

**SAFE COMMUNITIES NORTHUMBERLAND COUNTY – FALL PREVENTION
AGENDA/MINUTES**

DATE: Thursday May 4, 2017		TIME: 1:00 pm	LOCATION: Community Care Northumberland, Cobourg office
CO-CHAIRS: Sheri Birney, Scott Jibb		RECORDER: Joanne Brewster	
ATTENDANCE: Joanne Brewster, Heather Grundy, Scott Jibb, Beth Harrington, Steve Bates, Heather Eatson, Mandy McConkey, Anne Manczyk, Rod Hare, Joyce Nowocin, Emily McCormack			
REGRETS: Sheri Birney, Sarah Gibbens, Adam Gagne, Alda Tee, Karen Walker, Sarah Emerson, Tammie Staples			
AGENDA ITEM	SUBMITTED BY:	KEY DISCUSSION POINTS	ACTION/OUTCOME
Approval of agenda			Motion made by Beth HARRINGTON Seconded by Mandy MCCONKEY to approve agenda as written CARRIED
Declaration of Conflict of Interest			None declared
Approval of minutes from last meeting		Last Meeting: February 1, 2017	Motion made by Beth HARRINGTON Seconded by Heather EATSON to approve minutes as written CARRIED
Action Items from minutes of last meeting		<p><i>ACTION: Joanne BREWSTER will follow up with Sheri re: pharmacy list (update list and call pharmacies re: attending on Seniors Day)</i></p> <p><i>Action: Sheri BIRNEY will report back on those Community Care community classes in locations where there is poor attendance</i></p> <p>Joanne BREWSTER reported for Sheri BIRNEY Locations with poor attendance are...</p> <p>In the Community... Colborne – Keeler Centre Bewdley – Bewdley Community Centre Cobourg – Halcyon Place Cobourg – Legion Village</p>	<p>Discussed under <i>Sub-Committee Requests to Lead Table</i></p> <p>Ideas for improving Community Classes...</p> <ol style="list-style-type: none"> 1. Create a banner and leave at locations with low attendance to advertise. 2. Create a new poster and post in the Community. 3. Create cards/pads with Exercise and Falls information with days and times of classes to give to doctors to hand out to patients. <p>If Community Care is successful in getting a summer student, the student may help with</p>

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		<p>Q: Are we going to Colborne pharmacy? This would be a good location to leave a poster</p> <p>Mandy MCCONKEY is willing to include information in their newsletter (Port Hope Northumberland Community Health Centre)</p> <p>In the Retirement Homes: Port Hope – Regency Manor Port Hope – Port Hope Tower Port hope – Rose Glen Campbellford – MultiCare Lodge Cobourg – Rosewood Estates</p> <p>Q: Are any of the retirement home classes open to the public?</p>	<p>posting posters and delivering material over the summer months.</p> <p>Community Care flyers can be put on the SC table at the Apple Blossom Tyme Festival</p> <p>Sheri BIRNEY can connect with Mandy McCONKEY re: adding the community classes to their newsletter. Partners at the table are willing to share on Facebook, post flyers, etc.</p> <p>Some ideas for the Retirement Homes:</p> <ol style="list-style-type: none"> 1. Changing times. 2. Create a new poster and post with the residence. 3. Add to newsletter if not already added.
<p>Lead Table Updates Next Meeting: May 29, 2017</p>		<p>Last Lead Table Meeting: Feb 6, 2017</p> <p>Strategic Planning - Gap Analysis Questions: Heather GRUNDY led discussion</p> <p>1) Are there partners that we are missing? Suggestions:</p> <ul style="list-style-type: none"> • Northumberland Manufacturing Association – new Executive Director • Medical Professional – Physician or Nurse Practitioner 	<p>ACTION: Beth HARRINGTON will send contact information for the new Executive Director of Northumberland Manufacturing Association to Heather GRUNDY/Joanne BREWSTER.</p>

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		<p>2) Demographics under each sub committee Include the other demographics to explore with the group</p> <ul style="list-style-type: none"> • 50 + age group - collect more information • Include recreation injuries, concussions <p>3) Is there a prevention piece that partners are not funded for that Safe Communities could/ will support?</p> <p>4) Any other areas of injury prevention not currently being addressed within Northumberland County? Knowledge of local issues.</p> <ul style="list-style-type: none"> • Rod HARE suggested - Lifestyle related, metabolic disease, stay active, participACTION related ideas/messages • Exercise for all ages – connections to mental health, sports and recreation groups • Exercise is medicine “prescription” – there are workshops that physicians can attend – build community partnerships to implement – liaise with <i>exercise is medicine</i> people. May be more difficult to get physicians on board 	<p>Members are asked to send Heather GRUNDY/ Joanne BREWSTER any additional ideas or suggestions</p> <p>Information from this discussion will be given to the Lead Table at their next meeting</p>

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Sub-Committee Requests to Lead Table <i>(will remain on Agenda until completed)</i>	Joanne BREWSTER	<p>Re-order of Fall Prevention Materials</p> <p>1250 Brochures and 3000 Magnets have been ordered. There are still a few one-page information sheets on hand and more have not been ordered at this time. Magnets are our best give-aways</p> <p>The approved budget for materials fell slightly short to re-order the one-pagers – can consider an additional request to the Lead Table later this year if needed</p>	Members can contact Joanne BREWSTER to request materials for pharmacy visits and any other events that these materials can be given out
	Sheri Birney	<p>Attending Pharmacies on Seniors Day</p> <p>Joanne BREWSTER reported for Sheri BIRNEY</p> <ul style="list-style-type: none"> To date, there are 8 pharmacies willing to allow us to go to their stores and handout information about falls prevention A schedule was created and circulated to members to sign up 	<p>Next steps:</p> <p>Sheri BIRNEY will contact the stores to confirm day, time and let them know who is coming to their store.</p> <p>Sheri BIRNEY will continue to work on the pharmacies that don't have a specific senior's day to see when a good day is to come.</p>
	Heather GRUNDY /Joanne BREWSTER	<p>Expo 2018 – Planning Committee</p> <ul style="list-style-type: none"> Seeking interested members who would like to be part of the Expo work group Will be using the recommendations from the 2016 final report to plan for 2018 Would like to see at least one if not 2 meetings before July if possible 	<p>Members are asked to email Joanne BREWSTER / Heather GRUNDY if interested in being part of the Expo 2018 committee</p> <p>A poll re: first meeting date will be sent as soon as a group is formed</p>

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NEW / EMERGING ISSUES			
2017 Workplan	Heather GRUNDY / Joanne BREWSTER	<p>The workplan includes:</p> <ul style="list-style-type: none"> • Expo 2018 – planning begins in 2017 • Promote the Safe Communities fall prevention education video on our website • Attend seniors’ days at pharmacies • Participate in senior’s fairs/events • Utilize Fall Prevention month to raise awareness / education • Concussions – look in to and share resources from Parachute Canada • Determine if we need to provide community education/ awareness / prevention campaign/activities regarding concussions (and what our role would be) 	Our Fall Prevention Video now has subtitles to make viewing it more accessible
Falls prevention for young children	Heather GRUNDY	<p>Family Health nurses at the Health Unit have approached Safe Communities to gauge interest in partnering with them to promote fall prevention for children age 3 and under</p> <p>Target audience would be parents, guardians and caregivers of children</p>	<p>Motion to support the child fall prevention campaign concept (targeting parents, guardians, caregivers) by the Health Unit in partnership with this sub-committee made by Anne MANCZYK</p> <p>Seconded by Joyce NOWOCIN</p> <p>CARRIED</p>
Organization/Agency network news	Beth HARRINGTON	<p>Ministry of Labour blitzes:</p> <p>New and Young Worker May 1, 2017 – August 31, 2017</p>	A listing of all 2017-2018 blitzes and initiatives can be found HERE

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	WSPS	Falls blitz – including slips and trips Oct 2, 2017 – November 24, 2017	
	Heather EATSON Osteoporosis Canada	October 3 – save the date falls conference at Casino Rama Heather EATSON reported that she can be a contact for the Fall Prevention Community of Practice http://www.fallsloop.com/	
	Heather GRUNDY	SC Presentation to County Council, April 19 <ul style="list-style-type: none"> • Heather GRUNDY and Lisa DARLING presented – it was well received • Several members from the Lead Table attended • Of the 7 current county council members, 2 have or have had membership in Safe Communities New Heart Wise exercise location in Campbellford – runs October to April – in the Church across from No Frills	
	Joyce NOWOCIN	Has Falls Prevention Materials from Wellington County – can be used for reference	
NEXT MEETING: September 7, 2017 @ 1 pm, Community Care Northumberland, Cobourg office			
ADJOURNMENT: 2:16 pm			