



# Our Calling Is To Prevent Falling.

WINTER EDITION 2020-2021

## A Year Like No Other

By Melissa Luxton MSN, RN

The mission of the Arizona Falls Prevention Coalition is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy. In looking back on 2020, change was certainly a prevalent theme, both on a personal and professional level. The COVID-19 pandemic has prompted a global shift in meetings and events, many moving from in-person gatherings to a more virtual implementation.

The Arizona Falls Prevention Coalition (AFPC) has embraced changes during these unprecedented and uncertain times, especially at a time when connection is of such great importance. This year the AFPC has expanded its reach and coalition membership. The implementation of virtual meetings has increased our meeting membership attendance by over 25% in comparison to 2019. The coalition has also aimed to better serve its members, making meetings more productive, with networking and collaboration opportunities.

Furthermore, several membership surveys were developed by the AFPC's Evaluation and CQI Committee. The data was presented to the leadership council to drive process improvement within the coalition to best serve its members. As a result, the coalition has engaged more local fire departments and EMS, obtained high quality guest speakers, and filled several leadership council vacancies.

I would like to personally thank each and every one of our members for their collaboration in helping to live true to our mission year after year. As I look forward to the next year ahead, I am beyond humbled to be your chairperson. Each and every one of you make a difference every single day and your dedication to your community does not go unrecognized. I look forward to continuing to work alongside all of you this coming year.

Thank you for all that you do and Happy Holidays!



Melissa Luxton, MSN, RN  
AFPC Chairperson

### 2021 Meeting Dates

January 21  
March 18  
May 20  
July 15  
September 16  
November 18

# Community Member Spotlight



## AREA AGENCY ON AGING

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### REGION ONE, INCORPORATED

Submitted by Rose Leyba

In March, due to the COVID-19 pandemic, the Area Agency on Aging expanded operations to meet the needs of older adults and keep its staff and community safe. The Agency's 24-hour Senior HELP LINE saw a big influx of calls (an additional 20,000 in 4 months) with seniors requesting help accessing food and supplies as they were fearful of going out. The Agency responded by obtaining food boxes from St. Mary's Food bank and adding to them by providing a bag of vegetables, fruits, eggs, meat and cheese. The Agency also purchased toilet paper, water and other essential supplies for distribution.

Agency AmeriCorps Members and community volunteers deliver the food boxes and supplies daily. To date, over 4,000 have been distributed. 2500 additional clients were also signed up for home delivered meals. Agency programs have adapted by offering classes and case management over the phone versus in-person. The Agency created a telephone reassurance program which now has over 2,000 participants, ensures that older adults are staying connected and have a lifeline during this time.

In addition to the benefits of telephone reassurance calls, the agency's Healthy Living and Elder Vention programs offer classes and workshops on virtual platforms.

In an effort to mitigate falls, Geri-Fit, Tai Chi, and Walk with Ease are available virtually and, in some cases can take place outdoors in-person. Self-Management Resource Center (SMRC), originally Stanford evidence-based workshops have been adapted to virtual platforms and an Active Living Tool Kit was created as a conference call class to accommodate older people who do not have the technology or expertise to manage Zoom etc. Medication Management and other Mental Health programs are available virtually as well. All materials are provided free of charge to participants. A Matter of Balance workshops are not offered at the present time, but a revised evidenced-based version will be available after the first of 2021.

All of the Agency's programs continue to operate and can be accessed by calling the 24-hour Senior HELP LINE at **602-264-4357**.

# Coalition Chapter Updates

## Northern Chapter

- First meeting held outside of Yavapai County, took place in Flagstaff.
- A virtual Falls Prevention Panel Discussion Webinar was organized, in lieu of a resource fair. Panelists from Yavapai, Coconino, and Navajo Counties participated.
- Chapter Members put together Older Adult Care Packages to continue outreach amidst the Pandemic. Packages included a small snack, hygiene supplies, and community resources with information on Falls Prevention.

## Southern Chapter

- New co-chair, Rebekah McGee, Pima Council On Aging.
- Implemented media campaign: Falls Free Pima for Falls Prevention Awareness Day and Month.
- Various media components were developed and implemented as a part of the campaign, including virtual falls prevention workshops with professional presentations and resources, virtual press release and health update, social media assets, event promotion materials, webpage promotion, radio promotion and newspaper articles.

## Western Chapter

- Able to secure funding from the Western Arizona Council of Governments – Area Agency on Aging to produce a new Resource Folder and create resources to promote membership in the chapter as well as begin printing educational resources to include in folder and provide to the communities that the Coalition serves.
- In partnership with the Yuma County Health District and the Western Arizona Council of Governments – Area Agency on Aging, we were able to provide printed resources in English and Spanish that were distributed throughout Yuma and La Paz Counties with an emphasis on the Spanish speaking communities and the most rural communities



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Spread the word! If you know of someone who would benefit from being a member of the Arizona Fall Prevention Coalition have them sign up at **[www.azstopfalls.org](http://www.azstopfalls.org)** and click the membership tab.