

January 26, 2023 Northern Virginia Falls Prevention Alliance Meeting Minutes

Meeting began at 10:35am

Welcome/Introductions: Sara welcomed Alliance members.

Noteworthy Announcement: Dr. Rita Wong, director and principal investigator for the ACL grant, which makes all the work we do possible, is a Marymount University Halo Award recipient. Read more about Dr. Wong [here](#)

Presentations:

Sara shared on behalf of Julie Ries, PT, PhD the focus of her Home-Based Balance Training Research Study which is to study the feasibility of bringing remote balance training into the home. This will be done with the assistance of family and/or caregivers. Please contact Julie at jries@marymount.edu to inquire about study participation.

Patricia C. Heyn, Ph.D., FGSA, FACRM, Director of the Marymount Center for Optimal Aging, shared the goals of the ALOHA! Study. For more information about the study and to request the PowerPoint presentation, please contact pheyne@marymount.edu

Patricia also shared that the Marymount Center for Optimal Aging is approaching its one-year anniversary. This will be celebrated on February 21, 2023 at the Ballston Conference Center. She expressed appreciation for the successful involvement of the Alliance and the greater community in the Center's first year.

Grant Team and Alliance updates: Our current grant will take us through June 30, 2023. We submitted an application for the next round of ACL funding that begins May 1st.

Otago training has been completed by Michelle Lee for individuals in Maryland and Canada.

SAIL continues to grow in popularity. We have three new sites starting SAIL in Alexandria this spring.

Rita expressed appreciation for both leaders and site directors sending in their data for the most recent grant reporting period.

Sara asked those interested in bringing The Saving Claire Falls Prevention Project, discussed at the last meeting, to their venues to consider a sponsorship. The hope is to deliver the program during September and October as well as Falls Prevention Awareness Week. Please reach out to Sara at spappa@marymount.edu for more information.

Upcoming training days: MOB is February 6, 2023; VMOB is February 9, 2023; and SAIL is February 27, 2023. Links to register can be found on the website.

Virtual MOB and SAIL classes offered by NVFPA are free of charge and open to all. Registration for either or both classes can be found on the website.

Next Alliance meeting is scheduled for April 27, 2023, 10:30am to 12:00pm.

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

The meeting adjourned at 12:05pm.

Northern Virginia Falls Prevention Alliance (Twitter: @Nvfallsprevent)

January 26, 2023; 10:30 a.m. – 12:00 p.m. on Zoom

Join Zoom Meeting:

<https://marymountuniversity.zoom.us/j/91890779440?pwd=RUFrZE5jRFFUOTIKMU0zUW1UaDdzZz09>

Meeting Agenda

- 10:30 – 10:35 Welcome
- 10:35 – 10:45 Home-Based Balance Training Research Study
Sara Pappa *on behalf of* Julie Ries, PT, PhD
Contact: jries@marymount.edu
- 10:45 – 11:00 Marymount Center for Optimal Aging: ALOHA!
Patricia C. Heyn, Ph.D., FGSA, FACRM
Professor, School of Health Sciences, College of Health and Education
pheyne@marymount.edu
- 11:00– 11:30 Grant updates
- Grant goals and objectives: 2018-2021 (no-cost extension through June 2023)
 - Grant application submitted 1/11
 - Otago
 - SAIL
 - AMOB
 - Data collection efforts
 - Outreach efforts
 - *Saving Claire* documentary
 - Discussion on next 6 months
 - Community needs
 - Programs
 - Geographic reach
 - Other ideas
- 11:30 – 11:40 Alliance/other programs in 2023
- Website (events, program listings, member links, resources)
 - Alliance and Leader’s Loop Newsletters (ongoing submissions)
 - Remaining meetings in 2023: 4/27, 7/27, 10/26; 10:30 – 12:30 p.m.
- 11:40 – 12:00 Roundtable
- Member sharing, networking
 - Next steps
 - How can we better support you?
 - Adjourn