

Maryland 2016 Falls Prevention Awareness Week (FPAW) Activities

| Organization | County | Activities (please describe the activity; provide the date(s), location, etc.) | Contact Person |
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| HRDC Cumberland Senior Center | Allegany | Fall Prevention Awareness discussion at the Senior Center with brochures and flyers | Rhonda Hardman rhardman@alleganyhrdc.org |
| Anne Arundel Co Department of Aging and Disabilities | Anne Arundel | Senior Center – Various | Pam Toomey 410-222-0268 Agtoom88@aacounty.org |
| Baltimore County Department on Aging (BCDA) | Baltimore | Sunday, September 18th 7:30 -10 am Get Ready, Get Set, Get Fit 5K Run/Walk – 1 M Walk CCBC – Essex Campus 7201 Rossville Blvd. -21237 Students from the following colleges/universities will provide: Balance screenings, falls prevention edu.,home safety info and brain health activities. Towson University – Nursing and OT Notre Dame – School of Pharmacy University of Maryland Schools of PT, Nursing and Internal Medicine CCBC – Catonsville/ OTA | Donna Bilz 410-887-3423 dbilz@baltimorecountymd.gov |
| BCDA Bykota Senior Center | Baltimore | Friday, September 23rd 10 am - noon You At Risk? Balance Awareness Clinic | Haley Jarczynski hjarczynski@baltimorecountymd.gov 410-887-3094 |

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| | | <p>Staff from Active Life Sports will present this educational program about balance and fall prevention. Topics include causes of vertigo and dizziness, What a “fall “is and why it’s important to you, what your risk of falling is , what to do if you fall and much more. Followed with Fall Risk Assessments.</p> | |
| <p>BCDA Parkville Senior Center</p> | <p>Baltimore</p> | <p>Tuesday, September 27th 1 – 3 pm You At Risk? Balance Awareness Clinic Staff from Active Life Sports will present this educational program about balance and fall prevention. Topics include causes of vertigo and dizziness, What a “fall “is and why it’s important to you, what your risk of falling is , what to do if you fall and much more. Followed with Fall Risk Assessments.</p> | <p>Bonnie Riehl 410-887-5338 briehl@baltimorecountymd.gov</p> |
| <p>BCDA Ateaze Senior Center</p> | <p>Baltimore</p> | <p>Thursday, September 22nd at Noon Lunch and learn. Fall prevention - Each year, more than one-third of older adults fall. Studies have shown that foot pain is associated with a risk of falling in men and women. Explanation of what you can do to prevent falls related to</p> | <p>Katelyn Deranger-Poncheri kderanger-poncheri@baltimorecountymd.gov 410-887-7233</p> |

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| | | your feet. Presenter is Podiatrist; Dr. Jay Seidel, DPM | |
| BCDA Liberty Senior Center | Baltimore | Wednesday, September 21st 9 am – 11 am Balance Screenings will be conducted by a licensed physical therapist from PIVOT rehabilitation center that will measure strength, range of motion, and flexibility. A personalized plan will be given to all participants related to their body's needs. | Ashaki Innis 410-887-0780 ainnis@baltimorecountymd.gov |
| BCDA Overlea Senior Center | Baltimore | Tuesday, September 27th 11:30 am Bringing Balance into Your Life – FPAD Event Physical Therapist Dexter Te of Dynamic P.T. will perform fall risk assessments and speak on how to improve your balance and the ways that Physical Therapy can help you: from falls, arthritis, back pain, difficulties walking, to posture and more. Learn how you can spend time doing what you love ... pain free. | Nancy Schwartz 410-887-5220 nschwartz@baltimorecountymd.gov |
| BCDA Cockeysville Senior Center | Baltimore | Wednesday, September 14th 11 am Preventing Injuries/Fall Prevention Education - Physical Therapist Cindi Schrum will give tips on staying healthy and strong. | Hanna sacks 410-887-7694 hsacks@baltimorecountymd.gov |
| BCDA Edgemere Senior Center | Baltimore | Monday, September 19th at Noon Lunch and learn. | Grace McDowell 410-887-7530 |

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| | | Fall prevention - Each year, more than one-third of older adults fall. Studies have shown that foot pain is associated with a risk of falling in men and women. Explanation of what you can do to prevent falls related to your feet. Presenter is Podiatrist; Dr. Jay Seidel, DPM | gmcowell@baltimorecountymd.gov |
| BCDA Hereford Senior Center | Baltimore | Tuesdays, September 6th - October 18th 1 pm – 3 pm Stepping On Workshop | Bettye Holt-Haskins bholt-haskins@baltimorecountymd.gov 410-887-1923 *only open on Tuesdays |
| Baltimore County Health Department Oliver Senior Center | Baltimore | Thursday September 22nd 10 am – 2 pm Exercise Strength Training & Tai Chi Lunch/door prizes Promotional items Literature. | Karen Wheeler 410-396-3861 Karen.wheeler@baltimorecity.gov |
| Action In Maturity | Baltimore City | September 8th : <i>Finding the Balance with Yoga</i> Workshop on strengthening your core, leg muscles and feet to improve mobility, gait and balance September 15th : <i>Home Safety Check List</i> presentation by Keswick's Flagship OT about simple ways to make your home/apartment safer to reduce your risk of falling. Opportunities to receive an OT assessment of needed home modifications September 22nd | Elizabeth Briscoe aim@actioninmaturity.org 410-889-7915 |

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| | | <p><i>Medications, Interactions and Risks of a Fall</i> presentation given by MedStar Nurse Practitioner</p> <p>September 29th: <i>Stepping On Program Demo</i> with Rosalee Velonovsky</p> | |
| Cherry Hill Senior Program at Rowing Center | Baltimore City | <p>Tuesday September 20th Review of Stepping on for Balance Exercises 1:00 pm Presented by Rosalee Velenovsky</p> | <p>Jo Ann Cason 410-396-2920 Joann-bcrp.carson@baltimorecity.gov</p> |
| Edward A. Myerberg Center | Baltimore City | <p>September 19 - 23 Otago Assessments and Balance workshop, call for dates Awareness programs fitness all week</p> | <p>Gail Zuskin gail@myerberg.org 410-358-6856</p> |
| Forest Park Senior Center | Baltimore City | <p>September 13th Vision screening from Stop Glaucoma 12:30 pm September 20th Chair Aerobics 12:30pm Fall prevention information distributed & Vendors</p> | <p>Reverend James Worthy 410-446-2124 Forestparkseniors@yahoo.com</p> |
| Garrett County Area on Aging | Baltimore City | <p>Monday September 19th 9am till 3pm Walking Fitness trip to Bedford Pa.</p> <p>Tuesday September 20th 11:30 am Tai Chi Demo. Grantsville Senior Center</p> <p>Wednesday September 21st</p> | <p>Rodney Durst 301-334-9431 ext. 6139 rdurst@garrettcac.org</p> |

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| | | <p>11:30 am Tai Chi Demo Friendsville Senior Center</p> <p>Thursday September 22nd 11:00 am Tai Chi Demo Flowery Vale Fitness Center</p> <p>Friday September 23rd 11:30am Tai Chi Demo and Walk Around Town</p> | |
| Gedco/ Senior Network of North Baltimore | Baltimore City | <p>Monday-September 19th 11:45 am - 12:45 pm Tai-Chi Instructor (Eric Johnson) who will do a demonstration and talk about Balance and Fall Risk for Seniors</p> <p>Wednesday September 21st 9:15am & 10:15am (Debbie Bena RN), outreach nurse from Good Samaritan Hospital will be discussing Falling Risk and its prevention</p> <p>Wed September 21st 9:30am Physical Therapist from Good Sam Hosp /Walking Exam</p> <p>FridaySeptember 21st</p> | <p>Gwen Lloyd glloyd@gedco.org 410-323-7131</p> |

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| | | Handouts of Falls Prevention brochures during Motown Lunch Event 12:30pm | |
| Greenmount Senior Center | Baltimore City | <p>August 30- October 25 Every Tuesday, 2-3pm <i>Tai-chi</i>: to improve seniors' balance and mobility, with professional instructor at the Greenmount Senior Center</p> <p>September 20 - 22, Medication Counseling: to prevent dizziness from medicine, with a Pharmacist and pharmacy school students (under supervision) at the Greenmount Senior Center</p> | <p>Angela Lee 410-396-3552 Kally1026@gmail.com</p> |
| Hatton Center | Baltimore City | <p>Thursday September 22nd 10 am Berg Balance Scale Yoga</p> | <p>Adrienne Blumberg 410-396-9025 Adrienne.blumberg@baltimorecity.gov</p> |
| John Booth Senior Center | Baltimore City | <p>Tues, September 20th 12:00 noon Review of Stepping on for Balance Exercises</p> <p>Wednesday, September 21st 11:00 am Presentation on Slips, Trips and Falls</p> <p>Thursday, September 22nd Interactive Falls Experience talks and how to prevent them 12 noon</p> | <p>Rosalee Velenovsky, 410-396-9202 Rosalee.velenovsky@baltimorecity.gov</p> |

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| | | Friday, September 23rd Lunch and Learn Stepping On – Follow up lesson (Session 8) | |
| Johns Hopkins Adult Trauma Center | Baltimore City | September 22nd 11:00 am – 2:00 pm Johns Hopkins Hospital (waiting on confirmation of exact location) We will be hosting (2) Tai Chi demonstrations to highlight how it prevent falls through improving balance. We will also have an information table with brochures, resources, and handouts related to falls prevention. | Kathy Noll 410-614-4514 |
| Johns Hopkins Bayview Medical Center | Baltimore City | September 22nd 0630 – 0830 am Staff and visitors will be greeted by Parthenia (<i>Fall Prevention Awareness Guru</i>) who will be handing out Fall Prevention information at the Blue Awning Entrance 1100 am – 1400 pm Fall Prevention Awareness Fair – Knott Conference Room | Marie Dieter 410-550-0479 Mdieter4@jhmi.edu |
| Johns Hopkins Pediatric Trauma Center | Baltimore City | September 22nd 11:00 am – 2:00 pm Johns Hopkins Hospital (waiting on confirmation of exact location) We will be hosting (2) Tai Chi demonstrations to highlight how it | Lauren Malloy 443-812-4932 |

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| | | prevent falls through improving balance. We will also have two information tables (one garnered toward older adults, and one garnered toward the pediatric population) with brochures, resources, and handouts related to falls prevention. | |
| Sandtown-Winchester Senior Center | Baltimore City | September 22nd 10:30 am Baltimore Orthopedics and Rehabilitation: Falls Prevention Presentation | Mary Parker-Collins 410-396-7724 Mary.parker-collins@baltimorecity.gov |
| University of MD Medical Center R Adams Cowley Shock Trauma Center | Baltimore City | September 22nd 1 am -2 pm Venue: University of Maryland Medical Center, R Adams Cowley Shock Trauma Center Details: Health Fair: Table with trivia wheel with questions on falls in the elderly Distribute brochure on fall prevention Table hosting numerous tools we use to prevent falls in the hospital setting Poster with all the fall prevention tools the hospital provides Start a hashtag : #UMMCFallPreventionDay to make people aware or #AreYouFallsReady(we will pick one of the two hastags) | Ruth Adeola radeola@umm.edu |

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| | | Off-site event at an Assisted Living: TBD | |
| UM School of Pharmacy | Baltimore City | Health and Balance Awareness Day: UM SOM, Physical Therapy: STEADI Balance Screenings Tai Ji Quan Exercise Class* Medication Reviews (Bring your prescription bottles) Blood Pressure Check-ups Tuesday September 20th 1-4 pm 833 W. Pratt Street Baltimore MD 21201 *To be confirmed | Regina James |
| Waxter Center | Baltimore City | Falls Prevention Awareness presentation | Erika DesRavines Erika.desravines@baltimorecity.gov 410-396-1324 |
| Zeta Senior Center | Baltimore City | Free Exercise Classes for Balance all week: Body-tune up: Mon-Thur 8:30-9:30 Gospel Aerobics: Wed and Fri 10:30-11:30 Line Dance Mon and Fri 10:30-11:30 | Leslie Yancey 410-396-3535 Leslie.yancey@baltimorecity.gov |

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| | | Tai-Chi: Tue 10:15-11:15 Yoga: Thursday 10:15-11:15 | |
| South Carroll Senior Center | Carroll | <p>September 13th 10:45 am -12:00 pm Blood Pressure Screening</p> <p>September 15th 10 am -12 pm Balance Screening Try any exercise class out for free during the month of September, the classes will be focused on exercise for fall prevention and balance. Arthritis Exercise, Seated Yoga, Seated Zumba Yoga, Tai Chi Beginners</p> <p>Lunchtime Fall Prevention information sharing throughout September</p> | Melissa Cougnet 410-386-3701 |
| Taneytown Senior Center | Carroll | <p>Fall prevention material will be available throughout the month of Sept.</p> <p>September 19-23 5 Exercise classes will focus on Fall Prevention</p> <p>September 19th Balance Screening & Assessments A bulletin board will be dedicated to Fall Prevention Awareness</p> | Ruth Martin 410-386-2700 rhmartin@ccg.carr.org |
| Westminster Senior Center | Carroll | Monday, Tuesday, Thursday, and Fridays throughout September | Erica Starr 410.386.3852 |

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| | | <p>Exercise classes will be focused on exercises for fall prevention and balance.</p> <p>Yoga class throughout September will focus on stretching for balance & flexibility.</p> <p>Lunchtime Fall Prevention Info Sharing, throughout September.</p> | estarr@cgc.carr.org |
| Cecil County Health Department | Cecil | Will be working with Cecil County Department of Community Services (CCDS) (Local Department on Aging) to distribute information about falls prevention and available programs throughout the county | <p>Lyndsey Scott 443-245-3873 Lyndsey.scott@maryland.gov</p> |
| Charles County Indian Head Senior Center | Charles | <p>September 26th Family Health & Fitness Day</p> <p>September 19th Tai Ji Quan</p> <p>September 20th Falls Prevention Bingo</p> <p>September 20th Self-Defense Demo</p> <p>September 22nd Damsel in Defense</p> | <p>Cynthia Simmons 301-743-2125 simmonsc@charlescountymd.gov</p> |
| Charles County Nanjemoy Senior Center | Charles | September 18th Tai Chi | <p>Donna Adebahr 301-246-9612</p> |

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| | | <p>September 15th Strength Training</p> <p>September 19th Falls Prevention</p> | <p>adebahrd@charlescountymd.gov</p> |
| Charles County Clark Senior Center | Charles | <p>September 8th Ready, Steady, Balance</p> <p>September 7th Crystal Energy Healing</p> <p>September 13th AARP Safe Driving</p> <p>September 14th Charles County Senior Living with Hypertension</p> <p>September 9th ZenGa Chair Pilates on</p> | <p>Florence Robey 301-609-5703 robeyf@charlescountymd.gov</p> |
| Charles County Waldorf Senior Center | Charles | <p>September 12th Chair Yoga</p> <p>September 7th AFEP</p> | <p>Ann Walter 301-638-4420 Waltera@charlescountymd.gov</p> |
| Harford Senior Center | Harford | <p>September 20th 11:am -12pm Future Care Cold Spring: Presented by Dwon Williamson</p> | <p>Curleen Davis 410-426-4009 cdavis@gedco.org</p> |
| Howard County Office | Howard | Better Balance | Jeannie DeCray |

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| on Aging and Independence: Health and Wellness | | <p>fitness class:</p> <p>Monday & Wednesday 1:00 – 2:00 pm Bain 50+ Center 5470 Ruth Keeton Way Columbia, MD 21044</p> <p>Monday & Wednesday 12:30 – 1:30 pm Ellicott City 50+ Center 9401 Frederick Road Ellicott City, MD 21043</p> | <p>410-313-6535 jdecray@howardcountymd.gov</p> |
| Howard County Office on Aging and Independence: Ellicott City 50+ Center | Howard | <p>Falls Prevention Screening by: Revive Physical Therapy</p> <p>Weekly/biweekly fitness classes with balance components: Balance 4 All All In One Functional Fitness</p> | <p>Cindy Saathoff 410-313-1400 csaathoff@howardcountymd.gov</p> |
| Howard County Office on Aging and Independence: North Laurel 50+ Center | Howard | <p>Thursday September 15th 11:15 am– 12:00 pm Balance 101 fitness class</p> <p>Tuesdays & Thursdays September 20 – October 13 11:15 am – 12:00 pm Building Balance class</p> | <p>Trisha Olsen 410-313-0380 tolson@howardcountymd.gov</p> |
| Howard County Office on Aging and Independence: Glenwood 50+ Center | Howard | <p>September 28th 9:00 am – 1:00 pm Falls Prevention Table @ Active Aging Event</p> | <p>Regina Jenkins rjenkins@howardcountymd.gov 410-313-5440</p> |

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| | | Weekly fitness class: Prime Time Tone, Balance & Flex | |
| Howard County Office on Aging and Independence: Bain 50+ Center | Howard | September 26th 9:00 – 10:00 am Pharmacist Talk: Medications/mixing medication and fall prevention Weekly Fitness class: Balance 4 All Thursdays 9 – 10:00 am | Linda Ethridge lethridge@howardcountymd.gov 410-313-7213 |
| Kensington Park Senior Living Community | Montgomery | September 20th 11:15am Tai Chi and Reduction of Falls Highlands Activity Room September 19th 11:15am Falls Prevention Inservice Highlands Activity Room September 21st 11:15am Wellness Exercise: Stretching & Breathing w/Barbara Pope Highlands Activity Room Dr. Tricia Terlep and Dr. Julie Linn-Rorrer w/Potomac Audiology Presents: "Health, Hearing and Balance: Quality of Life Issues" September 28th 2:00pm | Jackie Gage 301-946-7700 jgage@kensingtonretirement.com |

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| | | Highlands Activity Room | |
| Suburban Hospital JHM | Montgomery | <p>September 22nd 11am -2 pm 2nd floor display outside of the cafeteria This is a high traffic area for both visitors and staff during this timeframe. Display booth which will be manned by OT/PT staff to demonstrate strength building exercises. Also, our hospital fall prevention committee will be available to discuss fall prevention strategies in the home.</p> | <p>Melissa E. Meyers Mmeyer23@jhmi.edu</p> |
| Prince George's County Health Department Prevention Program | Prince George's | <p>September 18th 8am Corinth Baptist Church, Capitol Height's MD (Presentation about Medicine/Fall Prevention)</p> <p>September 18th 10am Turner Memorial AME Church, Hyattsville, MD (Presentation about Fall/Medicine Prevention)</p> <p>September 18th 1pm Pilgrimage Christian Church, Forestville, MD (Presentation about Medicine/Fall Prevention)</p> | <p>Patricia Ramseur pbramseur@co.pg.md.us</p> |

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| | | <p>September 22nd 12pm Kentland/Columbia Pk, Rec. Center, Landover, MD Rec. Senior Group (Presentation about Medicine/Falls)</p> <p>September 23rd 3pm Emerson House Bladensburg, MD Prince George's County Health Dept. Geriatrics (Presentation about Medicine/Falls)</p> | |
| Queen Anne's County Area Agency on Aging | Queen Anne's County | <p>September 18 -24 Falls Prevention Awareness Presentations Tai Ji Quan Days</p> | Annie Sparks 410-758-0848 x2715 asparks@qac.org |
| Worcester Co. Recreation & Parks | Worcester | <p>Wednesday September 21st 9am-1pm Health Fair</p> | Lea Cataggio 410-632-2144 ext. 2509 |