

MARYLAND 2018 FALLS PREVENTION AWARENESS WEEK (FPAW) ACTIVITIES

County	Organization	Activities (please describe the activity; provide the date(s), location, etc.)	Contact Person
Allegany County	Allegany County HRDC	Speak at all 4 Senior Centers	Sarah Bush sbush@alleganyhrdc.org
Allegany County	Western Maryland Health System – Regional Medical Center	<p>09/18/17 09:00-14:00 Swanton Senior Center (70 participants)</p> <p>09/18/17 1700-2100 Grantsville Community Center (100 + participants)</p> <p>Literature will be displayed at the hospital, clinics and physician offices</p>	Elizabeth Wooster ewooster@wmhs.com
Baltimore City	Baltimore City Health Department	<p>September 17th 10am Hatton Senior Center</p> <p>Mark Johnson Instructor Tai chi Baltimore</p> <p>September 20th 10am Hatton Senior Center</p> <p>“How to get up from a Fall”</p>	Adrienne Blumberg and Crystal Pope 410-396-1337 crystal.pope@baltimorecity.gov

		Presentation from Pivot Physical Therapy	
Baltimore City	Baltimore City Health Department	September 17 th 10am Oliver Senior Center Stepping On Demo Presented by Crystal Pope (BCHD)	Karen Wheeler and Crystal Pope 410-396-1337 crystal.pope@baltimorecity.gov
Baltimore City	Baltimore City Health Department	September 17 th -21 st Zeta Senior Center Free Exercise Classes	Leslie Yancy and Crystal Pope 410-396-1337 crystal.pope@baltimorecity.gov
Baltimore City	Baltimore City Health Department	Stepping On Workshops: <ul style="list-style-type: none"> - Pasadena Sr. Center - Ginger Cove - Annapolis, MD - Severna Park Community Center - Annapolis Library 	Pam Toomey 410-222-0268 Agtoom88@aacounty.org
Baltimore County	Blakehurst	09/21/18 2:00 pm 1055 West Joppa Road Towson MD 21204 Falls Prevention Seminar Information/resources/conversation in preparation to launch falls prevention program	Alondra Raphael araphael@blakehurst.com 410-494-6141

Baltimore County	Baltimore County Department of Aging	<p>Fall Prevention Awareness Day Screenings and Education at the BCDA 5K/1M Run/Walk Sunday, September 16, 2018 7:30 a.m. – 10:30 a.m. CCBC – Essex Campus 7201 Rossville Blvd. Baltimore, MD 21237</p> <p>Balance screenings, Otago demonstrations, home safety information, BP screenings, medication information, nutrition information, interactive demos on how to get up from falls, hand function screenings, glucose screenings, , CDSMP and Diabetes Prevention screening tool and governor’s proclamation.</p>	Donna Bilz, Program Coordinator dbilz@baltimorecountymd.gov 410-887-3423
Baltimore County		<p>September 17, 2018 9:00-11:00 Essex Senior Center</p> <p>Falls Screenings @ Essex Senior Center 600 Dorsey Ave. Essex, MD 21221</p>	Kim High khigh@baltimorecountymd.gov 410-887-2725
Howard County	Howard County Office on Aging and Independence	<p>9/25 @ 10 am The Village in Howard</p> <p>Stepping Up Your Nutrition</p>	Jen Lee jlee@howardcountymd.gov 410-313-5940

Howard County	Howard County Office on Aging and Independence	<p>9/26 @ 10am East Columbia 50+ Center</p> <p>Balance presentation and screening by Revive Physical Therapy</p> <p>Mondays @ 5pm East Columbia 50+ Center Ongoing balance class: Tai Chi</p>	<p>Ellen Brown ebrown@howardcountymd.gov 410-313-7680</p>
Howard County	Howard County Office on Aging and Independence	<p>Mondays and Wednesdays @ 1pm</p> <p>Ongoing balance class:</p> <ul style="list-style-type: none"> • Better Balance <p>Thursdays @ 9am</p> <p>Ongoing balance class:</p> <ul style="list-style-type: none"> • Balance4All 	<p>Tammy Wiggins twiggins@howardcountymd.gov 410-313-7469</p>
Howard County	Howard County Office on Aging and Independence	<p>9/6 @ 10am Elkridge 50+ Center</p> <p>Benefits of a Good walking shoe presentation by Van Dyke and Bacon</p> <p>9/11 @ 10am</p>	<p>Jeannie DeCray jdecray@howardcountymd.gov 410-313-5175</p>

		<p>Elkridge 50+ Center</p> <p>Brain and Hearing Seminar with focus on hearing's impact on fall risk by Clarity Audiology</p> <p>9/18 @ 1pm Elkridge 50+ Center</p> <p>Fire and Fall Prevention program by Howard County Department of Fire and Rescue Services</p> <p>9/20 @ 10am Elkridge 50+ Center</p> <p>Balance Assessments by Renuka Jain of Revive Physical Therapy</p> <p>Wednesdays @ 11am Elkridge 50+ Center</p> <p>Ongoing balance class:</p> <ul style="list-style-type: none"> • Balance 4 All 	
Howard County	Howard County Office on Aging and Independence	<p>9/27 @ 10am North Laurel 50+ Center</p> <p>Aging Resources: Fall Prevention A Map Specialist will be providing Aging Resources in Howard County</p>	<p>Michelle Feng mfeng@howardcountymd.gov 410-313-0380</p>

		along with current Fall Prevention Programs and Information	
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