

Juniper

Network News

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Dear Providers,

We are so grateful to the providers who have been willing to pilot the use of two fall risk screenings, [TUG](#) and [30 Second Chair Stand](#), at the beginning and end of some fall prevention classes. Our hope is that we will gain motivating data for participants to chart their improvements in class and to show funders even more information about how valuable our classes are. In addition, some of our Living Well and Powerful Tools for Caregivers classes have been similarly collecting the [PHQ2](#) and [UCLA Loneliness Scale](#). Special thanks to Annandale Health & Wellness Center, Normandale Center for Healing and Wholeness, North Memorial Health Care, Wedum Shorewood, Faith Community Nurse Network of the Greater Twin Cities for being part of this pilot. We will be reaching out to other organizations soon to inquire about participation.

Rachel and Stacy

All Billing has Resumed

Our new billing vendor, MedCycle, is fully trained and we are billing for any claims that were part of a backlog during the transition. Please reach out to Rachel or Stacy with any specific questions about claims.

Network Meeting Recordings

September 11 @ 12:00p: 2025 Juniper Provider 2025 Application Q&A Meeting

- Application materials and meeting recording can be found at <https://toolkits.yourjuniper.org/2025-provider-application/>
- A gentle reminder to schedule a meeting with Rachel ([Calendly link](#)) or Stacy ([Calendly link](#)) before October 4th to talk about 2025 strategy.

September 12 @ 2:00p: Diabetes Prevention Program UHA Subsidiary Meeting

- Meeting recording: https://www.youtube.com/watch?v=cpuoHN_XPbc

Upcoming Leader Training

Tai Ji Quan: Moving for Better Balance Instructor Training

October 8 & 9, 2024

- 8:00 - 5:00 (Central time)
- Virtual using Zoom

The cost is \$400 which includes the two days of training, the TJQMBB Teaching Plan, all training materials and follow-up one on one support as requested.

Register with the info below or contact Dave at: davefi@earthlink.net or 612-816-8642.

- To register, click here: <https://form.jotform.com/24225496342715>
- To pay via credit card, click here: <https://buy.stripe.com/dR600FdlfepX4la5kn>

Note: If you prefer to pay by check, you can make it out to "Fifth Iteration LLC" for \$400 and mail to: Dave Fink, 3941 Lynn Ave. South, St. Louis Park, MN 55416

Powerful Tools for Caregivers – Adults

Virtual

Monday, December 9, 2024 - Friday, December 13, 2024

1:00p-4:00p

Varies based on relationship with FCNN and Juniper

Register: <https://tinyurl.com/preview/26hngr4n>

Questions? Contact Sam Sleeman at sam@fcnntc.org or (651) 204-0904.

A Matter of Balance

Waite Park Church

1510 33rd Ave NE

[Minneapolis, MN 55418](#)

Thursday, November 21, 2024, 8:30a-4:30p

Friday, November 22, 2024, 9:00a-3:30p

Cost is dependent on relationship with FCNN and Juniper

Register: <https://form.jotform.com/fcnntc/NOV2024MOBTraining>

Questions? Contact Sam Sleeman at sam@fcnntc.org or (651) 204-0904.

Class Requests

The following organizations have requested Juniper classes at their sites. Please let us know if you are interested.

Walker Methodist Kenzie

SAIL, TJQMBB, AFEP, or Stepping On

Misty Aoudia

Service Coordinator

P: 612-201-4864

2626 Kenzie Terrace St. Anthony 55418

About 3 MSHO members live at this location. There are 45 units.

Nicollet Towers (VOANS)

SAIL, Stepping On, TJQMBB, Walk with Ease, or AFEP

Meghan Ruden

meghan.ruden@voamn.org

1350 Nicollet Mall

Minneapolis 55403

About 100 of the residents are over age 65. Approximately 10% of building residents are MSHO members.

Medicare Diabetes Prevention Program Summit

September 18th and 19th from noon to 4pm EDT.

The first summit by CMS. They will provide information about the program, offer technical assistance, and foster networking opportunities for prospective and existing suppliers.

[Day 1 Registration link](#)

[Day 2 Registration link](#)

Hospital-based Providers Marketing Meeting Recording

A subsection of Juniper met to discuss the unique marketing needs of hospital-based providers. Please find recording here <https://youtu.be/WQwxcaDzdkU>.

2024 Data Insights

2024 Participation by Class Type

Program	Total Enrolled	Total Starters	Total Completions	No-Show rate	Completion rate
A Matter of Balance	258	239	194	7%	81%
Arthritis Foundation Exercise Program	245	212	147	13%	69%
Diabetes Prevention Program	249	205	150	18%	73%
Living Well With Chronic Conditions	81	78	71	4%	91%
Living Well With Chronic Pain	41	21	17	49%	81%
Living Well With Diabetes	35	34	34	3%	100%
Powerful Tools for Caregivers - Adults	67	57	39	15%	68%
Stay Active and Independent for Life	1369	1219	555	11%	46%
Stepping On	191	180	145	6%	81%
Tai Ji Quan: Moving for Better Balance - Advanced	163	149	106	9%	71%
Tai Ji Quan: Moving for Better Balance - Beginner	250	212	115	15%	54%
Walk With Ease	223	206	153	8%	74%
Wellness Recovery Action Plan	12	9	6	25%	67%
Grand Total	3184	2821	1732	11%	61%

2024 Classes by Program

Program	Total Number of classes
Stay Active and Independent for Life	52
A Matter of Balance	22
Diabetes Prevention Program	19
Stepping On	16
Tai Ji Quan: Moving for Better Balance - Beginner	16
Arthritis Foundation Exercise Program	12
Walk With Ease	12
Living Well With Chronic Conditions	11
Tai Ji Quan: Moving for Better Balance - Advanced	8

Powerful Tools for Caregivers - Adults	7
Living Well With Chronic Pain	5
Living Well With Diabetes	5
Wellness Recovery Action Plan	1
Grand Total	186

As a network, we have served 2,821 participants so far in 2024! We often get asked what the most popular class is. For 2024 the most popular class has been SAIL, which is not surprising as we have also had more SAIL classes than any other class.

One important data point to pay attention to is no-show rate. “No-show rate” means the percentage of participants who enroll in a class but never come to a class session. This data point helps us know how many participants to recruit to have a full class. For example, if we know that SAIL has a no-show rate of 11% and we want to have a class of 20, we know we need to enroll 23 participants.

Thank you!

Thank you for all you do to help people take control of their well-being. As always, please reach out with any questions or concerns you have. I speak for the Juniper team when I say we are grateful for your partnership!

