

Staying Connected: Top stories in this newsletter



Current COVID-19 Best Practice Guidance



EnhanceFitness Inclusion Guide now available



Spots Available: Upcoming EF/EW Trainings

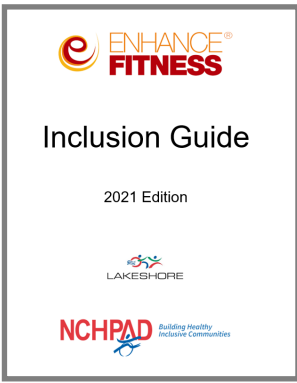


ODES Update: Additional Falls Screening Measures Available May 1

Project Enhance[®] Best Practice Guidance During Physical Distancing

We recommend that all implementation be done in line with the policies of your organization and the current directives of public health agencies. For the most recent update, click here: [Project Enhance and COVID-19: Recommendations for Program Delivery](#).

NCHPAD's EnhanceFitness Inclusion Guide Available for [Download](#)



This guide was created by NCHPAD utilizing the [Guidelines, Recommendations, Adaptations Including Disability \(GRAIDS\) framework](#). It has been developed to support Enhance[®]Fitness instructors and supporting staff to include all participants, including those with disability, in Enhance[®]Fitness programming. The adaptations within this guide include information on creating an inclusive learning environment and providing safe, modified exercise moves as needed to include all participants and abilities. Instructors will learn general teaching strategies to accommodate individuals and will learn about inclusive practices throughout all health promotion and fitness programs.

Beginning 5/1/2021, the CDC STEADI falls risk measures will be available as additional pre/post measures you can opt to collect in the EnhanceFitness and Matter of Balance ODES portals. The STEADI tool helps assess falls risk in older adults. To learn more about the STEADI tools, visit <https://www.cdc.gov/steadi/index.html>.



Every **20 minutes** an older adult dies from a fall in the United States. Many more are injured. Take a stand to prevent falls.

STEADI Stopping Elderly Accidents, Deaths & Injuries



If you wish to collect the STEADI measures in addition to the protocol EF and MOB measures, please contact Meghan at meghant@soundgenerations.org to have these measures added to your portal.

Thank you to Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), Albuquerque Area Indian Health Board, Inc. (AAIHB) for their request and support of this customization.

Let us help you build your capacity to reach more people and improve lives. Join upcoming [EF Trainings](#) and [EW Trainings](#) or contact projectenhance@soundgenerations.org to schedule yours today!

Project Enhance at Sound Generations
projectenhance@soundgenerations.org
2208 2nd Avenue, Suite 100
Seattle, WA 98121
(206) 448-5725
www.projectenhance.org

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