



OCTOBER 2023 QUARTERLY UPDATE MEETING MINUTES

Update from MaineHealth – All future Master Trainer Sessions for 2023 are posted on Website. Visit the website for dates: [Master Trainer Sessions | MaineHealth](#)

New MOB Store items – Check out the online store for night lights, water bottles and other great items to give your participants and coaches: [Welcome to A Matter of Balance Site! \(brandingbygeiger.com\)](#)

Quarterly Update Meeting Minutes – are Posted on the Master Trainer Resources Website.

Welcome New MOB MT's!

Information about License to Use Renewal Fee 2024

Starting in January 2024, MaineHealth will be implementing a 3-year License Renewal Fee of \$300.

This change will enable us to maintain an accurate database on where classes are being offered across the country, improve fidelity tools, and provide technical assistance to our growing number of Master Trainers.

Key details regarding the License Renewal Fee:

- Starting in January 2024 organizations that were licensed prior to January 2022 will receive an invoice to renew their license. Organizations licensed during and after 2022 will receive invoices at the three year anniversary of the most recent license date.
- The \$300 Renewal Fee will be due every three years.
- We will send an invoice via email to the Signatory and “cc” the Master Trainers listed on the License Agreement.
- Organizations experiencing financial difficulties in paying the Licensing Renewal Fee may apply for a one-time scholarship, which may cover part or all of the renewal fee.

Master Trainer Information/Reminders:

- A Master Trainer is not required to teach a certain number of classes. For New Master Trainers, teaching a class is highly recommended. Coaches are required to teach 2 classes in the first year of their certification.
- Master Trainers are “*required*” to provide a 2.5-hour Annual Update Training to any coaches they train.
- Master Trainers are “*required*” to attend at least one Quarterly Update per year. It is suggested that they attend more than one because the meetings provide valuable information updates and a chance to meet with other Master Trainers.
- Please go to your Master Trainer website to review previous Quarterly Update meeting minutes, upcoming Quarter Update meeting schedule and information you may need.

Poll Questions

1. How many Evidence Based Programs does your organization offer?
 - a. 1-3 – number 2 answer
 - b. 4-6- number1 answer
 - c. More than 6 – number 3 answer
2. What programs are most popular at your organization
 - a. CDSMP number 3 answer
 - b. Fall Prevention – number 1 answer
 - c. Exercise number - 2 answer
 - d. Weight management or nutrition – number 3 answer
 - e. Other write answer in chat
3. Is MOB easier or harder to implement than other evidence based programs you offer?
 - a. MOB is easier to implement than other programs we offer- number 1 answer
 - b. MOB is harder to implement than other programs we offer
4. What is the most challenging aspect of providing Evidence Based programs?
 - a. Staffing- shortage of people to lead the programs – number 1 answer
 - b. Having the right materials for the participants
 - c. Having enough participants to take the classes – number 2 answer
 - d. Finding space to hold the classes
 - e. Other put response in chat
5. What can MOB do to help support you in offering our program at your organization?
 - a. Provide a class locator on our website to help promote your program- tied for number 2 answer
 - b. Provide ongoing training for master Trainer s to help stay current with the program requirements – number 1 answer
 - c. Provide a newsletter to help promote MOB within your organization – number 2 answer
 - d. Offer opportunities for groups within MOB that offer the program in other languages, or at various types of organizations to meet one another and address issues specific to that group. – number 3 answer
6. What topics would you like covered in 2024 for the Quarterly Update?

- a. Exercises Review – number 2 answer
- b. Coach Training Review – number 3 answer
- c. Master Trainer Materials and Resources Review – number 1 answer
- d. Low Vision Resources Review – tied for number 3 answer
- e. Other – put in chat

Suggested Quarterly Meeting Topics for 2024:

- Low Vision: I have a low vision coach who cannot see the material without the use of heavy machinery.
- Review flow of curriculum material from week to week
- Additional training for Master Trainers covering new CDC and DOH statistics.
- In response to insurance company requests for information about sustained behavior change tied to cost utilization, research articles.
- Updates to Spanish translation.
- Exercise Review
- Coach Training Curriculum Review
- Curriculum/Program Review
- Business models from other organizations on how they sustain the program.
- Securing payers for program sustainability.
- Marketing that is culturally adapted for tribal populations.
- Develop a shorter version of AMOB.
- Funding for materials or way to access free materials.
- How to deal with difficulty maintaining the program, i.e., short staff, costs, cost of manuals
- Ready to use marketing materials for social media and print.
- Exercises for chair bound.
- Support from MaineHealth with promotion – providers mentioning the program or social media help/posting the flyers.
- Offering Free new Master Trainer training for volunteer programs
- A regional meeting so we can see who else is teaching MOB in our area.
- Suggestions for sound equipment so people can hear.
- Suggestions for participant engagement for all 8 weeks – get new participants to commit.

Concerns:

The name is deceiving – people think this class will improve their balance.

People are having trouble hearing. We need suggestions for sound equipment so people can hear.

We have a professor audiology at UAMS who would like to produce a replica of our AMOB videos for the deaf community. There is no option to order videos for the hearing impaired or one with sign language. Would it be possible to get one done?

Questions:

Can the organization offer MOB while working on the License Renewal and paying the fee? Yes

How much is the fee? Is the fee per organization or per Master Trainer?

The fee is \$300 every three years and is per Organization covering all Master Trainers listed on the License to Use.

Who pays the License Renewal fee, Master Trainer, Organization? This may be dependent of the Organization. Suggestions for participant engagement for all 8 weeks – get new participants to commit.

Can I retain my Master Trainer ability even if I leave my organization?

The License to Use stays with the organization. If you leave your organization, you must be on a License to Use to teach A Matter of Balance or train coaches. Your new organization can sign a new License to Use and add your name to an existing current License to Use.

Deb Baginski: Does anyone have a workable solution for an extremely hard of hearing participant? Our pocket talkers do not work well and passing the microphone around is not ideal. Our sites do not have fancy audio systems.

Juliana Eusebio: We are thinking of training University Students as MOB coaches, but they are unable to train ongoing. Does anyone have feedback on this?

Answer: Charity Toskash: We have programs that have students sign a commitment letter for a time certain amount of time.

Updates about Fall Prevention Day, week or month:

- Goodwill Easter Seals Miami Valley has added coaches from our area Junior College and Kettering Health Network. We presented A Matter of Balance at the City of Dayton Neighborhood Conference for Fall Prevention.

- WISE & Healthy Aging had our second in-person Falls Prevention Celebration with fall risk screenings, exercise routine and information available. We are hoping to implement A Matter of Balance in 2024.
- Ayden: We provided a couple of community talks to hype people up for upcoming programming and several of our partnering AAA's provided demos throughout the Hudson Valley.
- Brandie Garner – Mid-East Commission AAA: We appreciate all the support and the Quarterly Update calls. In Eastern NC during Fall Prevention week there were Falls Prevention Bingo games at five Senior Centers (200 Seniors); social media educational shares, Fall Prevention presentation for medical professionals and local hospital; radio spotlight; Fall Prevention education placemats shared with congregate and HDM participants (1200 Seniors). Thank you!
- Cheryl: We did a workshop with several HOH participants and used 2 ASL interpreters.
- Mary Peschka: In Las Cruces, we had 2 MOB classes in progress during the month of September, submitted fall prevention articles to the local newspaper, published fall prevention information in our local newsletter.
- Debbie Candello, SMAA: We did social media posts twice a week shared from the National Council on Aging. We sent some press releases for our fall's classes with the headline that September is Falls Prevention Awareness Month. We got seven (7) published and one on the front page.
- Janet Buls: We had an OT Doctoral Student complete a capstone project. She recruited twelve (12) new coaches and held one class as well as connected with EMT in very rural communities. She also created a lending library for assistive medical devices in two counties.
- Val Mattison, The Dancing Sky AAA: I have a class tomorrow and I am doing a Fidelity Observation and we are training two more leaders in November.
- We mention fall hazards for people to consider when they are visiting friends or relatives, going to church, etc. We also use the "fall hazards" pictures that can be found on-line. One website is: <https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/seniors-aines/alt-formats/pdf/publications/public/injury-blessure/safety-securite/safety-securite-e.pdf>
- Mandy Peterson: I did a lottery drawing for placement in the class. The one that did not win are scheduled for the next session.
- Jan Glazer, CBP Catholic Charities: Our department hosted a Fall Prevention Awareness Event in Grundy County in partnership with Age Gide of Northeastern, IL. Lots of medical professionals, vendors, speakers and information!

Tips:

Kelli Jankens: I always co-coach with my newly trained coaches and then I pair them together knowing their teaching/leader styles.

You might want to check out a program to partner with fire/EMS personnel: Steps to Safety offered by National Fire Protection Assn: <https://www.nfpa.org/Public-Education/Teaching-tools/Steps-to-Safety>

Sonita: SS supports community education for older adults, using trusted, highly regarded fire personnel to reduce/prevent those lift assists because they can take essential personnel away from fire events.

Judy Merring: A new coach is always paired with a Master Trainer, or a very experienced coach for their first class.

Story:

Ruby Watson: I received a thank you note from a participant's veterinarian that walking has helped her aged pet's arthritis as well as her health.