Community Awareness Grant 2019
New Mexico Chapter: Keeping Senior Athletes in the Game

Report submitted by Janet Popp on behalf of the New Mexico Chapter of the APTA SAFE planning committee.
Committee members: Beth Black, Deb Doerfler, Karen Lovely, Sue Leach, Valerie Wittmeier-Morgenstern, Janet Popp

Activity
- Develop a Senior Athlete Fitness Exam (SAFE) education toolkit and implement during the National Senior Games (NSG) which took place in Albuquerque, New Mexico from June 14-24, 2019. The NSG had a record-breaking 14,000 registered athletes 50 years and older who participated in 20 events. The Games were supported by 5500 volunteers over the two weeks. The SAFE screening booth was open for 10 days, 8-5:30 and staffed by approximately 40 volunteers; physical therapists, physical therapy assistants as well as PT and PTA students. 750 senior athletes participated in the SAFE screening.
- $10,000 Health Promotion grant funds used to purchase giveaways and printed education handouts as part of the Senior Athlete Fitness Exam. Receipts included below.

Planning
- SAFE planning committee met 5 times to discuss the development of the SAFE education toolkit including giveaways and education handouts. In partnership with the Academy of Geriatrics Senior Games Task Force, we contributed content, design, and edits. The 5 education topics are strength, flexibility, balance, cardiovascular health, and bone health. Separate attachments.

Implementation of SAFE education toolkit
- We purchased 1200 resistance bands, 1200 loop resistance bands, 1200 nightlights. All giveaways included #ChoosePT logo branding. (See image below). We printed 1200 copies of each education handout; single page, double-sided. (See attached documents).
- Each senior athlete who participated in the SAFE screening received education on their test results. The 5 handouts were distributed as a packet and the physical therapist and/or physical therapy student highlighted information within the handouts that linked to specific test results. Each participant received the resistance bands and was offered a nightlight.
- The SAFE screening was conducted from June 14th through June 23rd at the Albuquerque Convention Center as part of the Village Health and Wellness Expo. The screenings were completed by the following clinicians and students:
  - Dr. Becca Jordre, PT, DPT, GCS, CEEAA from the University of South Dakota
    - Researcher who developed SAFE screening
  - Local PTs and PTAs from the NMAPTA and New Mexico members of the Academy of Geriatrics PT
- DPT students from the University of South Dakota
- DPT students from the University of New Mexico
- PTA students from Central New Mexico College

Issue

- We anticipated screening 1000 senior athletes based on previous National Games, but only 750 athletes participated. This was the result of reduced number of exhibitor days compared to previous national games; game registration problems that required us to close the booth early the first day to move to another location; and distribution of events around the city which took athletes away from the SAFE location site. Consequently, we have approximately 450 of each of the education handouts and giveaways remaining.
- We will use these leftover education handouts and giveaways at upcoming events:
  - New Mexico State Senior Games team tournaments this fall and in 2020
  - To promote the education handouts, we will distribute the packets to PT/PTA clinicians and students during the annual NM Chapter APTA conference in September.
  - We will distribute nightlights to seniors in Albuquerque as part of the annual fall prevention awareness day. This will be part of a fall risk screening event in partnership with the New Mexico Adult Falls Prevention Coalition, Albuquerque Department of Senior Affairs senior meal sites program, and the University of New Mexico DPT program.
  - Upon request, we will distribute nightlights to other NMAPTA members who plan to organize health promotion and fall prevention awareness day events.
  - To promote the education handouts, we will distribute the packets to PT/PTA clinicians and students at the 2020 CSM AGPT table. AGPT worked with the New Mexico committee members to develop these handouts. AGPT is developing a partnership with NGSA which includes AGPT members participating annually at their state games and in future national games, using these handouts.
Work Request

2801

Job # 2801-1-1  Job 1 of 5

Order

Order Total $1,800.00

Shipped Wd 3/5pm

Plyncs

37AM

019 01:22PM

Company: analpop@unm.edu

netpopp@unm.edu

Physical Therapy

ITEM

Item Total $360.00

Balance Final.pdf

Paper/File/Counts

Sheets 1,200  Copy Count 1,200

Primary Paper 8.5x11 24 lb White Text

Color White

Size US LETTER (8.5x11)

Type Plain

Weight 90

Filename: Balance_Final.pdf

Print Settings

Ordered Quantity 1,200

Pages 2 (2 Color)

Output Color

Flex 2-Sided

Print Queue Versant 80 Press

Printed By Gary Aldrete

N-Up 1

Records 1

Scaling Center

Production Method

Black and White Page Numbers: None

Color Page Numbers: 1-2

SHIPPING

Method Pick Up at Dane Smith Hall

Quantity 1,200

Contact 339-206-5555 janetpopp@unm.edu

Department Division of Physical Therapy

Deliver To Janet Popp

na

NM

BILLING

Contact 339-206-5555 janetpopp@unm.edu

Index Code

Cost Center

Other Cash/Credit Card

Address

Janet Popp

na

NM
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*paid in full on 6/19/19 of $4693.27

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