

MOVE TO BE STRONG!



VON SMART NEWSLETTER



AUGUST 2022

Welcome Summer!

The summer months are a time of fun, adventure and relaxation for many. However, as we age, our physiology changes in ways that boost sensitivity to summer's heat, humidity, and sun exposure. In addition to physiological factors like reduced sensitivity to thirst, poorer circulation and higher incidence of chronic conditions, older adults are especially vulnerable to heat-related illnesses.

Here are some tips to help you stay safe this summer:

- Check the weather daily
- Wear appropriate clothing
- Prevent dehydration
- Be aware of overheating
- Stay cool
- Avoid Sunburns
- Keep bugs at bay
- Avoid outdoor activity risks
- Seek the shade

Additionally, our fitness friends from the Windsor Essex County Fall Prevention Committee (WECFPC) have put together some summer fall prevention tips that can be found on the next page.

The VON SMART Program

Helping to keep our community dwelling older adults active, engaged and free from falls!

For more information about SMART exercise classes and fall prevention workshops please contact:

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Summer Fall Prevention Tips

Take a moment to review the summer time fall prevention tips created by the Windsor Essex County Fall Prevention Committee (WECFPC)

SUMMER FUN

- Wearing open-toed shoes or flip-flops is a falls-risk; snug fitting shoes are much better
- Wet or uneven surfaces can create fall hazards
- Outdoor areas should be well lit
- Dehydration can have a negative impact



VON SMART Team from around Erie St Clair

Top Left: Sarnia Fall Prevention Workshop

Top Right: Blenheim Seniors Fair

Bottom Right: DROM Workshop ElderCollege



Did You Know?

Anyone can fall, but as you grow older, the risk increases. Every year one in three seniors will fall. Fall prevention isn't just about stopping falls before they happen. It's about keeping your independence.

Older adults want to live active and independent lives. Taking care of your feet and shoes are important to help prevent falls. If your feet are sore, nail care is poor, or if you have foot problems, the way you walk can change. Feet that are healthy and pain free can help you keep your balance.

Foot Care

- Check your feet often for corns, open sores, redness, dry skin and thickened nails. Ask for help or use a mirror if needed
- Wash your feet in warm, not hot, water
- Dry your feet completely after washing, especially between your toes.
- Trim your toenails straight across and not too short
- Address swollen feet by putting them up on a stool when you sit down
- See a healthcare professional if you have diabetes, or if you sense pain or any changes in your feet

Footwear

- Wear well-fitting shoes that provide support and allow room if your feet swell
- Buy shoes late in the day, if your feet swell
- Avoid walking in bare feet, stocking feet or floppy slippers with an open heel
- Wear supportive footwear inside your home

https://www.findingbalancenb.ca/files/ugd/c0d3aa_9ceb83faecfd448c94cf2a1f45c29745.pdf



Monthly Feature: VON SMART Instructor



Scott Duff

Scott has been a part of the VON SMART Team for just over 3 years. He thoroughly enjoys being a Seniors Fitness Instructor and feels "this is the best job of my life!" "The greatest reward from this position is seeing the participants become stronger and improve their balance to reduce their risk for falls." Scott has made many fitness friends during his time with the VON SMART Program and also enjoys the social component to the program.

Scott has had the opportunity to live in various places such as Windsor, Chatham, London, Edmonton, and Chicago. He is a Bachelor that lives with a cat. He likes to refer to himself as a "Catchelor" – the new term for a Bachelor living with a cat or cats! Yes, Scott enjoys making people laugh because laughter, like exercise, is medicine.

Scott highlights it has all been such a great experience working in the VON SMART Program and working with the SMART VON Management, Staff, and all of our community partners.

Resources

[McMaster Optimal Aging Portal](#)

[Healthy Aging Research | McMaster Optimal Aging Portal](#)

Foot health: A ground-up approach to preventing falls

<https://www.mcmasteroptimalaging.org/blog>



Having trouble staying upright? If so, make sure your feet are in good health. This ground-up approach might be just what you need to keep your feet firmly planted on the ground.

You've heard it before...falls are the number one reason why older adults in Canada end up in the hospital. Aside from minor scrapes and bruises, a fall can make you fearful of falling again, and can also lead to serious injury, or even death. Falls—which can happen just about anywhere —also cost the health care system billions of dollars each year.

There are lots of ways to prevent falls, including exercise, reviewing your medications, or getting your vision checked. Foot health is also important, but this strategy tends to receive less attention...until now, that is. Recently, there has been more research connecting falls to things like foot pain, weak muscle strength, poor range of motion in your ankle, and bunions. Shoes can also be a problem, especially if they have a high heel, don't have a strap, or have little contact with the sole of the foot.

If you're worried about your foot health, you may want to see a podiatrist. Podiatrists specialize in taking care of feet, and will assess, diagnose and treat lower limb problems to improve your ability to move. Possible treatments include removing unhealthy tissue, surgery, changing footwear, or orthotics.

In Canada, you don't need a referral from your doctor to see a podiatrist. And although they are not covered everywhere, podiatric services may be covered, at least in part, by some provincial health plans or by private insurance.

As you age, taking care of your feet could improve your chances of staying on them. This means that visiting a podiatrist may be one type of 'trip' worth making.

VON Updates

Happy Civic Holiday from the VON SMART Team



As a reminder there will be no classes Monday August 1st, 2022

VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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