

July Master Trainer Quarterly Update Meeting Minutes

Updates from MaineHealth

- **All 2025 MT Trainings** are on the MH website. [Master Trainer Sessions | A Matter of Balance | MaineHealth](#)
- **Lay Leader Coach Trainings** MaineHealth is offering Lay Leader Coach Trainings for Licensed organizations that have at minimum one Master Trainer to oversee the supervision of the coach after they are trained. We will offer virtual coach trainings each month to help you grow your program staff. For more information, please contact us at pfha@mainehealth.org
- **License fee:** We have initiated license fee for new organizations that would like to be licensed to offer A Matter of Balance. The initial license fee is \$500. The License Term is for three years. At the end of the three-year term there is a \$300 renewal fee for another three-year term. This initial license fee does not apply to already licensed organizations.
- **Discontinued:** The A Matter of Balance online merchandise store.
- **Meeting notes from previous Quarterly Update meetings** are on the Master Trainer Resources website.
- **Fall prevention awareness month discount** code for **September** Master Trainer Training. Train two staff for \$3000!! This discount only applies for sending 2 staff to be trained. Use discount code MAINE when registering. Registration is first come first served and closes on August 15.
- **Close out our time together with a Resiliency Building activity.**

Presentation – Low Vision Translation – (slide-show attached)

Presenter: Ana Rojas. Ana is a student at Purdue University in Indiana. She has been working with our Healthy Aging team here at MaineHealth this summer and we are so fortunate to have her here. Ana is majoring in Public Health with a minor in Sociology. She is a newly trained Master Trainer for A Matter of Balance and will be leading her first MOB series starting next week.

Comments:

Miriam: This was very timely for me – I have a low vision participant in my current workshop.

Lisa: <https://hadleyhelps.org/> Hadley is a non-profit organization that provides free resources, workshops and support groups for people with vision loss.

Silvia: Seeing AI link: <https://apps.apple.com/us/app/seeing-ai/id999062298>

Low hearing:

Kelsie: There are headphones that you can have the person listen to translation

From Patricia: We have had individuals use apps on their phones which translate the presenter's voice to words on their phone. One individual was hard of hearing, and one had limited comfort level with English.

Lisa: An honest, realistic PAR-Q is critical.

Kelly: Thank you for this presentation. I wear glasses and hearing impaired. Despite these disabilities I have been able to emphasize, recognize and not make assumptions.

Michael: Some Centers for Independent Living have low vision specialists on their staff. We have engaged our local CIL in giving presentations to our MOB participants on assistive technologies for people with low vision.

As a follow-up, we have offered an annual reunion for MOB graduates with a guest speaker and a review of the exercises.

Success stories:

Delaine : One participant loves basketball. There were some finals she wanted to attend but did not think she could do it. After participating in the MOB course, she decided to attend the game and had a blast!

KJ: She can see the huge benefits of Socialization through MOB. Many connections are being made, friendships created. People are making plans to go out after class. The class encourages people to check on each other. This is a big component of health.

Brooke: One of her colleague's classes baked a wonderful cake for the end of course party. A photo is attached.

Janel: Added to the Socialization piece. Two participants in the class really connected. One participant said she was the oldest in her family, the matriarch, and did not ask for help easily. She needed a ride to an appointment and was upset she could not find anyone to help her out. Participants offered to provide a ride for her. There were tears!

Nancy: We currently have two MOB workshops going this Summer.

One Monday workshop and a Tuesday workshop, 24 participants enrolled.

7/7-8/25 and 7/8-8/26 at our Office for the Aging campus. I am also planning to offer two or three Fall workshops.

Resiliency Activity was very much appreciated.

Some of the Comments were:

Great meeting. Can you share the meditation exercise?

That was excellent. Thank you!

This was a great meeting.

Reference and Resources:

American Parkinson Disease Association ADPA

Hearing Impaired: <https://www.chattervox.net/> \$300~

From Lisa Walters: <https://hadleyhelps.org/> Hadley is a non-profit organization that provides free resources, workshops and support groups for people with vision loss.

Silvia: Link to info on Seeing AI <https://apps.apple.com/us/app/seeing-ai/id999062298>