



# QUARTERLY NEWSLETTER

## September is Fall Prevention Month

We are excited to share our new training module *Improving Arizonan's Quality of Care through Fall Recovery* which can be found at [AZFallPrevention.com](https://AZFallPrevention.com).

This free online tutorial is under 10 minutes and designed for those interested in improving their caregiving skills. Please take a moment to watch this resourceful presentation and to share it with those you know.

### Lesson

Improving Arizonan's Quality of Care through Fall Recovery > Lesson COMPLETE

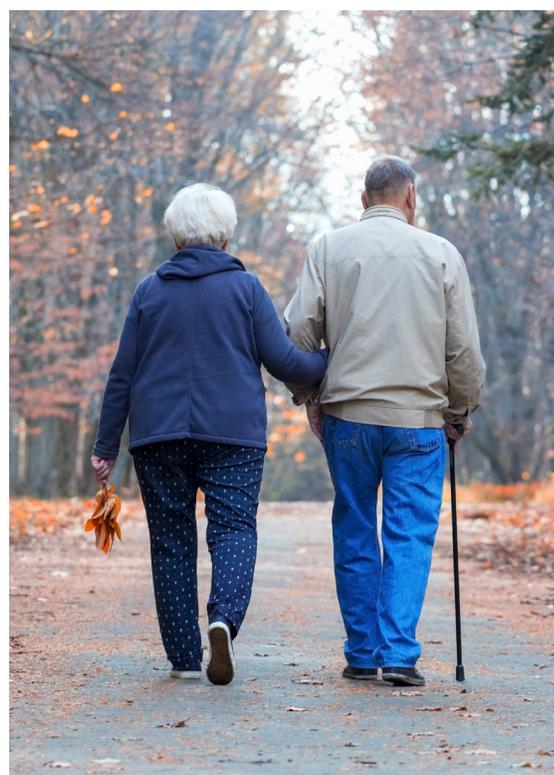
**Basic principles**

- Keep your back straight
- Bend your knees
- Widen your base of support
- Assess your situation
- Keep items close to the body

01:41 / 08:22

## Fall Prevention Awareness

Remember to tag us this month ([#AFPC](https://twitter.com/AZFallPrevention)) if you are posting Fall Prevention Awareness tips on your social media.



Let us know what you are doing for Fall Prevention this quarter

### UPCOMING MEETINGS

- > General Session Sept. 21\*
- > Leadership Council Oct. 3
- > General Session Nov. 16\*
- > Leadership Council Dec. 5

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

## Specialized Educational Offering for Fall Prevention

Exercise, particularly when it targets lower body strength, remains one of the most modifiable risk factors for prevention of falls. In the past, Banner Health's Trauma Team has provided direct fall prevention education to older adults, and we continue to deliver this presentation to the community.

In early 2024, Banner will also make available a new educational offering: **fall prevention lecture and lab classes to exercise professionals who work with seniors**. This information is taken from recent peer reviewed research literature including recommendations from Cochrane Review meta-analyses on strength and conditioning strategies for fall prevention.

Suggestions for practical application is tied to exercise specificity, to common automatic reactions after balance displacement and to physical therapy interventions. Our intent is to equip exercise leaders with information and approaches for implementation of credible, effective and pragmatic approaches to decrease risk of falls and injury.

There is no cost to your facility for these on-site, informative presentations. Banner's Trauma Team provides this service as part of our community service to decrease fall related injuries and hospitalization in the Valley. Interested? Please reach out to [john.tuitele@bannerhealth.com](mailto:john.tuitele@bannerhealth.com) for more information and scheduling availability.





## Strength Training Exercise Classes

Ongoing Geri-Fit® strength training exercise classes are held every Monday and Thursday from 2:00-2:45 pm at the International Wildlife Museum located at 4800 W. Gates Pass Rd. in west Tucson. Additional Geri-Fit locations include Phoenix, Mesa, Gilbert, Scottsdale, Show Low, Kingman, Fountain Hills and others.

Participants should bring their own set of 2-pound (each) dumbbells and a stretch band to class. Geri-Fit is an evidence-based progressive resistance exercise program that increases strength and improves balance and gait.

For more information, call 1-888-437-4348 or visit [gerifit.com](http://gerifit.com).

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## VOLUNTEERS NEEDED FOR OUR COMMITTEES

*If you are interested, please contact the Chairperson(s) or [afpcChairperson@gmail.com](mailto:afpcChairperson@gmail.com)\**

- > Executive Committee Vice Chairperson – Currently Recruiting\*
- > Evaluation & CQI Committee – Currently Recruiting Chairperson(s)\*
- > Membership/Outreach – Currently Recruiting Chairperson(s)\*
- > Strategic Grants & Funding – Currently Recruiting Chairperson(s)\*
- > American Indian/Alaska Native Partnership Alliance Committee – Roxanne Thomas, MSW ([afpcaipacchair@gmail.com](mailto:afpcaipacchair@gmail.com))
- > Awards Committee – Irene Stillwell ([afpcawardschair@gmail.com](mailto:afpcawardschair@gmail.com))
- > Education Committee – Dr. Jonathan Lee-Confer and Lara Vineyard ([afpceduchair2@gmail.com](mailto:afpceduchair2@gmail.com))
- > Policy & Advocacy Committee – Steve Wagner and Carol Brown ([afpcpolicychair@gmail.com](mailto:afpcpolicychair@gmail.com))
- > Strategic Communications Committee – Jeff Case and Kelvin Bartee ([afpcscchair@gmail.com](mailto:afpcscchair@gmail.com))
- > Website Committee – Devon Turnbull and Matthew Karger ([afpcwebchair@gmail.com](mailto:afpcwebchair@gmail.com))



# PREVENT FALLS THIS FALL

A FALLS PREVENTION AWARENESS DAY EVENT



## Schedule

**2:15 pm: Balance & Falls**

Dr. Jessie Duppler,  
Chain Reaction Physical Therapy

**3:00 pm: Tai Chi Demo**

**3:30 pm: Action After a Fall**

Prescott Fire Department

### RESOURCES FROM:

- Low Vision Group
- Medicare Specialist
- NACOG-Aging
- Yavapai County Comm. Health Services

**When: Sept. 20th, 2023**

**Time: 2:00 - 4:00 p.m.**

**Location: Prescott Library,  
Founder's Suite,  
215 E. Goodwin,  
Prescott, AZ**

Falls are the leading cause of injury among adults 65 or older. Join us for **Prevent Falls This Fall 2023** and hear guest speakers highlight different resources to stay safe and reduce the risk of falling.

This Event is free  
to the public.

**For Questions Contact:**

Rachel Mills

928-442-5372

