



## News for HAP Partner Agencies and Friends

### Highlights of HAP Monthly Meeting

September 22, 2009

#### Attendees

Marcia Appleton, Community Services for the Blind and Partially Sighted, [mappleton@csbps.com](mailto:mappleton@csbps.com)  
Sheryl Begoun, Jewish Family Services, [sebegoun@jfsseattle.org](mailto:sebegoun@jfsseattle.org)  
Janet Bissell, Metro Parks Tacoma, [janetb@tacomaparks.com](mailto:janetb@tacomaparks.com)  
Nathan Buck, Neighborhood House, [nathanb@nhwa.org](mailto:nathanb@nhwa.org)  
Ruth Egger, Southeast Senior Center, [ruthe@seniorservices.org](mailto:ruthe@seniorservices.org)  
Cynthia Ellison, Mayor's Office for Senior Citizens, [cynthia.ellison@seattle.gov](mailto:cynthia.ellison@seattle.gov)  
Mary Fogh, Solid Ground Long Term Care Ombudsman Program, [maryf@solid-ground.org](mailto:maryf@solid-ground.org)  
Chris Grekoff, Senior Services (EnhanceFitness), [chrisg@seniorservices.org](mailto:chrisg@seniorservices.org)  
Kristen Hammerback, UW Health Promotion Research Center, [khammebr@uw.edu](mailto:khammebr@uw.edu)  
Doug Harkness, Elderhealth Northwest, [dough@elderhealth.org](mailto:dough@elderhealth.org)  
Lillian Hayashi, Kawabe Memorial House, [lilh@emeraldheights.com](mailto:lilh@emeraldheights.com)  
Robin Knudson, Solid Ground RSVP, [robink@solid-ground.org](mailto:robink@solid-ground.org)  
Karen Lewis, CHEF, [karenl@chef.org](mailto:karenl@chef.org)  
Andrea Meewes Sanchez, Senior Services, [andream@seniorservices.org](mailto:andream@seniorservices.org)  
Luda Melnik, ResCare HomeCare, [ludamelnik@rescare.com](mailto:ludamelnik@rescare.com)  
Barbara Myers, Pierce County ALTC, [bmyers@co.pierce.wa.us](mailto:bmyers@co.pierce.wa.us)  
Kathy Ryan, UW HPRC/HAP, [kathyHAP@gmail.com](mailto:kathyHAP@gmail.com)  
Lani Scheman, Jewish Family Services, [lscheman@jfsseattle.org](mailto:lscheman@jfsseattle.org)  
Sheryl Schwartz, UW Health Promotion Research Center, [sheryls@uw.edu](mailto:sheryls@uw.edu)  
Susan Snyder, Senior Services, [susans@seniorservices.org](mailto:susans@seniorservices.org)  
Linda Wells, King County DCHS, [linda.c.wells@kingcounty.gov](mailto:linda.c.wells@kingcounty.gov)  
Karen Winston, Aging and Disability Services, [karen.winston@seattle.gov](mailto:karen.winston@seattle.gov)  
Laura Worth, ResCare HomeCare, [lauraworth@rescare.com](mailto:lauraworth@rescare.com)

#### Fall Prevention Month Celebration Meeting!

#### Special Presentation

Kristen Hammerback, HPRC research coordinator, presented "Straight from the faller's mouth: Understanding why older adults do or don't join fall prevention and physical activity programs."

Based on the results of a series of interviews with older adults who'd experienced a fall, Kristen discussed 5 recommendations for practitioners seeking to increase participation in fall prevention or physical activity programs:

- (1) Directly acknowledge the sense of shame surrounding falling in marketing messaging,
- (2) Encourage people to move away from viewing falls as "random," and toward seeing them as associated with aging, and as thus preventable,
- (3) Use empowering messages to combat sense of futility around falls prevention,
- (4) Explicitly tie falls prevention with staying independent / in one's own home / living life on one's own terms, and
- (5) Avoid messages that can trigger defensiveness or denial; instead, keep tone positive and focused on more neutral topics like balance, flexibility, functionality.

#### HAP Fall Prevention Recognition Award

Southeast Seattle Senior Center received this award for their outstanding work in successfully implementing fall prevention programs for older adults. Ruth Egger, SSSC director, accepted the award at the meeting.

#### Other events to remember

October 15th, 2009 - WA State ADSA and National Council on Aging will present an all day conference on Healthier Aging at the SeaTac Holiday Inn. Contact Candance Goehring at ADSA for more information: [goehrCS@dshs.wa.gov](mailto:goehrCS@dshs.wa.gov).

October 30th, 2009 - Annual Senior Citizens Foundation (a.k.a Senior Lobby) Conference at the SeaTac DoubleTree Inn.

#### Next HAP Meeting

Tuesday, October 27, 8:30 am - 10:00 am at Senior Services, 2208 2nd Avenue, Seattle. For more information, please contact Karen Lewis, C.H.E.F., at (206) 832.1905.