

October Dates/Times:

Day	Date	Eastern	Central	Mountain	Pacific
Wednesday	October 1	1PM-2PM	12PM-1PM	11AM-12PM	10AM-11AM
Tuesday	October 7	2PM-3PM	1PM-2AM	12PM-1PM	11AM-12PM
Thursday	October 23	1 PM-2PM	12PM-1 PM	11AM-12PM	10 AM- 11AM
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Friday	October 31	1 PM-2PM	12PM-1 PM	11AM-12PM	10 AM- 11AM

LOCATION: Zoom MEETING MINUTES

MEETING PURPOSE: Quarterly Update Meeting for Master Trainers

Topic	Discussion	Decision/Action Items
Exercise Review	 What MOB exercises are balance exercises? Exercises requested for review: Leg Slide to the Side Arm Chair Push, chair with no arms Shoulder Rolls Diagonal Arm Presses – all three Hip Circles – Do not lock knees Hip Extension Box step Standing foot circles Heel cord stretch 	Exercises to improve stability and movement control: Suggestions from the Chat: Toe stands, marching in place, side stepping, box step, standing hip extension, leg slide to the side, hip circles, standing foot circles, touch elbows stretch, heel cord stretch, good morning stretch. Answer: Nearly ALL of the MOB exercises are balance exercise as each area assists us with maintain our balance.

MaineHealth Announcements	 ACL grant award recipients have been notified – Congratulations if your application was selected. REMINDER if MOB is part of your plan, to let us know of your award so that we can work with you to meet your deliverables. Thank you to all who have renewed their licenses this year. The process is getting smoother now that we are two years into it. 	
Questions:	Any resources for the visually impaired and low vision?	Your Master Trainer website: www.mainehealth.org/mobresources - low vision translation
	2. Are you planning to update the videos?	 MaineHealth is researching creating new videos One response suggested local school studies (and interns) that have a full A/V set-up for small filming tasks or with a college/university level filing class. Community television stations can be very helpful with projects like this.
	 Any plans to change the duration of the class. Participants complain about the length. 	No, the class is evidence-based, and the research was done with this amount of time and duration.
	4. Finding participants	 We put an article in the local newspaper which brought in participants. Social media pages – post workshops Your agency website Working with Aetna – referrals from Medicaid for fall prevention Recruiting from Library members Reaching out to already established groups in Senior Centers NCOA falls coalition page
	5. Challenges finding coaches	Volunteer Match site for Nurses, Trauma centers, private hospitals, anyone who wants to prevent falls. Health Educators trained to lead classes in the locales Moms who can work during school days Retired nurses
	6. Guest Health Professionals	I enjoy having GHP's present. It has resulted in many new community partners that will allow us to offer more MOB classes at their sites.
	7. MOB for Parkinsons – status?	There is a group working on a translation for Parkinsons, it is not complete.

Stories	 At first a participant with Parkinson's said that the MOB exercises were not for him. Changed his mind and was very glad. Enjoyed the exercises and said they were not boring. He started dancing again. A participant came to class using a walker and was very quiet in the beginning. The class changed her. She became more talkative in class. She missed a class, but it was because she was out fishing! This is how the class changed her. This was our 33rd MOB class. 	
	Wrap Up/Review any action items: Some modifications can be made to exercises, i.e., some can be made seated, etc. But in general, you are not qualified to adapt exercises for someone's specific health issue. They can sit out the exercise or repeat an exercise they are comfortable with. There are a lot of things to consider for a person to adapt an exercise – this is a lay leader class. Please remember that it is okay for participants to ask a professional how to adapt an exercise for them which will include a review of their medical history.	

Next meeting: January 2026