

A Matter of Balance Volunteer Lay Leader Model April 2020 Conference Call Notes



*With the new day comes new strength and new thoughts.
Eleanor Roosevelt*

Patti expressed encouragement and appreciation for all the good work our Master Trainers, coaches and organizations are doing for their A Matter of Balance participants and many other seniors in their communities during these trying times. There is so much creativity and dedication. We are linking arms to help the public.

We are not able to provide A Matter of Balance virtually because the exercises must be done safely and in person in a community class. The policy is listed on our MOB website:
www.mainehealth.org/mobresources.

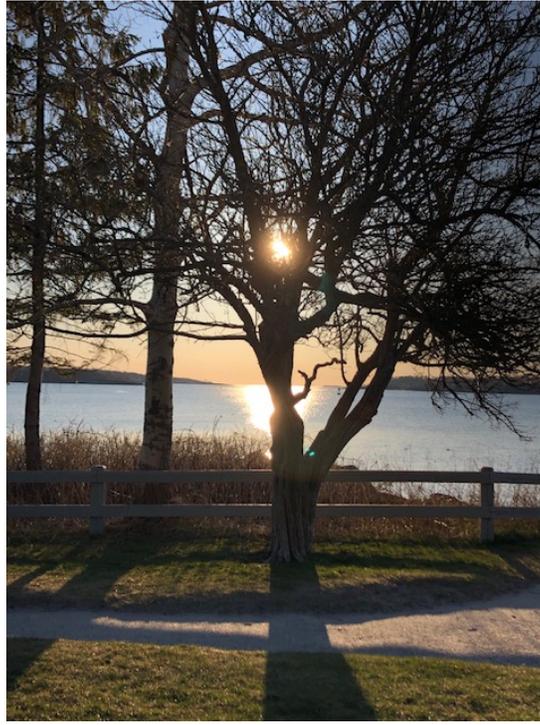
We sent out a Resource Page and will post on our A Matter of Balance website:
www.mainehealth.org/mobresources.

- Rebuilding together: <https://rebuildingtogether.org/> is an excellent resource
- Using Telehealth and Video Chat to reach out to Veterans
- Implementing a “Friendly Callers” program to include past and present participants to provide information, resources, i.e., local grocery store hours and creating a Newsletter
- Many MT’s have been redeployed and are delivering Meals on Wheels, food boxes, prescription pick-up and drop-off to keep seniors at home

- MT's are reaching out to offer Chronic Disease self-management classes on-line and via Zoom: <https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/>
- Helping seniors complete the 2020 census
- Providing an explanation why we cannot have virtual A Matter of Balance classes and adding a summary of what AMOB offers to recruit participants
- Helping with technology to connect seniors with family members, i.e., zoom, face-time & text
- Keeping in touch with coaches and planning for fall programs. Helping coaches use Zoom to update training as well as PowerPoint presentations and webinars
- Many are redistributing funds to help with COVID-19 pandemic
- Encourage participants to share photos of walks, pets, etc., with others
- Collect email address to offer information about resources such as Go for Life: <https://go4life.nia.nih.gov/>, mindfulness or call and just chat with people who may be experiencing social isolation
- Creating a script to use for all AMOB past and present participants to check in
- Referring to the NCOA website: <https://www.ncoa.org/>
- Referring to their state falls coalition webpage
- Working with local fire and police departments
- Helping seniors with tax preparation
- Partnering with AARP to jointly get information out to participants
- Referring to Meditation link: <https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/>
- Have checked in on over 400 people
- Putting out guidance to follow state mandates, provide resources on how to prevent falls & stay active during these difficult times and offering mental health resources
- Making use of resources provided on the Ohio Steady U Page: <https://aging.ohio.gov/steadyu>
- A Senior Friend line, phone, text, chat feature on website.
- Individual calls seems to be important. Many do not have internet, iPad, I-phones or computers.
- Working with Extension distributing food and life skills videos.
- Using ROBO calls to all registered voters to let them know they can call for resources and information and staffing the call center.
- Coaches have been making calls referring to local resources. Patti noted that using coaches and keeping them engaged is very important.
- The Master Trainer is a senior and her AAA is calling isolated seniors to check-in. Her own younger neighbors are helping her by doing her grocery shopping.
- Keeping in touch with their Leaders and Senior Centers and talking about rescheduling classes
- One class of PT students who were training in AMOB have been assigned a Video project. They will talk about what they learned in their AMOB training and fall prevention
- Instagram and social media to send videos to participants
- Working on getting tablets out to people so they can connect with friends and family
- Gift Cards for shopping helpers to prevent giving out personal credit/bank card information
- Implementing an on-line Stress-Busting Program for Caregivers, Website: <http://www.caregiverstressbusters.org/>. There is a 38% increase in domestic violence.
- Putting diabetes self-management workshops on-line
- Using "Telephone Topics": <https://www.mather.com/wp-content/uploads/2020/02/TeleTopicsMARCH20webemail.pdf>. A variety of topics

- Have an email chain going with coaches to touch base
- Sending out packets of information, COVID-19 Safety, CDC recommendations, physical activity and home safety, creating Newsletters and Press Releases
- Providing free meals, making plans to prepare people for coming out of this
- Preparing a Newsletter for Senior Assisted Living Centers, and seeing how it is received
- Ran into a wall with funding for AMOB programming so combined the class with Home safety assessment and restoration fixes and received money.
- Planning to contact local TV station, show exercises for those without computers
- Opening an AMOB page on Facebook for coaches, attaching an inquiry form for later. Include a link directly to NIH exercises.
- NIH: www.nih.gov is a great site.
- Master trainer works for a health bureau now tracking COVID-19 data
- Master Trainer is the Director of a state wide network of evidence based programs. Mobilizing providers to offer Tai Chi, Otago exercise program: https://www.physio-pedia.com/Otago_Exercise_Programme and putting information from NCOA in a fact sheet
- Healthy Aging NC: <https://healthyagingnc.com/>
- The Arthritis evidenced program is the only one cleared to be virtual.
- The MT is teaching a Facebook Live EAAA wellness group, (118 signed up), basic warm-up, little exercise, flexibility. Asking for pre and post comments to gauge if they are all okay. Facebook Live opening up new horizons for people.
- Phone calls to all AMOB participants. They have a senior consultant, a blog page
- YMCA has no MOB classes, they are an emergency daycare for first responders
- Creating a May and June newsletter that is accessed by smart phone, computer and iPad
- Self-directed Walk with Ease program: <https://oaactionalliance.typeform.com/to/rsRlcf>. “LEAP” program allows people to do this at 50% off.
- Setting up a phone call buddy system for those who need check in calls more frequently
- Setting up virtual competition with Walk with Ease program: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease>
- Providing resources for caregivers who are dealing with Dementia. They are seeing many people with Dementia going into decline due to COVID-19
- National Oasis program: <https://www3.oasisnet.org/About-Us/National-Oasis>
- University students who were trained to teach AMOB are now following up with participants to make sure they are keeping up with their exercises.
- Trying to find funds for tool kits for participants
- Reaching out to neighbors, helping set up zoom for churches

Thank You for the work you are doing to stay connected with older adults and make a difference in your communities.



***Life is like riding a bicycle: to keep your balance you must keep moving.
Albert Einstein***

***There are two ways to live: you can live as if nothing is a miracle; you can live as if everything
is a miracle.
Albert Einstein***