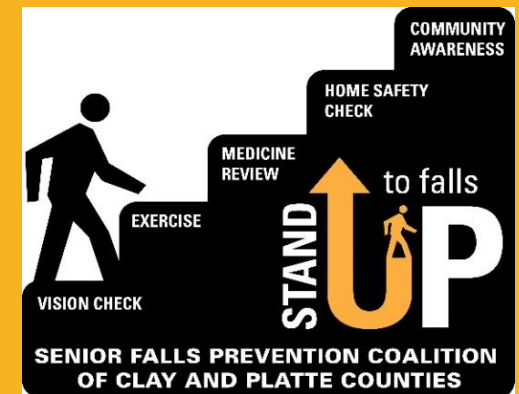


# SENIOR FALLS PREVENTION COALITION OF CLAY AND PLATTE COUNTIES

## 2022 YEAR IN REVIEW



# THANK YOU TO ALL OF OUR COALITION MEMBERS!

Ability KC

Access-Able Living

Accessibility medical equipment

AV Yoga and Wellness

Benton Houses of Kansas City

City of Gladstone

Clay County Senior Services

Department of Health & Senior Services

Good Samaritan Center

KC Lift & Elevator

Kearney Fire & Rescue

Kearney Enrichment Council

Liberty Hospital

Liberty Silver Center

Lifescape Law & Development

Mals Medical Equipment

Mid-America Regional Council

Modern Physical Therapy

North Kansas City Hospital

North Kansas City Hospital Home Health

Northland Shepherd's Center



# THANK YOU TO ALL OF OUR COALITION MEMBERS!

Oak Pointe of Kearney

Platte Co Community Center -YMCA

Platte Co. Public Administrator's Office

Platte County Health Department

Platte Senior Services

Platte Senior Fund, Inc.

Rehab Without Walls

Rebuilding Together Kansas City

Right At Home

Saint Luke's Hospital Of Kansas City

Shepherd Elder Law Group

Stay At Home Solutions

Tri-county Mental Health Services

University Of Missouri Extension

Wexford Place



# EDUCATIONAL PROGRAM MEETINGS 2022

Meetings held virtually and in person

January – coalition goals for 2022; membership drive

February – Research on Hoarding with Mental Health Therapist Sally King

March – “The New Frontier in Falls Prevention” with Prof. Jacob Sosnoff, University of Kansas

April – “They’ve Fallen and Gotten Up: Now What?” with Jessica Giacone, Trauma Outreach & Injury Prevention Coordinator for Saint Luke’s Hospital

May – “Building a National Strategy to Support Family Caregivers” with Siena Ruggeri, Policy Analyst, Center for Consumer Engagement in Health Innovation

June – “Putting the Spotlight on Elder Abuse: How to Bring this Crime Out of the Shadows” with Paul Greenwood, Elder Abuse Expert Witness, Teacher/Consultant, Owner of Greenwood Law Corp.

July – Ice cream social special event



# EDUCATIONAL PROGRAM MEETINGS 2022

August – “A Look at Universal Design for Aging in Place” with Cathy Boyer-Sheshol, Project Manager, KC Communities for All Ages, Mid-America Regional Council; and Alan Napoli Community Development Administrator, City of Gladstone

September - “Review of Impact of Medications on Older Adult Falls and Fire Risk” with Jamie McAllister, Fire Protection Engineer & Toxicologist, FireTox, LLC

October – “Technology for Aging in Place” with Dr. Brandy Archie, OT, Founder of AccessAble Living  
“Overview of Services provided by Missouri Assistive Technology” by Scout Merry, Program Coordinator

November – “Senior Falls Prevention CAPS Project Overview” with Susan Christenson, Trauma Outreach & Injury Prevention Coordinator - NKC Hospital; and Zachary Kramp, Senior at Park Hill High School and Project Leader -Center for Advanced Professional Study Programs (CAPS) at NKC Hospital



# STRATEGIC GOALS ACCOMPLISHED



➤ Outreach to Meals on Wheels programs

Brochures were sent to meal recipients through Platte Senior Services, Inc.

➤ Drive-thru events

Brian Willbond attended Harvesters January food drive in Kearney.

Several Members participated in the Harvesters Drive Thru event in Kearney in April.

➤ Farmers Markets

Several members passed out information on Market Days in Lawson, Liberty, Platte City and Smithville.

➤ Community outreach

Many coalition members distributed brochures “6 Easy Steps to Lower Your Fall Risk”.

Participated in the Northland Grandfamilies, Platte County Health, and Northland Professionals in Aging Fairs.

# STRATEGIC GOALS ACCOMPLISHED

## ➤ Awareness/Education

The SFPC Website and brochure was updated.

The Discover Your Balance Fair during National Falls Prevention Awareness Week and “Age My Way” for Older Americans Month was held at the YMCA/ Platte County Community Center South.

Kathy Armitage presented on falls prevention and developing a falls prevention coalition at the MA4/Age Positive Conference.

Tina Uridge is behind the revival of the State Falls Coalition and provided a presentation on our Fire/EMS Partnerships to statewide meeting attendees.



# PARTNERSHIPS

- We continue to be available for referrals from local Fire & EMS agencies and partner with Gladstone Fire-EMS, Kearney Fire & Rescue Protection District, NKC Fire Department, Excelsior Springs Fire Department, and Northland Regional Ambulance District.
- CAPABLE with NKC Hospital Home Health.
- MARC/Integrated Care Network partnership for ***A Matter of Balance*** reimbursement. Program is free to participants. The Northland Living Well Collaborative offered these in 2022:
  - ❑ AMOB Leader Training
  - ❑ AMOB classes at NKC Parks & Rec, Northland Shepherd's Center & Kearney Senior Center
- MARC is now funding home modifications; in the Northland partner agencies are Rebuilding Together Kansas City and Northland Neighborhoods, Inc.





# EXERCISE AND BALANCE PROGRAMS WERE OFFERED THROUGHOUT 2022

## Aging with Excellence at Northland Shepherd's Center

- ❖ A Matter of Balance
- ❖ Chair Yoga and Chair Stretching
- ❖ Peer Exercise Program Promotes Independence
- ❖ L.I.F.T. (Life Improving Fitness Training)

## University of Missouri Extension

- ❖ Stay Strong Stay Healthy
- ❖ A Matter of Balance
- ❖ Walk with Ease

## AV Yoga and Wellness

- ❖ Yoga
- ❖ Tai Chi
- ❖ A Matter of Balance

## Kearney Firehouse

- ❖ PEPPi
- ❖ Sassy Senior Cardio & Weight Exercise

## Kearney Senior Center A Matter of Balance



# MEETINGS IN PICTURES



# ADIOS CLAY MCQUERRY & KATHY ARMITAGE!

Congratulations to Clay & Kathy on their much deserved retirements! We appreciate you and your passion in keeping seniors safe in their homes. We will miss you and wish you many joyful moments in your life ahead.



# JOYFUL HOLIDAYS TO ALL!



We appreciate your attendance at our monthly meetings and your continued dedication to keeping older adults safe in their homes. Join us on Tuesday, January 3, 2023 at Northland Neighborhoods, Inc. We will plan our goals for the new year.

