

Northern Virginia Falls Prevention Alliance
April 24, 2025; 10:30 a.m. – 12:00 p.m. on Zoom

Meeting Agenda

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|---------------|---|
| 10:30 – 10:35 | Welcome |
| 10:35– 11:05 | Presentation: ALOHA (Arlington Longitudinal Optimal Healthy Aging study)
Marymount Center for Optimal Aging
Erin Staker, Research Coordinator
Mahe Dagne, Research Assistant |
| 11:05 – 11:35 | Grant report/updates <ul style="list-style-type: none">- SAIL- MOB- Target populations: focus on Black, Hispanic, and low-income populations (sites, leaders, and participants)- Data collection reminders- Presentations/health fairs- <i>Saving Claire Falls Prevention Project</i>- Falls Prevention Awareness Week—Sept. 22-26, 2025- Project dissemination: GSA, Age+Action |
| 11:30 – 11:45 | Alliance/other programs--ongoing <ul style="list-style-type: none">- Alliance and Leader's Loop Newsletters (ongoing submissions)- Remaining 2025 Meetings: 7/24, 10/23; 10:30 – 12 noon on Zoom. |
| 11:45 – 12:00 | Roundtable <ul style="list-style-type: none">- Member sharing, networking- Adjourn |



Northern Virginia Falls Prevention Alliance
April 24, 2025 Meeting Minutes

Welcome/Introductions: Sara welcomed everyone

Presentation: Erin Stake, Research Coordinator, gave a presentation on the ALOHA Study (Arlington Longitudinal Optimal Healthy Aging) through Marymount Center of Optimal Aging. The Aloha Study is led by a large team of health experts at MU. The study is open to anyone 50 and up in the DMV area, not just Arlington. The participant will take part in 4 visits, which look at physical, cognitive and metabolic health. At the end, the participant will receive a personalized health passport. The passport combines all the information to help show where the participant is and how they can improve their health, as well as provide resources. ALOHA is a longitudinal study; participants are to come back yearly for reevaluations and updated health passports. Anyone can join at any time. You can register on Marymount University, Center for Optimal Aging website.

Grant Report and Updates: Sara gave updates on the current grant. We will begin year 3 (of 4) of our grant in May. SAIL is over 200% of our grant goal. MOB is only at 32% of the grant goal. MOB will be our focus this year to reach our goal as well as focus on our target populations. Please let the RTO know when you are running SAIL or MOB workshops. The next MOB Coach Training is on June 5, 2025. Sara reminded everyone about data collection. Please collect Pre and Post surveys as well as attendance. We can pull reports for your center if you provide data. She discussed the target population, Saving Claire, and project dissemination efforts. We have the rights to the Saving Claire film through August. Falls Prevention Awareness week will be Sept 22-26, 2025.

Alliance and other programs: Submit any upcoming events to Sara to be included in the Alliance Newsletter. Let us know if you need a MOB or SAIL t-shirt. There is a virtual SAIL class for anyone not comfortable going to a center. It will begin May 13, 2025. Registration is on our website. We will host a virtual MOB Workshop in September. The remaining 2025 meetings are: 7/24 and 10/23 at 10:30am via zoom.

Roundtable: Group members shared updates and upcoming events.

Next Alliance meeting is scheduled for July 24, 2025, 10:30am to 12:00pm.