



### **Falls Free CT Quarterly Meeting**

**Date/Time:** December 9, 2025, 11:00am – 12:00pm

**Location:** Zoom

**Facilitators:** Angela Vázquez, Department of Aging and Disability Services and Robin Tousey-Ayers, Department of Public Health

**Attendees:** 55 guests in attendance, including Alex Duarte, Ali LaBarca, Amanda Hubbard, Ann-Marie Kupis, Amy Emanuel, Amy Watkins, Anne Bernick, Beth Massey, Betty, B Hitchcock, Bonnie Meyers, Carissa Caserta, Carmen R. Correa-Rios, Chenglin Hong, Cherie Macri, Christy Ross, Clare Martin, Connie, Daniel Beem, Diamaris Lanh, Emily Gomes, Erin Estey, Hilary Norcia, Michelle Saunders, In-Jee Lee, Jenny Braddock, Jess Gildea, Jodi-Ann G., Joslyn French, Julie Bruno, Kasia Glebocka, Keily Calderon, Keren Paquette, Kerry, Kimberly Barre, Kizzy Hernandez-Bigos, Kristen Guida, Lisa McMahon, Lisa Trupp, Lori Rygielski, L Toombs, Lydia Barakat, Marianne Buchelli, Meaghan Harkins, Meghan Brady, Michelle Silva, Nancy Perrotta, Richard Marottoli, Robin Crogan, Ronda Doherty, Roseann Sillasen, Sandy Zuffelato, Susan Yurasevecz, Wonder Barratt

### **I. Welcome & Introductions**

Angela Vázquez and Robin Tousey-Ayers welcomed everyone to the meeting, provided a brief introduction for anyone who was attending the meeting for the first time, and reviewed the meeting agenda.

### **II. Strategic Action Plan Framework**

Angela presented the latest draft of the coalition's strategic action plan framework. A strategic plan is required by the National Council on Aging to be recognized as an official state falls prevention coalition. The strategic plan has been reviewed and revised by the coalition's steering committee and working group members. Angela read through the vision, mission, and goal statements. Meeting attendees were encouraged to provide feedback in the chat, after the meeting, or through the coalition's quarterly survey. Once all feedback is collected, the strategic action plan will be finalized for 2026.

### **III. Falls Prevention Awareness Week Recap**

At the September quarterly meeting, the coalition discussed and prepared for Falls Prevention Awareness Week. Many coalition participants organized different events and outreach efforts in recognition of FPAW. Jenny Braddock from McLean shared about the falls risk screenings, Steps to Safety presentation, and social media outreach for FPAW that she helped to coordinate. Jenny highlighted the falls risk screening train-the-trainer workshop as a great way to prepare to offer a falls risk screening event and emphasized the benefits of networking within the coalition and collaborating to offer these outreach activities.



#### **IV. HIV & Aging Presentation**

Robin Tousey-Ayers and Marianne Buchelli from the CT Department of Public Health introduced the guest presenter, Dr. Lydia Aoun Barakat from the Yale School of Medicine. Dr. Barakat is an Associate Professor of Medicine at the Yale School of Medicine. She is Board certified in Internal Medicine, Infectious Disease, and the American Academy of HIV Medicine. She is currently the Associate Chair for Ambulatory Affairs at the Department of Medicine, the Director of the Yale Center for Infectious Diseases, the Program Director of the Yale HIV Primary Care Residency Pathway, and the Clinical Director and PI for the New England AIDS Education and Training Center. Please refer to presentation slides for highlights of the information shared on HIV & Aging.

#### **V. Wrap Up Announcements & Next Meeting**

Angela announced which sites were awarded NCOA grant funds to start a new Bingocize program and/or an Older Adult Advisory Council. These efforts will respectively expand access to evidence-based falls prevention programming and provide a space for older adults with lived experience to provide their input into the work of the coalition.

A lot was learned during this year's offering of Falls Free CT, the coalition's first full calendar year of operation. Consequently, to maximize impact Working Groups will be consolidated from five to three groups, and the quarterly coalition meetings will shift to different months of the year. Calendar invitations and reminders will be sent for the following meetings:

- Community-Based Programming, Screenings & Education Working Group: Monthly, Fourth Wednesday at 12pm
- Home Safety Modifications & Falls Prevention Technology Working Group: Monthly, Fourth Wednesday at 3pm
- Workforce Development & Training Working Group: Monthly, Fourth Friday at 11am
- Falls Free CT Coalition Meetings: Quarterly, on the third Tuesday at noon (January 20, April 21, July 21, October 20)

Ended with a reminder to please complete coalition's quarterly survey.

#### **Meeting Recording:**

<https://us02web.zoom.us/rec/share/kS0izAoQNp4sqDqeT9uVjNx8cNRv6z20p7EGIE-BqfYAq7doiPU-X745ISXQpEHO.Zcl71Pe9NV5-fhhn>

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**Next Meeting:** Tuesday, January 20 at 12pm