



New Lenox Safe Community Coalition Older Adults Falls Prevention Task Group Meeting

January 15, 2025 / 1:30pm
Via Zoom Videoconference

Agenda

- 1. Call to Order / Attendance**
- 2. Approval of Minutes from the November 13, 2024 Task Group Meeting**
- 3. Announcement**
 - a. Remembering Laura Regis**
- 4. Old Business**
 - a. No Old Business**
- 5. New Business**
 - a. "A Matter of Balance" Coach Refresher Training**
 - i. The Annual MOB Coach Refresher Training will be held from 9:30am to 12:00pm on Wednesday, February 26, 2025 in the Community Room at the New Lenox Village Hall. Linda Bunting and Gloria Bodnar will lead this training. Immediately following the training, lunch will be served.**
 - b. "A Matter of Balance" NEW Coach Class**
 - i. The MOB NEW Coach Class will be held on Tuesday, February 11, 2025 and Wednesday, February 12, 2025 from 1:00pm to 4:30pm (both days). This class will be held in the Community Development Conference Room at the Village Hall. Linda Bunting and Gloria Bodnar will lead this training. Thus far, two individuals (Karen McHale and Dani Madon) are scheduled to take the class. ARE THERE ANY TASK GROUP MEMBERS THAT WOULD LIKE TO TAKE THE CLASS?**

- c. **“A Matter of Balance” Class #56**
 - i. MOB Class #56 will be held on Mondays and Wednesdays from 9:30am to 11:30am in the Community Room at the New Lenox Village Hall. The first class will begin on Monday, April 7th and the class will graduate on Wednesday, April 30th. Dan Martin will Coach this class. **WHO WOULD LIKE TO ASSIST WITH THIS CLASS?**
- d. **“A Matter of Balance” Class #57**
 - i. We would like to offer a second MOB Class this Spring. A location is needed along with dates, times and instructors.
- e. **“Fit and Strong!” Class #11**
 - i. TENTATIVELY, **“Fit and Strong!” Class #11** will be held at the Spencer Campus in the Summer of 2025. The class will be held Mondays, Wednesdays and Fridays from 9:30am to 11:00am. The first class would be held on Monday, June 2nd and the last class would be Friday, July 25th.
- f. **“Seniors With Sole”**
 - i. TENTATIVELY, **“Seniors With Sole”** will be held in the New Lenox Commons in the Summer of 2025. The program will meet on Tuesday and Thursday mornings from 8:30am to 9:30am. The first session would be held on Tuesday, June 3rd and the last session would be held on Thursday, July 24th.
- g. **“One Fall Can Change It All”**
 - i. A date and location for this task group’s signature event will need to be established as will a Planning Team.
- h. **“A Matter of Balance” Class # _____**
 - i. The Community Room at the New Lenox Village Hall has been reserved on Mondays and Wednesdays from 9:30am to 11:30am in October. The first class would meet on Monday, October 6th and the last class would meet on Wednesday, October 29th.
- i. **“A Matter of Balance Class # _____**
 - i. We would like to offer a second MOB Class in the Fall. A location is needed along with dates, times and instructors.

6. Good of the Order / Organization Updates

7. The next New Lenox Safe Community Coalition meeting will take place on Wednesday, January 29, 2025 via Zoom videoconference.

8. Next Task Group Meeting will take place on Wednesday, March 12, 2025 / 1:30pm, via Zoom videoconference.

9. Adjournment

Older Adults Falls Prevention Task Group

“To reduce injuries and deaths in the older adult population through the utilization of evidence-based and other programs designed to reduce falls and the fear of falling.”