

# Q3 State Advocate Quarterly Meeting Agenda and Check In

July 25, 2023 at 6pm MT/8pm ET

SAVE THE DATE - Next Meeting: October 25, 2023

Speaker: **Dana J. Murn, CAE** | Associate Director APTA Geriatrics

Topic: APTA Forum

1. Welcome New Advocates!
  - a. Sheila Mihaylov - New Co-Advocate for NY
  - b. Francine Kier Quianzon - New Co-Advocate for MA
  - c. Tara Maroney - New Co-Advocate for MA
  - d. Rebecca O'Dell - New Co-Advocate for Georgia
2. Kudos - State Advocates Highlights
  - a. Bringa Johnson, Wisconsin - for presenting from the perspective of a State Advocate on the NFPAW kick off call for BFSIG
  - b. Tracey Collins, Pennsylvania - Recent publication in Home Healthcare Now. The impact of assistive technology on quality of life of home dwelling people with Parkinson's Disease
  - c. Karlene Guay, South Carolina - Made contact with an ALF who is interested in working with State Advocates this fall on Fall Prevention
  - d. Paras Goel - 2022 Scholar Geriatric Specialty Council, professional collaborations and scholarship related to diabetes education
  - e. Swathi - Education classes for fall prevention - Senior center - tai chi balance classes
3. Resources/Links:
  - a. SAFE Banner OR Booth in a Box request:  
<https://www.cognitofirms.com/aptageriatrics/stateadvocateeventrequestboothina-boxsafebanner>
  - b. APTA Forum: <https://forums.aptageriatrics.org/>
    - i. Contact Dana [dmurn@aptageriatrics.org](mailto:dmurn@aptageriatrics.org)
    - ii. FYI: 17 of 57 emails to be invited to the APTA Forum were accepted
4. Updates:
  - a. Booth in a Box Update: (directly from APTA Staff Kim Thompson)
    - i. What to expect: Pullup banner, membership flyers (PT and Student versions), swag (typically buttons/pins)
    - ii. If needed: please let Kim know if there is a specific flier beyond what is typically sent

- iii. Average cost is \$80
  - b. SAFE Banners: Cost has increased so purchasing more than one is cost effective - please let your Regional Coordinator know if you have an event planned in 2024
  - c. Accountability Buddy Project:
    - i. 17 State Advocates requested to be involved
    - ii. Two ways to connect - email thread and APTA Geri Forum
- 5. Announcements:
  - a. NFPAW - (National Falls Prevention Awareness Week) September 18-22, 2023
    - i. Theme: "From Awareness to Action"
      - 1. Are you on the BFSIG Monthly challenge list? Spoiler Alert – You are going to want to receive August's challenge!
        - a. [agptbalanceandfallssig@gmail.com](mailto:agptbalanceandfallssig@gmail.com)
  - b. OPEN State Advocate Positions:
    - i. East: District of Columbia, Maine
    - ii. Mid: South Dakota, North Dakota, Kentucky, Louisiana
    - iii. West: None!
  - c. OPEN Co-Advocate Positions:
    - i. East: New Hampshire, Delaware
    - ii. Mid: None
    - iii. West: Hawaii, Nebraska? (yes - I think I may have someone interested), New Mexico
  - d. 6 month check-in and the EOY Report
    - i. 2023 trial without 6 month check in to focus on EOY compliance
      - 1. Yearly expectation as State Advocates is to establish 2 goals/events each year
        - a. Use Quarterly Agenda "Check-in" section to share information timely and motivate each other on events planned/completed
          - i. Please remember to complete your state's section whether you are able to attend the actual meeting or not
      - 2. End of Year (EOY) report provides valuable information to present to the APTA Geriatrics Board on the events completed to support the APTA Geriatrics Mission
        - a. GOAL: 100% completion of EOY report by Nov 15th each year

**6. Notes from Meeting Chat:**

- a. Tessa Wells, Nebraska: Safe has had a name change from Senior to SUSTAINED Athlete Fitness Exam - trying to move toward less ageist language
- b. Megan Wells, UT: has a Triathlon over Labor Day Weekend and is hoping that older adults/soon to be older adults can participate
- c. Tessa Wells: Senior Games is open to anyone ages 50+; this is the population that SAFE is normed on

- d. Karlene, SC - is concerned that she is not receiving BFSIG emails for the monthly challenges
- e. Beth C, CO - [agptbalanceandfallssig@gmail.com](mailto:agptbalanceandfallssig@gmail.com) - for the monthly challenges
- f. Patrice - Spoken statement - sent survey to members; got 31 responses and members had ideas and requests such as a virtual happy hour since the state is spread out. Got good feedback from members this way!
  - i. Beth C - we have access to the APTA Geriatrics Zoom Account - free to State Advocates for APTA Geri Events! Contact the Regional Coord team and Kim Thompson to find out more!
- g. Melanie, MI - Booth in the box was disappointing earlier this year. No Giveaways, just a banner and 2 flyers
  - i. Beth C - thank you for sharing - that is why we are asking specifically what we can expect in the booth in a box from staff. Please let us know if you don't get what is listed above in the agenda so that we can be consistent and ensure a quality booth in a box is received.
  - ii. SAFE - Patrice, Lauren, and Phil all shared on the benefits of the screening, the ability to network with other therapists (and advocates), great way to challenge students and pre-conceptions

**7. Dana Murn - APTA Geriatrics Staff - Discussion on the APTA Geriatrics Forum:**

- a. Forum is a place to have discussions in a secure place - this will be for State Advocates to use.
  - i. Discuss what is happening in our states
  - ii. Give updates between meetings
  - iii. Share documents/resources
  - iv. Share pictures
  - v. Sort of like social media - can set up a photo, bio, and even email preferences. If you don't want email updates, you can opt for weekly or monthly updates (in your preferences section).
- b. Forum will be for APTA Geriatrics members only - posts will be monitored so that misinformation is not spread
- c. You can start a new conversation if you would like; there are open forums (for all APTA Geriatrics members) or you can have a secure communication/chat with the State Advocate group only
  - i. If we can share in the open forum, that allows members to learn about the State Advocate program, volunteer, or connect in a meaningful way where they maybe haven't in the past or didn't know about us
- d. How do you get on the forum?
  - i. Invites were resent today (07/25/23) - if you don't see anything, it may have been filtered out in spam!
  - ii. Links expire next week, so try to get it done ASAP
  - iii. We are currently in a pilot launch to test the forum, give feedback
  - iv. This will be rolled out to APTA Geriatrics members likely in September

- v. Right now, there is not a ton of content, but content will be building and leadership will be providing content/posting for the time being. Over time, posts will be more organic and the forum will be more active.

**Quarterly Check-In Section:**

**Please provide updates on the following:**

- 1. List any events you've completed since our last check in**
- 2. Do you have a success or challenge to share during the call?**

State Advocate Check in:

- Alabama
- Alaska
- Arizona
- Arkansas
  - i. Created a facebook group for AR Geriatrics PTs/PTAs. Co-lectured the Dementia module for local DPT Geriatrics/neuro class. Presented education on Osteoporosis and Exercise. Assisting with hosting an upcoming CE course on dementia. Emailed new/existing members for welcome and educational opportunities. Planning now for location(s) to hold STEADI screens for Falls prevention day.
- California
  - i. 1. Have educated seniors on fall prevention/home safety for 2 hours each time twice already! This is at the local senior center where they have the meal program and I capture their attention prior to the meal;)
  - ii. 2. They loved the education sessions, asked me about what they can do to help them get strong. So I started to offer Tai Chi class to the same group 45 min every Tuesday since last Jun20th! So it has already been 4 weeks and they are loving it. Of course I am enjoying too and I feel so good, as they are taking their health seriously by showing up the class! I have about 20 people that show up consistently and looking forward to serve more as the Senior center markets the availability of this class.
  - iii. 3. Also sent emails to few local churches to do presentations on 'fall prevention', they expressed great interest and I am hoping this will happen in the next couple months.
- Colorado
  - i. Monthly call with variety of speakers
  - ii. Monthly email to all members
  - iii. Matter of Balance class
  - iv. Collaboration with Falls event for NFPAW
- Connecticut
- Delaware
- DC - (Open position)
- Florida
- Georgia

- Hawaii
- Idaho : Planning to hold a SAFE event at the Idaho Senior Games 8/19, working on getting a speaker for fall prevention at our State Meeting in October.
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- Illinois: Sent Monthly email to new members
  - i. Newsletter sent to GeriSig members in Illinois
  - ii. Held Dementia CE in June
  - iii. Preparing to hold SAFE event at Senior Olympic Games 9/17/2023
  - iv. Preparing for GeriSig Fall prevention meeting 9/19/2023
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- Indiana
  - i. working on getting a local senior center to participate in something for falls prevention awareness week
- Iowa
- Kansas
- Kentucky (open position)
- Louisiana (open position)
- Maine (Open position)
- Maryland
- Massachusetts: Educational virtual presentation: “Hip Fractures: Fragility Fracture Through Post-Operative Rehabilitation”; quarterly e-newsletter sent to members introducing us; welcome emails sent to current and new members; working on planning for pre-CSM falls screening program; working together with MA and CT Geri SIG for a recurring journal club
  - i. Challenge: finding resources that are already available to put together the falls screening/prevention program; where can we find this through the academy and can we ask for any marketing materials for that time
- Michigan: quarterly e-newsletter sent to members, began recruiting volunteers for SAFE in Aug
- Minnesota: planning to send out an email for poling for fall/winter engagement by Aug 1
- Mississippi
- Missouri
- Montana
- Nebraska:
  - i. SAFE scheduled for August 2 - have secured volunteers, supplies, AND have athletes signed up! HUGE win after 3 years of trying! 😊
  - ii. Working on implementing a falls screening / education session with YMCA and Senior Center in my city
  - iii. Actively seeking a co-advocate and expanding more to Western NE
- Nevada- Continuing with monthly newsletters, articles, and videos on TheSeniorCenteredPT.com and planning our falls screening in September
- New Hampshire
- New Jersey

- New Mexico: began organizing with NM Adult Falls Coalition for National Falls Prevention week screening, including PT, PTA students; email to members
- New York
- North Carolina
- North Dakota (Open position)
- Ohio:
  - i. Fitness Friday - helping the DPT students at CSU with their free clinic assessing fall risk for older adults
  - ii. Made a new connection with a PD clinic. Will be giving a lecture on functional incontinence.
  - iii. Time is the biggest Barrier
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island: Planning an informational table for the community at a balance screening day at the University of Rhode Island

South Carolina Barb did class at local PTA program including older adult and aging with SCI resources. Buy in from 2 academic programs for fall prevention type programs to count as service learning. Sent emails to new members in SC. Trying to identify wellness sites to host.

- South Dakota (open position)
- Tennessee- Lauren participated in SAFE at the senior games in Pittsburg, working on a booth for the joint PT/OT fall conference Bianca to staff, Sarah is coordinating anNHC specific booth. Would like to do a fall week event but haven't started a plan at all
- Texas
- Utah
  - i. Presented at a community recreation center on annual physical therapy exams. Also started offering these professionally
  - ii. Presented a lecture to the DPT students at the University of Utah on benefits of the Academy of Geriatrics, Annual PT exams and overview of working with older adults.
  - iii. Planning Fall screen event for fall prevention month at the same recreation center.
- Vermont
- Virginia: Looking to attend APTA Virginia Fall Forum
- Washington
- West Virginia: Provided balance/fall risk screening during the Open House for a new Family Practice clinic opening at our hospital.
- Wisconsin: Forgot to update on last quarters' meeting: Facilitated having a presentation on Parkinsons at the WPTA Spring conference with good reviews. Working on getting another one for the Spring 2024 conference. Send out emails to new members.
- Wyoming

Attendees: (26)

Beth C, Aliya D, Mihir T, Dana M, Melanie W, Tessa W, Patrice A, Angela W, Barbara W, Katie I, Lauren S, Anne, Diane F, Katie, Swathi, Megan W, Sara M, Karlene D, Hannah, Sheila M, Ann, Beth B, Jessica M, Kimberly, Phill K, Nandina