



## **OLDER ADULTS FALLS PREVENTION TASK GROUP JANUARY 15, 2025 MEETING MINUTES**

### **CALL TO ORDER**

Dan Martin called the meeting to order at 1:36pm. This meeting was held via Zoom Videoconference.

### **IN ATTENDANCE**

The Older Adults Falls Prevention Task Group Members in attendance were Dan Martin / Village of New Lenox, Linda Bunting, Diannaha Thompson / CNNSSA Meals on Wheels, Gloria Bodnar, Amy Maher / New Lenox Community Park District, Colette Loecke, Kathy Beaudry, Marisa Tomich / New Lenox Fire Protection District, Dominic Ricobene / New Lenox Public Library, and Lori Gibson / Home for Life Advantage Inc.

### **APPROVAL OF NOVEMBER 13, 2024 MEETING MINUTES**

The Minutes of the November 13, 2024, Task Group Meeting, which had been disseminated via email to Task Group Members, were discussed. Lori Gibson made a motion to approve the Minutes, Gloria Bodnar seconded. There was no further discussion. The motion carried and the Minutes were approved.

### **ANNOUNCEMENT**

#### **Remembering Laura Regis**

Laura Regis, Co-Chair of this committee, died suddenly on December 29, 2024. Laura was a Master Trainer for "*A Matter of Balance*", a coach for "*Fit & Strong*," one of the founders of "*Seniors with Sole*," and was a major organizer for the annual "*One Fall Can Change It All*" event. Her absence will be deeply felt by this Task Group. She leaves big shoes to fill. Fond remembrances of Laura were shared. Discussion ensued as to how to honor Laura's legacy. A suggestion was made to name the annual "*One Fall Can Change It All*" event after Laura and to incorporate her favorite saying "Stay Upright." Members were asked to give some thought to these ideas and to be ready to discuss them at our next meeting in March 12, 2025.

### **OLD BUSINESS**

No Old Business

## **NEW BUSINESS**

### ***“A Matter of Balance” Coach Refresher Training***

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.

### ***“A Matter of Balance” NEW Coach Class***

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. Three individuals (Diannah Thompson, Karen McHale and Dani Madon) are scheduled to take the class.

### ***“A Matter of Balance” Class #56***

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 and Gloria Bodnar will Coach this class and possibly one of the new coaches.

### ***“A Matter of Balance” Class #57***

We would like to offer a second MOB Class this Spring. Dominic will check with the library to see if the community room is available Tuesdays and Thursdays, April 29 through May 22<sup>nd</sup>. Linda Bunting and Kathy Beaudry have volunteered to coach and again, possibly one of the new coaches.

### ***“Fit and Strong!” Class #11***

“Fit and Strong!” Class #11 will be held at the Spencer Campus on Mondays, Wednesdays and Fridays from 9:30 to 11:00am. The first class will be held on Monday, June 2<sup>nd</sup> and the last class will be Friday, July 25<sup>th</sup>. Coaches will commit to a schedule at the March meeting.

### ***“Seniors With Sole”***

“Seniors With Sole” will be held in the New Lenox Commons. The program will meet on Tuesday and Thursday mornings from 8:30am to 9:30am. The first session will be held on Tuesday, June 3<sup>rd</sup> and the last session will be held on Thursday, July 24<sup>th</sup>. Tom and Mercy Nolan will again be contacted to lead the group along with Gloria Bodnar.

### ***“One Fall Can Change It All”***

A date and location for this task group’s signature event will need to be established as will a Planning Team. Dan will check with the VFW for open dates. It had traditionally been held on a Thursday but was moved to Wednesday last year. The committee saw no appreciable boost in attendance.

“A Matter of Balance” Class # \_\_\_\_\_

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 6<sup>th</sup> and the last class would meet on Wednesday, October 29<sup>th</sup>.

“A Matter of Balance Class # \_\_\_\_\_

We would like to offer a second MOB Class in the Fall. A location is needed along with dates, times and instructors.

### **GOOD OF THE ORDER / UPDATES**

None.

### **NEXT MEETING DATES**

The New Lenox Safe Community Coalition Meeting will be held at **10:30am on Wednesday, January 29, 2025 via Zoom videoconference.**

The next Task Group Meeting will be held at **1:30pm on Wednesday, March 12, 2025 via Zoom videoconference.**

### **ADJOURNMENT**

The meeting adjourned at 2:11pm.

### **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.”***