



OLDER ADULTS FALLS PREVENTION TASK GROUP MARCH 12, 2025 MEETING MINUTES

CALL TO ORDER

Dan Martin called the meeting to order at 1:38pm. 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, Lori Gibson / Home for Life Advantage Inc., Matt Arbanas / Senior Services of Will County, Mary Ellen McCoy / Catholic Charities Joliet Diocese, and Natalie Estrada / Rush Physical Therapy.

APPROVAL OF JANUARY 15, 2025, MEETING MINUTES

The Minutes of the January 15, 2025, Task Group Meeting, which had been disseminated via email to Task Group Members, were discussed. Gloria Bodnar made a motion to approve the Minutes, Diannah Thompson seconded. There was no further discussion. The motion carried and the Minutes were approved.

ANNOUNCEMENTS

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 willingness to share your time and talents in the interest of Older Adults Falls Prevention.

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.

OLD BUSINESS

***"A Matter of Balance"* NEW Coach Class**

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 the 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.

“A Matter of Balance” Coach Refresher Training

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.

NEW BUSINESS

“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. At this time, an offer was made to NEW Coaches to sit in and / or help coach this class.

“A Matter of Balance” Class #57

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 through May 22nd.

Amy Maher will check if the New Lenox Park District has space available. It was also suggested to switch to afternoon rather than morning. Colette will check with the library.

“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 2nd and the last class will be Friday, July 25th.

Coaches responsible for Mondays are Kathy Beaudry and Natalie Estrada.

Coaches responsible for Wednesdays are Colette Loecke and Linda Bunting.

Coaches responsible for Fridays (so far) include Gloria Bodnar. Karen McHale and Dani Madon will be contacted and asked to sign-up for Fridays as well.

Most coaches voiced that they plan to be present for most of the classes.

We are waiting on a Certificate of Insurance from the Village's Insurance Carrier – Donna Shelton, NLS #122 is aware.

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.

“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 3rd and the last session will be held on Thursday, July 24th. Tom and Mercy Nolan have graciously agreed to lead the group along with Gloria Bodnar.

In the past, raffle prizes were awarded at the last session. The group agreed that prizes are not necessary. Refreshments and a continental breakfast will be provided on the last day.

“One Fall Can Change It All”

Linda Paschall from New Lenox VFW Post 9545 has set aside Wednesday, September 17, for “*One Fall Can Change It All.*”

Gloria Bodnar, Linda Bunting, Kathy Beaudry, Lori Gibson, Colette Loecke, and Diannaha Thompson have volunteered to be on the Planning Committee.

“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 6th and the last class would meet on Wednesday, October 29th.

“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

Dan Martin expressed his thanks and appreciation for all the volunteerism of time and effort from the members of this committee. This is the last Older Adults Falls Prevention Task Group Meeting as he is retiring May 2, 2025. The committee in turn sincerely thanked Dan for his leadership, support, innovation and the many long hours he’s logged over the years to improve the lives of not only Older Adults in New Lenox but all citizens. THANK YOU, DAN! You will be missed.

NEXT NEW LENOX SAFE COMMUNITY COALITION MEETING

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.**

NEXT MEETING DATE

The next Task Group Meeting will be May 14, 2025, at 1:30pm at the New Lenox Public Library. Marissa Tomich will conduct a CPR refresher training immediately following the meeting.

ADJOURNMENT

The meeting adjourned at 2:26pm.

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.”