## SAFE COMMUNITIES NORTHUMBERLAND COUNTY – FALLS PREVENTION
### AGENDA/MINUTES

**DATE:** Thursday December 8, 2016  
**TIME:** 1:00 pm  
**LOCATION:** Community Care Northumberland, Cobourg office

**CO-CHAIRS:** Sheri Birney, Scott Jibb  
**RECORDER:** Joanne Brewster

**ATTENDANCE:** Sheri Birney, Scott Jibb, Joanne Brewster, Heather Grundy, Anne Manczyk, Mandy McConkey, Rod Hare, Karen Walker, Ashlynn Rogers, Beth Harrington

**REGRETS:** Julia Snoek, Heather Eatson, Tammie Staples, Alda Tee, Joyce Nowocin, Sarah Gibbens

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| Approval agenda | | | Motion to accept agenda made by Scott JIBB  
Seconded by Anne MANCZYK  
CARRIED |
| Declaration of Conflict of Interest | | | None |
| Approval of minutes from last meeting | | Last Meeting: October 13, 2016 | Motion to approve draft minutes made by Rod HARE  
Seconded by Mandy MCCONKEY  
CARRIED |
| Action Items from minutes of last meeting | | ACTION: Joanne BREWSTER will email the power point presentation to members of the sub-committee with the minutes | Completed |
| Lead Table Updates  
Next Lead Table Meeting Date: February 6, 2017 | | Last Lead Table meeting: November 14, 2016  
Breakfast Celebration November 14th  
The Breakfast was well attended (approx. 85) and the programs / activities of the various sub-committees were highlighted  
Strategic Planning  
Our initial strategic plan finishes in 2016  
Small group of Lead Table members will work on strategic plan (2017-2019) | |
| Sub-Committee Requests to Lead Table | | Falls Resource development and November | |

**APPROVED February 1, 2017**
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<td></td>
<td>Sherri BIRNEY thanked members who helped distribute the materials across the County</td>
<td>Local program information was updated on the SC website</td>
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<td>Email Joanne Brewster any fall prevention month activities if you would like them posted/shared</td>
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NEW / EMERGING ISSUES

Plans and activities for 2017

Ideas/Suggestions
Idea: Seniors Information and Active Living Fair – Port Hope, Thursday February 2\(^{nd}\), 2017, 10 am – 3 pm

Discussion: Ordering more resources? brochures, tear-off pads, magnets
Price additional quantity of magnets in particular as they make good give-aways
Anticipated 2-4 events throughout 2017 where resources could be given out

**ACTION:** Joanne BREWSTER will register SC for a table at the Active Living Fair
Members will be asked if they are available to participate – Rod HARE will work a shift if available

**ACTION:** Heather GRUNDY and Joanne BREWSTER will reach out to various partners and get a sense of needed supplies/resources that were well used/received and bring recommendations to the table at the January meeting
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| Retirement homes – education – will need more resources to leave with each retirement home in Northumberland  
Tear off sheets – connect with Theo - Jo  
Sheri will contact Dave Evans  
Mandy McConkey – see if they are interested |  | May need an additional supply for Fall Prevention month – November 2017  
Have we missed some places with the brochures/resources?  
Target other locations – e.g., educate the mall walkers?  
Seniors days at drug stores – go with resources on those days. May reach a population not covered elsewhere. Need to find out the schedule (days and locations) and see who can go with materials  
It was reported that exercise classes are better attended than fall prevention classes. May want to increase promotion to those classes with poor attendance  
Idea: Promoting the fall prevention classes in the retirement community. Some of the retirement homes may open their classes to the community | Partners can reach out to colleagues and ensure that they know resources are available to download from the SC website  
**ACTION:** Sheri BIRNEY will research and report back on the Seniors days at drug stores in Northumberland  
**Action:** Sheri BIRNEY will report back on those Community Care community classes in locations where there is poor attendance |
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**Idea:** Fall Prevention Ed - Expand on each of the FALLS mnemonic used in the resources (i.e., create a one or two page more detailed information/resource list sheet for each letter in FALLS). Perhaps work on these throughout 2017 with a 2018 release at the Expo?  

**Idea:** Speaker on Falls prevention to present to care providers in Nov 2017 during fall prevention month? Target PSWs, nurses, physicians, other community support staff – target locations perhaps outside Cobourg/Port Hope?  

**Short discussion about having a student assist with some of the SC activities**  

To be discussed further – no decision made  

Some concerns about uptake for this type of presentation  

Heather GRUNDY reported that the Physical literacy summit will be in Cobourg on April 29 2017 – physical literacy across the lifespan will be featured (i.e., Seniors physical literacy will be part of this – call for presenters just went out – this committee could promote this  

**Action:** Rod HARE will forward information/contact he has to Heather GRUNDY about a student placement to assist with some of the proposed tasks/activities
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| Organization/Agency network news  
*Please contact the member directly for more information* | Mandy McConkey  
Port Hope  
Northumberland CHC | New Calendar of programs is available | [http://www.porthopechc.ca/calendar/new](http://www.porthopechc.ca/calendar/new) |
| Karen Walker  
St. John Ambulance | Car seat clinics – in process of recruiting for volunteers | Information will be sent to Safe Communities members – please forward to your connections |
| Sheri Birney  
Community Care Nthld | Annual letter campaign in November | |

**NEXT MEETING:** January 12, 2017 @ 1 pm, Community Care Northumberland, Cobourg office

**ADJOURNMENT:** 2:14 pm