

**2023
SEPTEMBER FALLS PREVENTION AWARENESS
MONTH
EVENTS & ACTIVITIES**



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FALLS PREVENTION PROGRAM MANAGER**



SEPTEMBER 13, 2023

CDA Triangle Brittingham Building Falls Prevention Event

On Wednesday, September 13, we hosted a falls prevention event at the CDA Triangle Brittingham Building located at 755 Braxton Place, Madison. Amy Brown, PT with Stoughton Health, spoke about effective strategies for preventing a fall and also demonstrated helpful strength & balance exercises. Each participant was given a packet of information about falls prevention, including visuals of the exercises demonstrated so that they could continue to do them at home.

Of the 18 evaluations completed by participants, 100% indicated that they found the program informative and 78% indicated that they learned something new.

Overview:

- 34 attendees
- Evaluation respondents indicate 44% African American; 53% male
- Donations from Familia Dental, SSM Health, Stoughton Health, FOX Rehabilitation, Madison Senior Center
- Partnerships: Triangle Community Ministries, Faith Community Bible Church, Stoughton Health, Community Development Authority (CDA), Safe Communities, United Way of Dane County



ACTIVATE BAILANDO 2023 GRADUATION SEPTEMBER 19, 2023

Activate Bailando is a Latin dance class for Spanish-speaking older adults with the goals of improving balance and increasing opportunities for socialization. Two sessions of Activate Bailando were held in 2023 – one in Spring and one in August/September. Both classes, the Activate Bailando new instructor training, and the graduation were held at the Catholic Multicultural Center. All participants were assessed for balance, fear of falling, and social connectiveness. The purpose of the assessments was to help identify if there were positive benefits of Activate Bailando and also to help identify existing needs for Spanish-speaking older adults to remain healthy and upright.

Approximately 17 individuals participated in Activate Bailando's graduation celebration where food was provided, as well as certificates and t-shirts. The class also practiced for their performance on September 30 at the Hispanic Heritage Month Celebration. Participants who completed the data collection were all given a \$25 Walmart gift card for both the pre and post assessments.

Partners who helped make this class possible include:

- WI Institute for Healthy Aging (WIHA) & United Way of Dane County
- Catholic Multicultural Center
- NewBridge Madison
- Safe Communities
- Dr. Laura Prieto and Romina Guarismo - Activate Bailando instructors



ONLY LEAVES SHOULD FALL

SEPTEMBER 26, 2023



On Tuesday, September 26, 2023, approximately 50 participants gathered at Covenant Lutheran Church in Stoughton to hear from Dr. Zorba Paster about effective falls prevention strategies, progress through a series of screenings to better identify their risk of falling, and left with information about community resources. Partners for this program included Covenant Lutheran Church (host site), Stoughton Senior Center, Stoughton Health, Stoughton Police Department, United Way of Dane County (funder), the Falls Free Dane coalition of Safe Communities, Madison College's OTA Program, as well as UW-Madison Nursing, Physical Therapy, and Pharmacy.

Stoughton Police Department provided a medication take-back opportunity at the event. Safe Communities distributed 10 medication lockboxes. Donations from Falls Free Dane partners included Familia Dental, SSM Health, Stoughton Health, TMG, and FOX Rehabilitation.

Evaluations:

100% of evaluation respondents indicated that the "speakers covered the information they were looking for" and 100% indicated that "the screenings were helpful". 94% of respondents indicated that the "information presented will cause them to make changes" which could range from participating in strength & balance exercises to installing a grab bar or getting a vision check.

ONLY LEAVES SHOULD FALL

2023

"ONLY LEAVES SHOULD FALL WAS ABSOLUTELY WONDERFUL AND I WOULD RECOMMEND IT TO EVERYONE! I HOPE THEY OFFER IT AGAIN NEXT YEAR. MY FAVORITE PART WAS GOING AROUND TO THE DIFFERENT SCREENING STATIONS WITH MY STUDENT HELPER. I JUST THINK IT'S AN IMPORTANT THING FOR ALL OLDER PEOPLE TO GO THROUGH. IT WAS A LEARNING EXPERIENCE AND AN EYE OPENER."

-HELEN KARBERG, ONLY LEAVES SHOULD FALL PARTICIPANT



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