



# Chesapeake Task Force on Aging

## "Focusing on Quality of Life"

### APRIL 2016 MEETING MINUTES

The Chesapeake Task Force on Aging meeting was held on Friday, April 1, 2016 at Chesapeake Health and Rehab Center. We would like to thank Heather Maule, for hosting our meeting and providing us a wonderful breakfast as well.

**8:30 – 9:00 – Networking/Breakfast**

**9:00 – Introductions by Chair, Buck Heffernan**

**Guest Speaker:** Becky Riordan, Physical Therapist and Rehab Director for Gentiva Home Health who heads up their fall balance program, Safe Strides and Neuro Rehabilitation Program and holds certification in LVST BIG, a Parkinson's specific movement disorder and certified trainer for Safe Strides.

Topic: Falls and Fall Risk in Seniors: Identification, Management and Prevention. Becky started off by asking what was the number one reason that puts a person at risk for a fall and answers such as issues with core strength, vision, equilibrium and being on several types of medications were brought up and yes, all of the things listed can effect a person's balance and put them at risk for falling but the number one reason is being sedentary. When a person becomes inactive with age and is sedentary it slows metabolism which effects how a person metabolizes their medications, decreases muscle strength and balance. She demonstrated to a member who volunteered a balance assessment using a foam pad (which simulates uneven services such as carpet or grass) and had him perform several tests on even surface and then on the foam pad and even had the whole audience stand up and do a couple of balance tests. Not so easy when asked to close your eyes and stand on one foot.

Early detection is key, so recognizing symptoms of issues with vision and not relying on our vision alone to keep us safe. Staying active is key to keeping our core balance, muscles strong to help keep our balance on tract. Aging in place in the home – make sure we have adequate lighting and placing night lights in the bedroom and bathroom making the trip to the restroom in the middle of the night safer. Remove scatter rugs (trip/fall hazard) or make sure that they are skid proof and secure. Placement of furniture – having a clear direct path in high traffic areas such as bedroom to bathroom and lastly choosing the right footwear that are easy to walk in, supportive and non-slip.

**Announcements/Upcoming Events:** Chesapeake Health and Rehab Center is offering 7 days a week therapy and has also implemented an Orthopedic Fast Track Program working with joint replacements coming from the hospital to their facility for rehab and home in a shorter time with best practice outcomes.

**Board Positions:** We also are taking nominations for upcoming board members. If you would like to serve please let one of the board member's know which position you would like to put in for. Positions include: Chairman, Vice Chair, Treasurer and Secretary. A list of nominees and voting will be emailed out to our members within the month.

**Garden 2 Table** Jenny Fertig City of Chesapeake 55 Plus is encouraging people to give on May 3, 2016 by going to [www.givelocal757.org](http://www.givelocal757.org) and scroll down the list of organizations to Garden 2 Table and donate. Your donation will help develop programs for healthy eating/living for seniors and provide \$5.00 voucher's for seniors in need by House of Blessings (HOB) a nonprofit organization. This program also provides healthy cooking classes and developing raised garden beds to help grow vegetables and they have partnered with Chesapeake Square Senior Apartments to be their first pilot and hope to build and expand to other senior living communities in the city of Chesapeake. **NOTE:** The member's and board voted and are giving to this community based program \$200.00 and our treasurer will make the donation on our behalf on May 3, 2016 – the day of giving.

**Art of Healthy Aging Expo November 10, 2016** – Iris James of SSEVA wanted us to know about the upcoming expo in the fall.

**Montero Medical Missions** Free medical clinic for veterans on Saturday, April 30, 2016 at Chesapeake Regional Medical Center from 9:00 am until 1:00 pm.

**Treasurer report:** Annie Alexander reported as of 3/1/2016 we currently have \$1,655.

**Upcoming Meeting:** Friday, May 6, 2016, Lighthouse Pointe 933 Cedar Road Chesapeake, VA 23322. Guest speaker: TBA

We, as your board members are excited about working with Jenny Fertig, City of Chesapeake 55 Plus Program to help better serve our senior population. We are still updating and tweaking our website and would appreciate any input from our members on how to make it better.

**CTFA BOARD MEMBERS:** Buck Hefferan – Chairman; Pam Creef – Vice Chair; Annie Alexander-Treasurer; Marlene M. Ryan – Secretary

On behalf of the CTFOA Board

Marlene Ryan

