

April 27, 2023 Northern Virginia Falls Prevention Alliance Meeting Minutes

Meeting began at 10:35am

Welcome/Introductions: Sara welcomed Alliance members.

Presentations:

Craig Hillman, SVP US Operations, GaitBetter, shared the research, development and an explanation of how the technology interacts with the individual. Additional information shared included the suggested number of sessions needed for peak efficacy, the exclusion/inclusion criteria and locations currently equipped with their product. Alliance members were encouraged to reach out to Craig for more information. Craig will share the relevant research with the group.

Grant Team and Alliance updates:

Sara and Rita shared updates on the current grant and the new grant. Data collection continues and partners were thanked for their efforts! There are several MOB and SAIL leader trainings scheduled and all are listed on the website. Sara described the *Saving Claire* documentary project and invited partners to let her know if they are interested in hosting a screening and Q&A with an expert panel. Sara anticipates this rolling out in the region in the fall. We had an article published...the link was shared in the most recent Alliance newsletter. As we start to plan for falls prevention awareness week, Sara reminded everyone to share their events and let us know how the Alliance can support regional efforts.

For the new grant, THANK YOU everyone for your support! The focus will be on MOB and SAIL for Black, Hispanic and low income populations. We will continue to promote the programs widely, with an emphasis on reaching sites, leaders and participants from these groups. A second Outreach Assistant will be hired to assist. We will also continue to grow our sustainability plan with the Marymount Center for Optimal Aging and all community partners.

Our website will be undergoing a renovation soon. Please check back regularly as we post updated program offerings, member links, community and leader resources and more. We welcome feedback on our website. Please reach out to us if you have suggested content for our Alliance and Leaders' Loop newsletters. Sara announced there will be a health fair at Lubber Run CC on 5/31.

Roundtable:

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

The meeting adjourned at 11:43am.

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

Northern Virginia Falls Prevention Alliance (Twitter: @Nvfallsprevent)

April 27, 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 – 11:00 Presentation: Craig Hillman, SVP, US Operations
GaitBetter Falls Prevention Virtual Reality Intervention
- 11:00– 11:30 Grant updates
- Current grant goals and objectives: 2018-2021 (no-cost extension through June 2023)
 - Otago
 - SAIL
 - AMOB
 - Data collection efforts
 - Outreach efforts (FPAW activities being planned now!)
 - *Saving Claire* documentary
 - Article published
 - NEW GRANT awarded for May 2023-April 2027
 - SAIL and MOB
 - Focus on Black, Hispanic and low income populations (sites, leaders and participants)
 - Geographic reach
 - 2nd Outreach Assistant to be hired
 - Sustainability plan
- 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: 7/27, 10/26; 10:30 – 12:00 p.m.
- 11:40 – 12:00 Roundtable
- Member sharing, networking
 - Next steps
 - How can we better support you?
 - Adjourn