



Our Calling Is To Prevent Falling.

WINTER EDITION 2021/2022

The Launch of the New AFPC Website

By Melissa Luxton, MSN, RN

The Arizona Falls Prevention Coalition's Website Committee is pleased to announce the launch of our brand-new website! After several months of hard work and dedication, we are delighted to officially announce the launch. The new site launch is available, and the URL is www.azstopfalls.org

Our goal with this new website is to provide our visitors with an easier way to learn about who the Arizona Falls Prevention Coalition is, our mission, and our dedication to preventing falls throughout the state of Arizona. The new website is interactive and gives better access to About Us, AFPC Chapter Pages, AFPC Committees, Membership, Educational Resources, Current and Past AFPC Newsletters, Current and Past Award Winners, Statistics, Events, Falls Prevention News, and Social Media Toolkits. Current AFPC members can register with the website and create a profile, allowing them to interact with other members of the coalition, allowing for an increased opportunity for collaboration.

Amongst the new features, the site contains integrated social media buttons for Facebook, Twitter, and LinkedIn to foster improved communication with our members, prospective members, and the public. We have also added a donate button throughout the website, making donations to the coalition possible with just one click. We will be constantly updating our content with helpful information, newsletters, events, educational resources, and much more.

We hope you find the new website with a fresh look and easy to access information. Thank you to our amazing website committee who donated their time and energy to make this site what it is.



Melissa Luxton MSN, RN
AFPC Chairperson

If you have any questions regarding the new website or would like to add an event, please email afpcwebchair@gmail.com



Community Member Spotlight

Understanding the Sensory Mechanisms in Older Adults to Improve Balance

Written By: Dr. Nima Toosizadeh



College of Medicine
Tucson

Falling is one of the most common causes of injuries in older adults. In fact, serious injuries that result from a fall can lead to a decline in older adults' quality of life. The risk of falling increases as individuals age and this may come from neuromuscular deficits, sensory impairments, balance disturbances, and many other conditions. Assistant Professor Nima Toosizadeh at the University of Arizona in the College of Engineering seeks to find novel methods to improve balance in older adults. Specifically, Dr. Toosizadeh's laboratory is using stochastic stimulation on the ankle to measure its efficacy in improving balance in older adults, as well as using stimulation during a trip incident to increase the likelihood of older adults regaining balance.

The information from his laboratory could give insight on reducing falls in older adults through implementing effective and low-cost devices.

Stochastic stimulation could be an efficient technique to improve general balance and standing and walking performance. Previously, research from Dr. Toosizadeh's laboratory showed that providing vibration stimulation to the ankle muscles would be used to disturb balance in healthy young adults. This same type of vibration stimulation can be a useful perturbation to older adults to essentially improve their postural balance. Currently, Dr. Toosizadeh's team is using an approach called stochastic resonance to influence the information of the sensory nerves pass back to the body. This technique has the potential to influence how the body holds its position, which is important for maintaining balance.

Furthermore, Dr. Toosizadeh and his team are investigating

how stochastic stimulation can improve an older adults' ability to regain balance once they've been exposed to a trip incident. Often times, falls in older adults may stem from tripping on an unanticipated obstacle on the ground. One thought is that vibration stimulation could improve the way older adults respond to a trip incident. Dr. Toosizadeh's team will be exposing older adults to a trip incident in a laboratory-controlled and safe experimental set up that prevents older adults from falling onto the ground if they were to lose balance. They will measure how the older adults' nervous system responds to a trip with and without stochastic stimulation, and will track all of the older adults' body movements using motion sensors. Using this experimental setup, they will determine the effect of stimulation for improving dynamic balance and trip recovery performance among high fall risk older adults. Dr. Toosizadeh will establish a new research and clinical pathway for fall prevention, promoting healthier

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and more independent lifestyle for our aging population through these novel protocols that have a wide range of application for dynamic balance in older adults. Their future goal is to use this device to facilitate performance of strenuous daily activity, as well as balance training interventions among older adults, who are not capable of initiating these activities due to aging-related proprioceptive deficits.

Dr. Toosizadeh has on-going studies and is open to accepting older adults, especially those at risk of fall who would be interested in participating in these fascinating studies and know that they will be contributing to the scientific endeavors to prevent falls in older adults. The rate of compensation for participants is \$25 for each one hour session.

If you know of someone who is interested in participating in one of Dr. Nima Toosizadeh's studies he can be reached at ntoosizadeh@aging.arizona.edu



2022 AFPC Chapter Meetings

SOUTHERN CHAPTER

Meeting time: 9:00am to 10:30am

Thursday, January 21, 2022

Thursday, February 18, 2022

Thursday, March 18, 2022

NORTHERN CHAPTER

All meetings are via Zoom at 2pm

Tuesday, February 15, 2022

Tuesday, May 17, 2022

Tuesday, August 9, 2022

Tuesday, December 13, 2022

WESTERN CHAPTER

All meetings are via Zoom from 10:30 -11:30 am

Thursday, January 13, 2022

Thursday, March 10, 2022

Thursday, May 12, 2022

Thursday, July 14, 2022

Thursday, September 8, 2022

Thursday, November 10, 2022



Please consider joining one of our committees to help advocate for fall prevention in our communities & state!

Awards Committee

Irene Stillwell ~~afpcawardschair@gmail.com

Education Committee

Lianne Rogers ~~afpceduchair@gmail.com

Jonathan Confer-Lee~~afpceduchair2@gmail.com

Evaluation and CQI Committee

Christina Crawford ~~afpcevalchair@gmail.com

Membership Committee

Rose Leyba ~~afpcmmemberchair2@gmail.com

Karen Richards ~~afpcmmemberchair@gmail.com

Policy & Advocacy Committee

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American Indian Partnership Committee

Roxanne Thomas~ [afpcaipcchair@gmail.com](mailto:~afpcaipcchair@gmail.com)

Website Committee

Devon Turnbull~~afpcwebchair@gmail.com



Join Us!

Join us at our general council meetings on the third Thursdays from 10:00am- 11:30am.

January 20, 2022

March 17, 2022

May 19, 2022

July 21, 2022

September 15, 2022

November 17, 2022



*Register on our website as a member to have the meeting link emailed to you.

We want to know what you are doing to promote and prevent falls in your community! Do you have a program or event that you want to share with our members?

E-mail afpceduchair@gmail.com to submit your article.

Please keep your article submission to 600 words.



If you are interested in being a part of our editorial team please reach out to Lianne
afpceduchair@gmail.com

Editorial Team

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