phey@marymount.edu](mailto:phey@marymount.edu)
- 11:00 – 11:45 Grant updates
- Grant application for 2022 – 2025 submitted Jan. 25<sup>th</sup>
  - Grant goals and objectives: 2018-2021 (no-cost extension through June 2022)
    - Otago
    - SAIL
    - AMOB
    - Data collection efforts
    - Outreach efforts—new partners; our programs in Spanish
    - Sustainability efforts
- 11:45 – 12:00 Alliance/other programs in 2022
- **Upcoming: VaGTE/MCOA workshop series on Implementing and Sustaining Health Promotion Programs for Older Adults: April – June 2022**
  - Website (events, program listings, member links, resources)
  - Newsletter (ongoing submissions)
  - Remaining meetings in 2022: (4/28; 7/28; 10/27; 10:30 – 12:30 p.m.)
- 12:00 – 12:30 Roundtable
- Member sharing, networking
  - Next steps
  - How can we better support you?
  - Adjourn



Description: Meeting dates for 2022 (all are at 10:30 - 12:30 p.m.):

Feb. 24th

April 28th

July 28th

Oct. 27th

Sara Pappa is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://marymountuniversity.zoom.us/j/97138992768?pwd=NzVkdGVVQTRXWHZrQ0xnc2JLRFVXUT09>

Meeting ID: 971 3899 2768

Passcode: NVFPA

## February 24, 2022 Northern Virginia Falls Prevention Alliance Meeting Minutes

**Welcome/Introductions:** Sara welcomed everyone and each person introduced themselves.

Sara introduced Patricia Heyn, the new director for the Marymount Center for Optimal Aging. Patricia outlined her many goals, hopes and ideas for making the Center for Optimal Aging a major contributor to the community through education, research and opportunity.

### **Grant and Alliance updates:**

Grant application for 2022-2025 was submitted on January 25<sup>th</sup> with many letters of support received from community partners; Howard University Hospital, George Mason, DC Parks & Rec and Alzheimer's Association.

Efforts are being made to expand our programs into DC Parks & Rec, Prince William, and Loudoun. Outreach is also being done with our local Fire Departments with offerings of leave-behind brochures and in-service trainings.

Since our last meeting in October, many new instructors have been trained in all 3 programs; 9 in Otago, 57 in SAIL and 12 in MOB.

MU is currently conducting a virtual MOB class, which will begin again in the spring. Fairfax County will also be leading a virtual MOB in the spring. Fairfax and Arlington Counties are both holding in-person MOB class, and will continue to offer them again in the spring. Additionally, an MOB in Spanish will be held at Culpepper Garden in Arlington County in the spring.

SAIL is currently being offered virtually by MU and Fairfax County. In-person SAIL classes are being held at many Fairfax County centers as well as in Alexandria and Arlington County.

Rita shared we have hit 70% of our goal and thanked everyone for sending in their data which enables us to verify goals are being met. Rita requested the data continue to be sent in.

The efforts of the Alliance will continue regardless of the grant outcome. Adjustments to the current structure might need to be made.

Password protected forms for use by trained MOB, V-MOB and SAIL coaches/leaders will be active by the end of next week. The link and password will be sent out by the RTO to all trained and active coaches/leaders.

With a grant received from VaGTE, MCOA will be holding a 6-week workshop on Implementing and Sustaining Health Promotion Programs for Older Adults. This is a free workshop.

We will continue our quarterly Alliance newsletter. The RTO will begin a Leader/Coach email in April.

Our Alliance meetings are posted on our website; remaining meetings for 2022 are 4/28, 7/28 and 10/27 10:30-12:30pm.

### **Roundtable:**

Group members shared current and upcoming events, programs and services being offered throughout the region.

The meeting adjourned at 11:55am.