



New Lenox Safe Community Coalition

Older Adults Falls Prevention Task Group Meeting

March 12, 2025 / 1:30pm
Via Zoom Videoconference

Agenda

1. Call to Order / Attendance
2. Approval of Minutes from the January 15, 2025 Task Group Meeting
3. Announcements
 - a. Welcome Dani Madon and Karen McHale. Both recently completed “*A Matter of Balance*” NEW Coach Training and will also be joining us this summer as “*Fit and Strong*” Instructors. Thank you both for your wiliness to share your time and talents in the interest of Older Adults Falls Prevention.
 - b. Welcome Natalie Estrada from RUSH Physical Therapy. Natalie has graciously agreed to assist with “*Fit and Strong*” this summer. Special thanks to Sarah Zayyad for making the introduction.
4. Old Business
 - a. “*A Matter of Balance*” NEW Coach Class
 - i. The MOB NEW Coach Class was held on Tuesday, February 11, 2025 and Thursday, February 13, 2025 from 1:00pm to 4:30pm (both days). It was originally scheduled for the 11th and 12th, but due to weather (snow) the second day was held on the 13th. The class was held in the Community Development Conference Room at the Village Hall. Linda Bunting and Gloria Bodnar led this training and did a terrific job. Congratulations and special thanks to Karen McHale, Dani Madon, and Diannaha Thompson for completing the class. It’s hoped that they will observe and / or coach this Spring.
 - b. “*A Matter of Balance*” Coach Refresher Training
 - i. The Annual MOB Coach Refresher Training was 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 did a terrific job leading this

Annual Refresher. Dan Martin, Colette Loecke, and Kathy Beaudry completed the training. Following the training, Dan Martin treated everyone to lunch at Williamson's.

5. New Business

- a. ***"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 along with Gloria Bodnar. WOULD ANYONE ELSE (NEW COACHES) LIKE TO ASSIST?**

- b. ***"A Matter of Balance" Class #57***
 - i. **Dominic Ricobene reported that he had difficulty booking the community room at the New Lenox Public Library due to youth field trips. This group had requested Tuesday and Thursday mornings (9:30am to 11:30am) from April 29th thru May 22nd. WE NEED DATES AND TIMES THAT WILL NOT CONFLICT.**

- c. ***"Fit and Strong!" Class #11***
 - i. ***"Fit and Strong!" Class #11* will be held at the Spencer Campus this Summer. The class will be held Mondays, Wednesdays and Fridays from 9:30am to 11:00am. The first class will be held on Monday, June 2nd and the last class would be Friday, July 25th.**
 - ii. **We are waiting on a Certificate of Insurance from the Village's Insurance Carrier – Donna Shelton, NLS #122 is aware.**
 - iii. **Donna Shelton informed us that *"iCan Bike"* will be held from June 23-27, so our class will have to enter from the Spencer Pointe side on those dates. Donna also reported that the parking lot will be seal coated this summer and will likely be done in phases. As soon as that schedule is available, Donna will share the information.**
 - iv. **An instructor schedule needs to be developed. Historically, we have had a minimum of two instructors assigned to Monday, Wednesday or Friday, while other instructors attend classes as support as their schedules allow. At this time, WHAT DAYS OF THE WEEK WOULD OUR INSTRUCTORS LIKE?**

- d. ***"Seniors With Sole"***
 - i. ***"Seniors With Sole"* will be held in the New Lenox Commons this Summer. 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.**
 - ii. **Mercy and Tom Nolan have graciously agreed to lead this program once again. Gloria Bodnar has indicated that she will assist as well.**

- e. ***"One Fall Can Change It All"***
 - i. **Linda Paschall from New Lenox VFW Post 9545 has set aside Wednesday, September 17, 2025 for *"One Fall Can Change It All."* At this time, A PLANNING TEAM IS NEEDED – WHO WOULD LIKE TO HELP?**

- f. *“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.

- g. *“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, March 26, 2025 / 10:30am, at Gatto’s Italian Restaurant in New Lenox. A FREE luncheon will immediately follow the meeting. THIS WILL BE DAN MARTIN’S LAST MEETING AND HE WOULD VERY MUCH APPRECIATE IF EVERYONE WOULD ATTEND.

8. Next Task Group Meeting will take place on Wednesday, May 14, 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.”