



FAQ: Frequently Asked Questions

What's in it for me? Incentives of \$10 gas cards 4x a year for reaching goals, unlimited free access to all Bridge to Health NM activities, group classes, gym help (as scheduled), expert instruction in courses and workshops, physical assessments to track your progress, guided work to improve your physical and mental health, connection with like-minded peers, accountability for physical and mental health skill building, being a part of research to improve the health of your community for years to come, Spanish options available, on-site childcare.

I have questions...who should I ask? We will have four staff working on RISE by November 1 (Tana, Natalia, Antoinette, & Jenelle). It's best if you call/text (505) 591-4200 so we can get answers back to you as soon as possible. If you have real concerns about the research study, please contact the Head Researcher, Reena Sethi. Her contact information will be posted on the webpage soon.

What do I have to do? Choose from a Menu of Activities to complete at least 4 activities a week. Activity Menus have activities organized into the following categories that have been proven to reduce falls in older adults: Cardiovascular stamina, Muscular strength and endurance, Balance training, Leg, ankle, and foot flexibility and strength, Management of anxiety & fear of falling, Strengthening of Executive Function, Emotional skill building & reflection, & Goal setting and personal advocacy

How will I know how to do the activities on the menu? We will have demonstration sessions of the activities at BTHNM that can be attended in person or on Zoom. Videos demonstrating the activities will be posted on the webpage and in the online group. If a participant has special needs, we will provide a demonstration of the exercises in a format they can use.

Can I tell other people about the program if they want to join? YES! You can have them look at the webpage www.bridgetohealthnm.org/RISE, call/text (505) 591-4200, or stop in at our Center in Espanola. Participants must be 60+ years of age and live in or around Rio Arriba County.

What if I don't like it...can I drop out? YES. You can drop out at any time. We do hope you find the program fun and rewarding, but participation is completely voluntary, so if you want to drop out, no problem at all.

Do I have to use a lot of technology? NO. Everything can be done with good old fashioned pen & paper, but if you like, you can use the webpage, on-line group, and other techy options.