

# Senior Falls Prevention Coalition of Clay and Platte Counties

2021 YEAR IN REVIEW



# 2021 Coalition Member Organizations

Ability KC  
AccessAble Living  
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 Firehouse  
Liberty Silver Center  
Mals Medical Equipment  
Mid-America Regional Council  
Modern Physical Therapy  
North Kansas City Hospital  
North Kansas City Hospital Home Health

Northland Shepherd's Center  
Patt Papenfuhs  
Phoenix Family Housing  
Platte County Public Administrator's Office  
Platte County Community Center - YMCA  
Platte County Health Department  
Platte County Senior Fund  
Platte Senior Services, Inc.  
Rebuilding Together Kansas City  
Rehab Without Walls  
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



# Educational Program Meetings 2021



Monthly meetings featured client success stories and agency spotlights

February 2 - Panel: Creative Programming from Community Partners: Liberty Silver Center, Kearney Enrichment Center, Good Samaritan Center, Northland Shepherd's Center

March 2 - "Technology and Home Modifications for Falls Prevention," Dr. Brandie Archer, OTD, OTR/L, CLIPP, CLVT, Certified in Living in Place & Low Vision, Founding Director, AccessAble Living

April 6 - "Our bodies were meant to move!" Kelly Harrick, PT, Owner of Stretch Zone KC

May 4 - "Communities for All Ages - Communities of Strength"

Moderator: Cathy Boyer-Shesol, MPA, Communities for All Ages Project Coordinator, Mid-America Regional Council (MARC)

Panelists: Laura Mize, Neighborhood Services, City of Excelsior Springs; Alan Napoli, C.B.O., Community Development Administrator / Building Official, City of Gladstone; Kim Nakahodo, Assistant City Administrator, City of North Kansas City

# Educational Program Meetings 2021



August 3 - Policy and advocacy updates on falls prevention from the National Council on Aging staff: Marci Phillips, Director, Public Policy and Advocacy; Jennifer Tripken, Associate Director, Center for Healthy Aging

September 7 - AGE IN PLACE SAFELY video viewing. Moderated by Karl Schafer, NKCH Home Health staff Sonya Clements OTR/L, CLT-ALM, CAPS and Kay Findlay OTR/L, CAPS present ways to stay in your home even as you age with the right support and some smart safety measures.

October 5 - Parkinson's Disease and Falls Prevention & Rock Steady: A unique exercise program that utilizes boxing techniques for individuals with Parkinson's Disease. Jill Sartain, NKC Hospital Fitness Supervisor of Community Health & Wellness

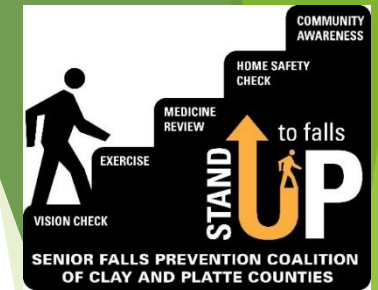
November 2 - "Aging in the Right Place: Listening to Older Persons and Their Quest for Residential Normalcy," Stephen Golant, PhD Professor Emeritus, University of Florida

# Special Events and Presentations

## Falls Prevention Awareness Day Fair 9/22/21 at Parkville YMCA

### Other Events:

- Amy Vance did a Falls Prevention presentation at Parkville Living Center.
- Brian Willbond represented the Steady Falls event at North Kansas City Hospital on September 25.
- NPA Clay County Resource Fair on Thursday, October. 14: Clay McQuerry staffed the SFPC information table.
- Falls Prevention is one of the topics in the Aging Mastery Program. Paula Zigmond presented for the Caregiver AMP and Clay McQuerry presented in the core AMP.



# Strategic Goals Accomplished



- ▶ Outreach accomplished in creative ways, including:
  - Information tables at area Farmers' Markets - Vicki Hon, Debbie Gwin, Brian Willbond
  - Community presentations - Amy Vance, Paula Zigmond, and other members

In 2021, we appreciated receiving the grant from NPA and used funds for outreach materials and resources.

- ▶ PT clinics with resource material - special thanks to Kathy Armitage and Brian Willbond. Esteban Azevedo, PT, ScD, COMT designed the information brochures for these clinics.
- ▶ Membership: We now have 50 members!
- ▶ The SFPC website was updated.

# 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.
- ▶ Developing CAPABLE with NKC Hospital Home Health
- ▶ MARC/ICN partnership for MOB reimbursement. Program is free to participants.
- ▶ MARC is now funding home modifications; in the Northland partner agencies are Rebuilding Together Kansas City and Northland Neighborhoods, Inc.

*SFPC was the recipient of a Giving Back Sandy Gardner Monetary Award from the Northland Professionals in Aging.*

# Exercise and Balance Programs were offered throughout 2021



## 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 (two classes held)

## Kearney Firehouse

- ❖ PEPPI
- ❖ Sassy Senior Cardio & Weight Exercise



# Meetings in Pictures



# Looking ahead to 2022

- ➔ Continue outreach and awareness.
- ➔ Look at sponsorship opportunities.
- ➔ Build on community partnerships for falls prevention awareness.

***Join us in January for brainstorming 2022 goals!***



**Thank you to all of our coalition members!**

Our coalition is successful because of your participation!  
We appreciate your attendance at our monthly meetings and your continued dedication to keeping older adults safe in their homes.

Happy Holidays to all!

