

Meeting Minutes April 2023 Quarterly Update

Updates:

- Kirsten announced upcoming Master Trainer session. All can be found on the A Matter of Balance website. www.mainehealth.org/mob
- New MOB Store Items: Welcome to A Matter of Balance site: <https://brandingbygeiger.com>
- Please reach out to our office if you need to schedule a refresher or need any information.

The April Quarterly Update call is focused on a review of the A Matter of Balance exercises.

Exercises Reviewed:

- **Good Morning Stretch**
- **Diagonal Arm Press (all three variations)**
- **Rowing Exercise**
- **Side Stepping**
- **Box Step**
- **Standing Hip Extension**
- **Leg Slide to the Side**
- **Wrist Rise and Fall, Finger Spread & Wrist Rotation**
- **Arm Chair Push**
- **Hip Circles**
- **Ear to Shoulder**

Questions:

- 1.) Will there be a video created of these exercises?
 - a. Not at this time.
- 2.) I have a coach who wants to see how long (up to 5 minutes) participants can march in place? Is this allowed?
 - a. No. Please go by the recommended time frame for each exercise as they are intended to be done in the time frame allowed.
- 3.) Read the exercise instructions out loud. Follow the instructions as closely as possible. Do not add a lot of information to the exercise description. They are general instructions and designed to be general instructions for a reason. You want each participant listening to their body and doing the exercises in a comfortable and safe way for them.

Regional Check In:

Danielle: Older Adult Recognition Month – held 3 events around the County. Invited people to “come on in”, there is a meal. They market all their services in three locations.

Sunny: We have trained 6 coaches and have many classes starting.

Sharon: We had our first class in March with great results. Planning a coach training for two coaches. Our first class 10 out of 12 attended all sessions.

Santina: Our program is always very popular. I trained fellow colleagues at other Health Departments last month. Many of them will be offering their first program in the upcoming weeks.

Tina: We trained two fireman. In the process of scheduling AMOB classes for the firemen to begin teaching an AMOB class.

Kathy: Arkansas is doing well. We trained 26 coaches this year and we are getting back to in-person classes.

Jeannine: We are working on a workshop for deaf and impaired hearing communities in our region. We will have an interpreter, along with two MOB coaches.

Anne: We have a coach training scheduled so the exercise review was great!

Everyone seemed very appreciative of the exercise review!

See you in July for the next Master Trainer Quarterly Update.