**October 26, 2023**

**Northern Virginia Falls Prevention Alliance Meeting Minutes**

**Meeting began at 10:33am**

**Welcome/Introductions:** Sara welcomed Alliance members.

**Old and New Grants**:

Sara provided highlights from the final report for the 2018 to 2023 grant which included the following: The overall goal of the 2018 to 2023 grant was to create a sustainable network for access, referral and delivery of evidence-based falls prevention programs while expanding offerings across new locations and embedding the project within MU operations. Across all three evidence-based falls prevention programs (EVBFPP), SAIL, MOB and Otago, 430 leaders/coaches were trained and more than 5800 older adults were reached by these programs. The projection of reaching 5500 participants was exceeded, with SAIL having the highest attendance. All three programs reached over 2200 underserved older adults, which exceeded the goal of 1400. The Alliance membership increased from 38 to 135 members. The Alliance became an executive committee member of the Virginia Arthritis and Falls Prevention Coalition. For the first time program offerings in Spanish began. Communication and outreach continued with lectures, falls risk screenings, informational booths at health fairs, and the Alliance and Leaders’ Loop Newsletters. The website added more information about leader trainings, class offerings, local programs, events, and an educational resource of falls prevention information.

The 2023 to 2027 grant goals and objectives were once again presented (see July 2023 meeting minutes.)

**Alliance/other programs**:

The Alliance is now fully embedded in the Marymount University Center for Optimal Aging.

The website was highlighted as a resource for upcoming events, program listings, member links and resources. Older adult participants can register for both the ongoing virtual SAIL class as well as the virtual Matter of Balance program that will begin in January 2024 on the website. Leader trainings through the end of June 2024 are up and posted on the website. Instructional PowerPoints for collecting data with the new forms have been made available on the SAIL password protected for trained leaders.

Submissions are always welcome for both the Alliance and Leader’s Loop newsletters. The newsletters are also a resource for upcoming events and provide tips and hints for trained evidence-based program leaders.

The Alliance held 12 events for Falls Prevention Awareness Week throughout the community at faith-based organizations as well as community and senior centers. Those events included both in-person and virtual falls prevention presentations, falls risk screenings, kicking off evidence-based programs, viewing of the Saving Claire documentary and distributing literature at a local health fair.

Sara asked all to calendar February 28, 2024 for a Saving Claire viewing and lunch to be held at the Ballston Marymount Campus.

Carmen shared her outreach successes in the Spanish-speaking and African American communities. Carmen asked all in attendance to reach out to her with suggestions for sites that would benefit from either SAIL or Matter of Balance.

Next year’s Alliance meeting dates are 1/25/24; 4/25/2024; 7/25/24 and 10/24/24.

**Roundtable**

Sara invited members to share their current and upcoming events, programs and services being offered throughout the region.

**The meeting adjourned at 11:30am.**

**Next Alliance meeting is scheduled for January 25, 2024, 10:30am to 12:00pm.**

**Northern Virginia Falls Prevention Alliance**

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

Join Zoom Meeting:
[https://marymountuniversity.zoom.us/j/91890779440?pwd=RUFrZE5jRFFUOTlKMU0zUW1UaDdzZz09](https://www.google.com/url?q=https://marymountuniversity.zoom.us/j/91890779440?pwd%3DRUFrZE5jRFFUOTlKMU0zUW1UaDdzZz09&sa=D&source=calendar&ust=1675089145988907&usg=AOvVaw1BcyHA21jl0BSwTBy4_zYj)

**Meeting Agenda**

10:30 – 10:35 Welcome

10:35– 11:15 Grant report/updates

* Highlights from our ACL final grant report: 2018-2023
* New ACL grant goals and objectives: 2023-2027
	+ SAIL
	+ MOB
	+ Target populations: focus on Black, Hispanic and low-income populations (sites, leaders and participants)
	+ Geographic reach
	+ Data collection efforts
	+ Outreach efforts (recap of FPAW 2023—LeeAnne)
	+ *Saving Claire Falls Prevention Project*
	+ 2nd Outreach Assistant—position on hold
	+ Sustainability plan

11:15 – 11:30 Alliance/other programs--ongoing

* Website (events, program listings, member links, resources)
* Alliance and Leader’s Loop Newsletters (ongoing submissions)
* 2024 meetings: 1/25, 4/25, 7/25, 10/24; 10:30 – 12:00 p.m.

11:30 – 12:00 Roundtable

* Member sharing, networking
* Next steps
* How can we better support you?
* Adjourn

