



SAN MATEO COUNTY HEALTH
**AGING & DISABILITY
SERVICES**



Dignity Health™
Sequoia Hospital

Fall Prevention Coalition of San Mateo County Meeting

Meeting Date and Time January 15, 2026, 1:00 – 2:00 PM

Call-in number: 669-900-6833, Meeting ID: 859 8991 5502

Zoom Link: Please click [here](#) to join.

1:00-1:05: Welcome

1:05-1:50: Presentation: *Falls: Understanding Risks and Best Practices for Prevention*

Presentation Overview: During this presentation we will explore practical, safe, and easy-to-follow falls-prevention advice suitable for any age. This information will be especially pertinent for older adults who are at risk for falling due to multiple circumstances. Topics will include: Who is at risk for falls, Steps to prevent falls in the home, How to make the home safe, Aids to support mobility, and Tips for caregivers.

Presenter Bio: Gale Carli is celebrating 52 years as a Registered Nurse. She has worked in the Intensive Care Unit, Air Ambulance Transport Nurse and hospital Staff Nurse Educator. She also worked at Ohlone College, located in Fremont. During those 23 years she held the position of Nursing Instructor, Director of the Registered Nursing Program and Dean of Health Science Programs. Currently, she volunteers with the Red Cross as the San Mateo County Disaster Health Services Coordinator. She holds a Bachelor's degree in nursing, Master's Degree in Nursing, Master's Degree in Education and Doctorate in Education.

1:50-2:00: Social Time: Group Discussion, Announcements and Updates.

Next Meeting: April 16, 2026 | 1:00-2:00 pm via Zoom