



# “Spring” into Fall Prevention

WEDNESDAY, APRIL 10, 2019

[CLICK HERE TO REGISTER](#)

## Description

MAHEC and the WNC Fall Prevention Coalition (WNCFPC) have teamed up to offer this educational day devoted to Fall Prevention. Join your healthcare colleagues to learn from a variety of experts who are leading the way to prevent injurious falls in our region and beyond. Interested community members are also welcome, and must pre-register. Exhibitors will be on-site with related services.

## Audience

Healthcare Providers and Interested Community Members

## Objectives

**Upon completion of this activity, participants will be able to:**

- Recognize the benefits of regional and state fall prevention collaborations, including CHAMP and the US DHHS Administration for Community Living (ACL) Programs
- Discuss the ways that hearing and vision impact falls
- Appreciate the approaches that a physician may use to address fall screening and referral
- Incorporate alternative exercises for fall prevention, such as Feldenkrais and Tai Chi
- Integrate the concepts of safe aging-in-place design/programs into fall prevention efforts

PROVIDED BY

IN COLLABORATION WITH



This project is supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number #U1QHP28734-01-00, Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS, or the U.S. Government.



<b>LOCATION</b>	<b>MAHEC</b> Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
<b>DATE</b>	<b>Wednesday, April 10, 2019</b>
<b>REGISTRATION PROGRAM</b>	8:30 am–9:00 am ( <i>refreshments provided</i> ) 9:00 am–4:30 pm ( <i>lunch provided</i> )

**EARLY REGISTRATION FEES THROUGH APRIL 3, 2019**

<b>HEALTHCARE PROVIDERS</b>	<b>\$75.00</b> per person
<b>COMMUNITY MEMBERS</b>	<b>\$30.00</b> per person

## Program Agenda

- 8:30–9:00** Registration, Check-in, and Exhibitors  
*(light refreshments provided)*
- 9:00–9:15** Introduction to the WNCFPC & Conference Overview  
— Cynthia Moses PT, DPT
- 9:15–9:45** Regional & State Fall Prevention Collaborations Panel  
— Ellen Bailey, MA, MPH  
— Katie Bartholomew, RN, MSN, CCM, CNM  
— Amber Chapman  
— Tina Miller  
— Stephanie Marie Stewart, MS, GCG
- 9:45–10:15** Tai Chi and Fall Prevention  
— Anne Plyler, PT, MA
- 10:15–10:30** Break and Exhibitors
- 10:30–11:00** Hearing and Falls  
— James S. Wiprut, BC, HIS, IHS
- 11:00–11:30** Top Ten Home Falls Risk Solutions  
— Alison Climo, MSW, PhD  
— Richard C. Duncan, MRP
- 11:30–12:00** Vision and Falls  
— Cheryl Mott, OTD, OTR/L, CLVT
- 12:00–1:00** Lunch (*provided*) and Exhibitors
- 1:00–2:00** Physician Fall Screening and Referral  
— Adam Kaufman, MD
- 2:00–2:30** Feldenkrais and Falls  
— Lavinia Plonka, GCFP, RSME
- 2:30–2:45** Break and Exhibitors
- 2:45–3:30** Community Health & Mobility Partnership (CHAMP) Program  
— Vicki Stemmons Mercer, PT, PhD
- 3:30–4:30** Aging Gracefully in Place  
— Gene Brown
- 4:30** Adjourn

## Faculty

**Ellen Bailey, MA, MPH**, is the Falls Prevention Grant Manager—a Healthy Aging NC Initiative—at the NC Center for Health & Wellness at UNC-Asheville.

**Katie Bartholomew, RN, MSN, CCM, CNM**, is the Manager of Clinical Operations for Mission Health Partners (ACO) in Asheville, NC.

**Gene Brown** is the President and Executive Director of Community Housing Solutions in Greensboro, NC.

**Amber Chapman** is a Family Caregiver and Health Promotion Specialist at High Country Area Agency on Aging in Boone, NC.

**Alison Climo, MSW, PhD**, is Coordinator of the Buncombe County Aging Plan and a Consultant at the Jordan Institute for Families.

**Richard C. Duncan, MRP**, is the Executive Director of the R.L. Mace Universal Design Institute in Asheville, NC.

**Adam Kaufman, MD**, is an orthopaedic trauma surgeon with Mission Health (HCA); the physician champion for the Mission (HCA) Fracture Prevention and Bone Health Clinic; and Mission's inpatient Hip Fracture Care Process Model. Dr. Kaufman is also a Surgeon Ambassador for the National Osteoporosis Foundation.

**Vicki Stemmons Mercer, PT, PhD**, is an Associate Professor in the Division of Physical Therapy and Director of the Human Movement Science Curriculum at UNC-Chapel Hill.

**Tina Miller** is the Area Agency on Aging Director at the Western Piedmont Council of Governments in Hickory, NC.

**Cynthia Moses, PT, DPT**, is a physical therapist, the Chair of the WNC Fall Prevention Coalition (WNCFCPC), and Program Manager of Senior Living Services for HealthPRO Heritage.

**Cheryl Mott, OTD, OTR/L, CLVT**, is an occupational therapist and certified low vision therapist at CarePartners (HCA) Outpatient Rehabilitation in Asheville, NC.

**Lavinia Plonka, GCFP, RSME**, is a Guild Certified Feldenkrais® Practitioner, Emotional Body® teacher, and owner of the Asheville Movement Center.

**Anne Plyler, PT, MA**, is a physical therapist, Tai Chi for Arthritis Certified Instructor, and the owner of WNC Tai Chi for Arthritis in Asheville, NC.

**Stephanie Marie Stewart, MS, GCG**, is an Aging Program Specialist with the Area Agency on Aging at Land of Sky Regional Council in Asheville, NC.

**James S. Wiprut, BC, HIS, IHS**, has been a practicing Hearing Instrument Specialist for years. Licensed in NC, he is also a member of the International Hearing Society.

## Planning Committee

**Ellen Bailey, MA, MPH**, UNC-Asheville, Asheville, NC

**Ayden Jones, BS**, WNC Fall Prevention Coalition Consultant, NY

**Morgen Kawaguchi, PT, CCM**, CarePartners (HCA), Asheville, NC

**Cynthia Moses, PT, DPT**, HealthPRO Heritage and WNC Fall Prevention Coalition, Hendersonville, NC

**Rosalyn Wasserman, PT, DPT**, UNC Health Sciences at MAHEC, Asheville, NC

**Martha Y. Zimmerman, PT, MA**, McDowell Balance and Falls Prevention, Marion, NC

## Credits

**Occupational Therapists/Assistants:** As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **6.0 CCAs**.

**Physical Therapists/Assistants:** MAHEC, as part of the North Carolina AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **5.5 Contact Hours**.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **6.0 Contact Hours**.

## Registration

**Early registration deadline: Wednesday, April 3, 2019**

The program registration fee is \$75.00 for Healthcare Providers and \$30.00 for Community Members. These fees include administrative costs, educational materials, refreshments, and lunch. If your registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

## Directions

**MAHEC Mary C. Nesbitt Biltmore Campus**  
**121 Hendersonville Road, Asheville, NC 28803**

**From I-40 E:** Take Exit 50 and turn left onto Hendersonville Road.

**From I-40 W:** Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

**From 19-23 (I-26):** Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

**HAVE A QUESTION?**  
**Contact the Program Planner**

Rosalyn Wasserman, PT, DPT  
[rosalyn.wasserman@mahec.net](mailto:rosalyn.wasserman@mahec.net) or 828-257-4437



**Special Services**  
828-257-4485

**REGISTRATION INFORMATION** 828-257-4475

**FAX REGISTRATION** 828-257-4768

**ONLINE REGISTRATION** [www.mahec.net](http://www.mahec.net)

**EMAIL** [registration@mahec.net](mailto:registration@mahec.net)

**MAIL** MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

*MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.*

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APRIL 10, 2019

Updated contact information.

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX- \_\_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME COUNTY \_\_\_\_\_

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMPLOYER \_\_\_\_\_

DEPARTMENT \_\_\_\_\_

EMPLOYER'S ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK COUNTY \_\_\_\_\_

*Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.*

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE  Vegetarian  Gluten-free  Vegan

HEALTHCARE PROVIDERS  \$75.00  \$90.00 (after 4/3/2019)

COMMUNITY MEMBERS  \$30.00  \$45.00 (after 4/3/2019)

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Send completed registration form to: #19AH014/58677

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803 Fax: 828-257-4768



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