**Healthy Aging and Fall Prevention Workgroup Meeting**

**November 12, 2024**

**Members present:**

Becca Cameron, Jordanna McLeod, Kelsey Weitzel, Chelsey Davenport, Evan Post, Kelly Watkins, Lindsey Sparks, Lisa Aden, Maureen Cunningham, Kris Drake, Melissa Van Dyne, Patricia Wickham, Taylor Swope, Teresa Etters, Paul Perniciaro, Ben Alford, Cindy Huey, Julie Peetz, Carrie Elsen

**Business:**

* MOCAN updates
  + Co-Chair Elections – Tina Uridge and Jordanna McLeod are current co-chairs. Nominations have been taken and the election for workgroup chairs for 2025 will be held soon. Be watching your email!
  + End of Year Report – Jordanna asked for any suggestions on what the group wanted included on the year-end report
  + Jordanna asked the group if anyone had identified tools, resources, or partnerships that would improve current or new activities for the workgroup.
    - This group has a strong ability to collaborate with other groups
    - Start determining who is missing at the table and start reaching out.
    - Parkinsons Association
    - Special ed populations or individuals with disabilities
    - Regional Arthritis Centers
    - MS Society
    - Veterans groups
* [Contribution Tracker](https://missouri.qualtrics.com/jfe/form/SV_3mlt6R4D6TqLpzM?utm_campaign=1105007_Sep%202024%20FSWG%20Reminder&utm_medium=email&utm_source=email&dm_i=42N5,NOMN,7767NP,2R2WB,1) – Reminder to submit contributions. Becca recommended reporting in this quarterly to make sure we get information in before end of grant year (September 30)
* Healthy Aging Toolkit – MU Extension
  + [https://mailmissouri-my.sharepoint.com/:w:/g/personal/weitzelkj\_umsystem\_edu/EcjmO8iGj0pMmrPT5zClgJwB2t9\_uauU7FP9wxkKkOSORw?rtime=jdjluZD-3Eg](https://mailmissouri-my.sharepoint.com/:w:/g/personal/weitzelkj_umsystem_edu/EcjmO8iGj0pMmrPT5zClgJwB2t9_uauU7FP9wxkKkOSORw?rtime=jdjluZD-3Eg&xsdata=MDV8MDJ8YmFjaG1hbm5iQG1pc3NvdXJpLmVkdXw0MGZiODdmZmUyZGY0MzNkY2QxZDA4ZGNmZTliM2M5YnxlM2ZlZmRiZWY3ZTk0MDFiYTUxYTM1NWUwMWIwNWE4OXwwfDB8NjM4NjY1MTg5OTA2OTc5OTcxfFVua25vd258VFdGcGJHWnNiM2Q4ZXlKRmJYQjBlVTFoY0draU9uUnlkV1VzSWxZaU9pSXdMakF1TURBd01DSXNJbEFpT2lKWGFXNHpNaUlzSWtGT0lqb2lUV0ZwYkNJc0lsZFVJam95ZlE9PXwwfHx8&sdata=eGlWZ2x5NTdtTWgyWVdBT2c1U2EvMHJZdngxM1dOM3VPMnBnOWlUalFpVT0%3d)
  + Toolkit intended to provide resources for older adults, their families, and health related organizations looking for ideas to ensure that we understand what healthy aging looks like in today’s world.
  + Jordanna recommended going through the document to modernize it and then see how this workgroup can incorporate information we are creating within the document as well as what other workgroups may be creating into the toolkit.
  + Group does want to utilize the toolkit and update it. Everyone will have the opportunity to look through the toolkit and recommend changes. At next meeting, the group can start identifying which areas to begin the focus on for next year.
* Fall Hazard List Brainstorming
  + Group began brainstorming on what the Missouri Fall Hazard Checklist might look like. This included length and formatting, content, partners. Discussion also included creating a pocket size manual.