

Quarterly Update calls January 2023

Guest Speaker: Charity Tokash
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Charity Tokash is a California State University Fresno Alumni who has been working within the disability community for many years. Currently she is the Education Development Coordinator for the Caregiver Resource Program at Valley Caregiver Resource Center. Where she organizes and teaches courses designed specifically to educate caregivers about topics such as self-care, elder law, communication, difficult dementia behaviors and much more. Charity's expertise in the field and contacts within the community not only give her a strong understanding and foundation of the community needs but also the resources and tools needed to address those needs.

Her PowerPoint presentation is included here on the website.

Questions for Charity:

Where to find an interpreter?

- Connect with your local deaf and hard of hearing service center.
- Find your local agency on aging through the ACL website
- In Iowa the AAA have Caregiver Specialists and resources
- <https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>
- <https://eldercare.acl.gov/Public/Index.aspx>, will let you search for agencies on aging by town. They often house caregiver programs and offer education.

Contact Information:

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Kirsten Updates:

Kirsten asked all MT's to look at their License to Use. If it is over 3 years old, it will need to be renewed. Please email us at: MOBLICENSE@mainehealth.org. We will send you a 2023 License to Use Renewal Fillable Form to complete.

Our MOB Store has been updated. The website is: [Welcome to A Matter of Balance Site! \(brandingbygeiger.com\)](http://brandingbygeiger.com)

MT Updates

Suggestions for marketing programs:

Paula – MN: We work with Population Health of our local Healthy System and they have been sending out My Chart notifications to those that have fallen or at risk for fall for the last two years. It is a great partnership.

Jessica Martone – invited all to a Texas Evidence-Based Program workshop.
Jessica.martone@traviscountytexas.gov.

Haley – St. Louis: Just finished her third class hosted in different areas of the city. Trying to make new connections in a new county.

Anna, New Lenox, IL: New coach training in February and have 2 Spring classes scheduled. We are going to try our first evening class. In late spring or early fall we will have our 50th Class!!

Martha, Jackson, MS? We have put MOB on EPIC and have been inundated with referrals.

Rhonda, Central Plains: We have partnered with our Health Department and scheduled a February coach training. Several Senior Centers are scheduling classes in the spring and fall and they are all in-person. People want to be social and seem to have a new appreciation for getting out and embracing MOB and also Tia Chi.

Jessica: Our next coach training is for Doctoral Students. She is starting a new Texas evidenced-based workgroup.

Sharon: Connecting with Fresno and Wichita. Finally having our first MOB in March. Now advertising for new coaches. We had some delays but have it on the calendar. We plan to reach out to senior groups next week.

Jessica Hood, Eastern York, PA: Running two classes now and have two more scheduled. We are having an on-line coach training. If you want to send a coach – email is in the chat. We are back to in-person.

Sherri, Jacksonville, FL: We completed 13 classes last year and have 11 scheduled for this year. Have a new leader training and coach update scheduled. We are back to in-person. Our connections with the state of Florida fire departments is increasing. We want to establish something more permanent than our once a year fall prevention.

Annie, Topeka, KS: We have a virtual in-person coach training scheduled for next week. Our classes are schedule and this is our third coach training.

Pamela, PA: We are training 3rd year Doctoral students. We need a progression for what's next for our participants to move them to the next evidence-based program.

Jaylie, Heart of Texas: We are excited about the New Year! We have tried to find an interpreter and we are off to a good start.

Karla, Sanford Health, and South Dakota: MOB is Booming, we have waiting lists. We also have SAIL and Bingocize.

Fit & Strong: We have a second grant to do CAPABLE. Four rural Fire Departments with CAPABLE and then they plan to provide MOB. Partnering with churches and faith community nurses. Churches are advertising in their church bulletins. We have really good resources to get the word out.

Frank, Office on Aging: Conducting 2 classes now and have 2-3 scheduled in the next weeks. We lost coaches due to the pandemic. Planning a coach training to find new coaches.

Evan, CA: Running virtual and in-person classes.

Janet: We just offered our very first virtual class and we filled it! Now have a list for the next one.

Karen: We just completed a December class and have another scheduled for April with more in the works!!

Shaunese-VCAAA: Started 2 classes this week. Both had a great first day with excited participants. Wait list for next class.

Amanda: Getting ready for a coach training in March. Plan to schedule another class in the spring.

Carol: We started two classes this month.

Hanna: We recently trained 4 coaches and now have a wait list for the next classes. Coaches love the program!

The rack card template – in MT resources

Chengyeng Ly: Offering three classes this this quarter Jan – March and have 2 scheduled for spring.

Debbie: I love having students. They learn about MOB, what it takes to be a coach, and how to deliver the content and maintain fidelity. I think it helps students learn more about working with older adults and may benefit the community for potential coaches.

Debbie Link: We took a break over the Holidays but will start in-person classes in February.

Diane, RWJ: We partner with Rutgers University OT department. This semester we are training 20 + students as coaches. We will do this every semester and they have incorporated MOB coach class into the curriculum.

Jennifer, UC Davis Health, CA: I have quite a few coaches under me and classes are beginning in February. We received an ACL Grant and plan to create a Fall Prevention Website and launch.

Kathy, Spokane, WA: I am co-leading a class now and have a few more scheduled. University students will be coming on-line to become coaches.

Tina, Fort Worth, TX: We have 5 classes scheduled and 4 MOB coach trainings scheduled. Continuing our work with Fire Departments. We serve 14 counties. Using cards for marketing. Fire Dept. will let us know who is getting a card and “why” people are falling. Some Fire Dept. staff want to be coaches although scheduling is tough.

Kathy Peterson, Ventura, CA: Started classes this week for the first time in three years. Lots of participation. We need to recruit for coaches. It is wonderful to be back live!

Mark, Palm Springs, CA: We have 2 classes going now and 1 in Spanish. There is a waiting list. We have been back to in-person for 6-7 months.

Stan, NW Iowa: Only MT in NW Iowa and cover 22 counties. Trained 11 coaches and I am starting observations. 8 coaches continuing classes ongoing.

Donna: Setting up a virtual MOB Leader training.

Janet, NE Iowa. I would be glad to help Stan. Coach trainings to be scheduled in March or April

Theresa, NY: Starting up classes and planning a coach training. This is the 2nd year in a row we are back to in-person.

Karen, Metro West, Boston, MA

Jillian, NC: MOB now up and running again. Our fall workshop had 10-12 people. MOB is the best class I have ever taught or experienced.

Katie Kutcher: Coach training scheduled for Friday. A virtual MOB in February promoted across the state. Mon Ami is the new system we are piloting.

Terri: All is going very well. Next round of classes scheduled and we just had a coach training. Scheduling another coach training in February.

Adrienne, Maine: Completed a coach training and started 2 classes this week.

Barbara, Boston Senior Homecare, MA: We have had some staffing changes. We have 3 coaches and trying to get back to 4. Our Family Caregiver department are having MOB for caregivers. The Disability and Accommodation presentation making me rethink what I am doing.

Kara, Catholic Charities, and Decatur, IL: Finished a class in December. A COVID outbreak caused a delay. The social part of MOB is so important. We have new spring classes coming up.

Amy: Had a demand for training coaches. 17 signed up and 12 came. New classes starting now and booking into February and March.

Michele, University of TN, TN: We had our first coach session last week. We are excited to get our programs started.

Alaine, IL: Teaching in-person for the last 18 months. Huge demand for MOB. We are partnering with Northeastern IL for overflow. How are you marketing? Posting flyers, libraries, newsletter and townships. We have a large 60+ population

Anessa, Washington: We have 5 classes scheduled. We have 10 other sites and only 8 coaches and 2 Master Trainers. Recruiting coaches now.

Mary, Las Cruz, NM: We have three Master Trainers and a number of coaches. We have 8 classes in 5 different place. We have offered MOB to 59 people. All area in-person and Robust! Attend meetings in the community and go to Senior Expos and Fairs. We tried a Spanish class.

Sarah, FL: We have a coach training scheduled in March. Signing up participants. Completed one workshop.

Diana, RWJ: Building our number of coaches. We applied for an ACL grant and developed a Network Consortium of 22 organizations and 25 municipalities. Had a coach training. We did MOB in November and December and have another class coming up.

Dawn, PA: Our MOB classes have gained momentum and plan to deliver 6 classes by June 30

Questions & Answers from MT's from each meeting:

Does anyone charge participants for the program/materials?

- I have charged \$10 in the past to cover some of the costs;
- We put out a donation box
- We offer the class for free but may look for a way to cover some of the costs;
- We received a grant to cover the costs of materials and snacks

Where would one look for that kind of grant?

- We approach the community outreach department of a local organization

Tips for participant retention?

- We always have 1-2 drop off before graduation
- We found twice a week helps with retention
- Do not promote as an exercise class – people are disappointed
- Snacks help

- Screen participants ahead of time.
- I call everyone ahead of time and screen them
- An open house helps to promote MOB classes
- I attend our local community senior monthly meeting and give a brief overview

Is anyone having trouble with retention in the classes?

- Ask for feedback as to why?
- People may think it is an exercise class and are disappointed – clarify with participants.
- Be clear and ask for a commitment.
- Pre-screening is important
- I did a class zero to discuss the program and problem solving and was clear about exercise.
- Transportation was a barrier – we have a grant now to provide transportation

Where to refer MOB participants who after MOB want to move on.

- Transition MOB participants to EnhanceFitness and SAIL program
- Refer participants to other exercise resources, i.e., Arthritis Foundation Exercise Program
- Fit and Strong is a great next step
- We offer Tia Chi and SAIL
- We offer Bingocize and the Texercise Select here in San Antonio
- We recommend Healthy Steps for Older Adults and Healthy Steps in Motion
- N'Balance and Tia Chi and Geri-Fit
- We give information for Senior Yoga
- Walk with a Doc
- Is there is a manual out there with a list of contact information for these programs I would be interested.
- Griselda teaches Tia Chi for Arthritis and fall prevention at the AAA in Coastal Bend. She offers it in seated form to reach participants who otherwise hesitate to join programs that involve Physical Activity.

My site does not have internet how can I play the digital videos?

- For a small amount you could get MIFI (hotspot)
- You can order DVD's or USB drive from Terra Nova Films if digital links do not work due to no internet on site. 1-800-779-8491

Suggestions for recruiting:

- We partner with senior centers and they recruit participants for MOB classes
- We talk about MOB on our website and in our Education Center Newsletter

Where do you get referrals?

- We get referrals from Senior Centers and recruit to churches and low income senior apartment facilities
- We advertise in township Newsletters, Agency newspaper, Facebook, our website, doctors and nurses
- From word-of-mouth, parish nurses/faith community advocates, PT and OT therapists
- Site program coordinators for repeat business and new site referrals
- Local PTs that are doing older adult balance assessments
- We have a nurse assessing services agency that develop home care plans of care. The will often include MOB
- I work at a Level II trauma center, our older adult volunteers are a good referral source, as are home care and PT. Our best attendance is at senior apartment complexes, senior centers and churches
- We had good success working with first responders and ED staff.