



July 2026 *A Matter of Balance: Managing Concerns about Falls*
Master Trainer Quarterly Update
LOCATION: Zoom

MEETING MINUTES

Meeting minutes are compiled from notes taken from the following dates.

July 2026 Dates/Times:

Day	Date	Eastern	Central	Mountain	Pacific
Wednesday	July 1 st	1 PM - 2 PM	12 PM - 1 PM	11 AM - 12 PM	10 AM - 11 AM
Tuesday	July 7 th	2 PM – 3 PM	1 PM - 2 PM	12 PM - 1 PM	11 AM - 12 PM
Thursday	July 16 th	1PM – 2PM	12 PM - 1 PM	11 AM - 12 PM	10 AM - 11 AM
Friday	July 31	2 PM – 3 PM	1 PM - 2 PM	12 PM - 1 PM	11 AM - 12 PM

MEETING PURPOSE: July Quarterly Master Trainer Update : Exercise Review

Topic	Discussion
Welcome and Announcements:	• New Digital files for Low Vision Participant Workbook - these updates are now online at: https://www.mainehealth.org/healthy-communities/prevention-and-wellness/fall-prevention-matter-balance/resources-master-trainers • Coach Trainings: MH is now offering Lay Leader Coach trainings for licensed organizations that have a MT to supervise the new coach after being trained. • There was an issue with the hosting website for the links and Terra Nova is continuing to try to fix the issue. We have received updated video links for <u>Fear of Falling</u> and <u>Exercise it is Never too Late</u>. These were emailed to Master Trainers on May 29. Please check your spam or junk folders if you did not receive them.
Exercise Review:	Kirsten reviewed many of the A Matter of Balance Exercises and this was very well received. Common requests were for: • Leg side to the side • Arm chair push • Hip circles without moving shoulders (keep knees slightly bent) • Diagonal arm press (all three) • Good morning stretch (very gentle twist) The main thing is to read the exercises exactly as written in the manual. Do not add comments or suggestions. If at any time you have a question, please reach out to MaineHealth
Questions:	• I have a legally blind participant enrolled in my September MOB. Does this new digital low vision file include the exercises, or do we need to request permission for it from you? Please clarify that we can send the link to the visually impaired participant. • Yes the exercises are included in the audio files of the participant workbook. They are on the Master Trainer resources web page. You do not need to request permission to use the Low Vision Materials. • Once you finish the review of exercises, my question has to do with references 1.2 and 1.3. Are there any plans to update the references as there are none within the last 5 years? Some participants have questioned this. Also, on reference 1.3, the CDC reference "the cost of falls" is from 2015. • Yes, research updates are ongoing at this time. • Simply curious, any plans to update the videos • Yes, there are plans to update the videos

	• Do you have a suggestion for managing a participant who does not want to hang on to the chair for balance exercises, even when he has advised doing so, as he becomes quite unsteady. He believes he needs to force his body to rebuild his balance and will not hang on. I have spoken with him privately after group about the situation. I have not yet asked him not to do the exercise. I will take that next step. • Are we able to share the digital link on YouTube with MOB Coaches? • Yes, you can share with your coaches but NOT participants.
Comments	• The updated links worked great!

October 2026 Dates/Times:

Day	Date	Eastern	Central	Mountain	Pacific
Thursday	October 1 st	1 PM - 2 PM	12 PM - 1 PM	11 AM - 12 PM	10 AM - 11 AM
Tuesday	October 6 th	2 PM – 3 PM	1 PM - 2 PM	12 PM - 1 PM	11 AM - 12 PM
Wednesday	October 14 th	1PM – 2PM	12 PM - 1 PM	11 AM - 12 PM	10 AM - 11 AM
Wednesday	October 28 th	2 PM – 3 PM	1 PM - 2 PM	12 PM - 1 PM	11 AM - 12 PM