**QBM Elder Committee Minutes**

**April 17, 2018**

**Coos Bay, Oregon**

**In attendance:**

Andy Joseph, Twila Teeman, Janice Clements, Chairman, Dan Gleason, was enroute to the quarterly board meeting when he was informed of death, so they turned back. Representing NPAIHB: Clarice Charging and Luella Azule.

Andy opened meeting with a prayer.

Andy motioned to approve the January Minutes. Twila seconded. Motion passed.

**Colville**: Andy stated their Elder Dinner will be May 4, 2018. One Elder representative was selected from the four districts to represent tribe as a whole on the advisory committee pertaining to funding. He stated the Health Board sends two elder representatives to the upcoming National Indian Council on Aging conference. It will be in California in September. The board prefers to know early who is going so they can make hotel/flight reservations, and pay early bird registration.

**Burns**: Twila had nothing to report.

**Warm Springs:** Janice stated their elders formed three groups whose activities are reported in the local tribal news. The elders are planning a 2nd 50’s dance at the community center. The last time it was presented, there was a good turnout. Some participants even dressed in 50’s clothing such as poodle skirts. This years Elders Dinner will have a Hawaiian theme. It is usually held the 2nd weekend in May. As the Warm Springs longhouse is closed due to sanitary problems, she wasn’t sure where it is going to be held, maybe the Simnasho Longhouse.

**Elder Fall Prevention**

Luella from NPAIHB Informed the committee:

* As part of our TIPCAP grant, NPAIHB Injury Prevention Program is updating the Injury Prevention Toolkit CD. Other items on the CD included: Injury Prevention, Seatbelt Safety, Child Seat Safety, Helmet Safety, Fire Safety, and Elder Safety
* She handed out the Elder Fall section to committee members

When the Elder Fall section is near completion, she asked if anyone here is interested in providing feedback on new version. Twila stated if the new Injury Prevention section is e-mailed to her, she will provide input.

Luella also asked:

Does your tribe provide Elder Fall Prevention?

Such as:

* Yearly Vision Checks
* Doctor or Pharmacist review of Prescription/Medication
* Gait check
* Recommend Non-slip Shoes
* Home Evaluation
  + Clearing furniture or objects blocking pathways
  + Non-slip mats or grab bars in bathroom and near toilet.
  + Install or repair stair railing on both sides
  + remove or secure rugs, wires, and other trip hazards
  + Improved lighting near steps and pathway
  + Make items you use regularly easily accessible by putting at waist level?
  + Use step stools with handles to hold onto
* Regular Exercise Programs: If yes, which one?

Andy stated they need more training to do this. He said the training could be provided to their chore workers, CHRs, Public Health Nurses and housing department. They could all work together.

Twila said there is no elder fall prevention program at their tribe. She would be willing to provide input if the Elder fall revision is e-mailed to her.

Janice stated, Warm Springs used to really stress elder fall prevention especially after many elders were taken to the ER. They used to discuss medication and advocate exercise. Many elders do not follow up or go back. Because the medication for bone density is complicated most quit. Current elder fall prevention has stopped due to lack of funding.

Who is the Primary Elder Fall Contact for their tribe? Either there is no program, or they don’t know who the contact is.

Meeting adjourned.

During this report, Janice stated she forgot to mention, Medicare is sending out new cards. This should start in April.