



FPC-LA Committee Meeting Minutes Walkability Workshop

Wednesday, January 19, 2011 – 10:00 am to 12:00 pm

Attendees: 11 attendees

Jon Pynoos, Emily Nabors, Anna Nguyen (FPCE); Grace Samson (via phone), Suzanne Gero/SPA 2, Laura Gazdziak/SPA 6 (LA Dept of Public Health); Katherine Smith, Martha Miranda (both via phone, Southern California Presbyterian Homes); Gretchen Swanson (Congressional 37th District); Denise Piastrelli (via phone, Cedars-Sinai Medical Center); Rick Sewell (LA County Fire Dept)

I. Member Updates

1. Denise, Cedars-Sinai Medical Center
 - a. Denise is on planning committee for Trauma Society
 - b. May is Trauma Month - Falls and their impact among all ages selected as topic
2. Emily, re: CA Department of Public Health
 - a. Funded by CDC to roll out “Tai Chi: Moving for Better Balance”
 - b. Workshop to train instructors in program will be held in Fullerton in March
 - c. **TO DO: Emily** will send out additional information to members
3. Martha, Southern California Presbyterian Homes
 - a. SCPH funded to develop FP program in their Long Beach affordable housing facility
4. Rick, LA County Fire Dept.
 - a. Has upcoming presentation at Beverly Hills Public Library on Alzheimer’s and will also discuss FP
 - b. Library wants FP fact sheets

II. Fall Prevention New Year’s Resolutions – Members were asked to think of FP-related goals for 2011 for within their organization and for the Coalition

1. Member Organization/Personal Work Resolutions
 - a. Gretchen – Starting a blog (“Health & Function Project”) and will make FP explicit in blog entries
 - b. Laura G. – Identify organizations to present to about FP
 - c. Suzanne – Help bring about Public Health Speakers Bureau FP presentation
 - d. Rick – Collaboration between County agencies to increase visibility and ‘buy-in’ from groups/individuals involved (e.g., Fire Dept. and Dept. of Public Health)
 - e. Denise – Expand attendee list for annual FP event
 - f. Martha – Develop and continue work on FP program at affordable housing facility
 - g. Grace – Help bring about Public Health Speakers Bureau FP presentation
 - h. Anna – Rethink how we approach the FP work we do – plan ahead and partner
 - i. Jon – Make best use of our existing materials and continue to widely disseminate
2. Coalition Goals/Resolutions
 - a. Gretchen – Build in train-the-trainer concept
 - b. Gretchen – Develop online resource directory
 - c. Laura G. – Incorporate FP presentation into Dept. of Public Health Speakers Bureau
 - d. Suzanne – Get FP monologue (community theater project) televised on Channel 35
 - e. Rick – Systems integration – speak about FP to existing related orgs to increase reach (e.g., Rick discusses falls during presentations on Alzheimer’s and Diabetes)
 - f. Denise – Walkability workshop – put the suggestions into action and provide resources to members to get changes made
 - g. Martha – Build upon our existing foundation of Coalition to move things forward
 - h. Grace – Be at Coalition meetings in person and on time

- i. Jon – Do our best to have an impact in midst of decreased financial resources
 - j. Rick – Increase consumer education about changes in aging and ways to reduce falls
 - k. Gretchen – Package FP so that it is concise
 - l. Emily – Strengthen Coalition by having stronger committees with Chairs and member involvement
3. Overarching ideas to keep in mind as we move ahead in 2011 from ideas above
 - a. Promote systems integration – speak about FP at other organizations to increase reach
 - b. Members strongly encouraged to attend meetings in person or by phone
 - c. Build upon work and accomplishments we have already made
- III. Two Activities With No Members To Carry Them Out
1. Resource Directory - Gretchen offered assistance to develop; what would it take to actually move it forward; have discussion with AAA
 - a. **TO DO: Emily/Anna** to schedule call to discuss resource directory with Gretchen
 2. Referral Network – Not discussed
 3. Committee sign up sheets were passed around
 4. **TO DO: All members** join at least 1 committee if haven't already
- IV. Public Health Speaker Bureau FP Presentation
1. Waiting to hear back from representatives of LA County Public Health – to approve FP as a topic, approve the development of a committee to move the project forward
 2. Laura G. will attend meeting on Feb 1st to get questions about speakers bureau answered; include public health consequences of falls to sell idea to County
 3. The process will take a long time – approximately 6 months
 4. Coalition members can use the existing FP PPT presentation if we remove the LA County Public Health logo
 5. The level of FPC-LA involvement is unclear; will hold off on convening a committee until we receive an update from Laura G.
 6. Presentation needs interactive component or animation to keep interest
 7. Suggestion: include concise safety FP tips at the end
 8. Public Health Speakers Bureau currently has 6 topics (Emergency Preparedness, Hantavirus, Pandemic H1N1 Flu, Preconception Health, Public Health: Working for you Every Day, West Nile Virus) – visit www.publichealth.lacounty.gov for more info
 9. **TO DO: Emily/Anna** to review the FP slide presentation and send edits to Laura
- V. Community Theatre Monologues
1. Older adults are not always interested in attending an FP presentation but may be open to improv or funny monologues about situations that have teachable moments
 2. Script writer and about 5 older adults from ONEgeneration senior center to perform
 3. Request \$500 to develop scripts and support actors
 4. Producer of Channel 35 LA City View's "Aging in LA" program is highly interested; offered to cover the \$7,000 to produce the 28-minute program
 5. Recording could be aired, on website, posted on YouTube, showed to groups
 6. Consider including other languages as process moves along
 7. **TO DO: Emily/Anna** to contact producer, inquire about getting copy of filming
- VI. Next Steps
1. **TO DO: Coalition members** to sign up for committees
 2. **TO DO: Committes** (with assistance from Emily/Anna) to schedule Committee calls
 3. **Next Meeting:** Feb. 16th, 10am -12pm at the California Endowment