

MOVE TO BE STRONG!



VON SMART NEWSLETTER



FEBRUARY 2022

Welcome February,

The VON SMART Team is happy to announce the resumption of SMART classes at our Rest and Retirement and community locations. Classes will begin to resume on Monday January 31st, 2022 with precautions in place to ensure the safety of participants and staff. The SMART instructors will continue to follow PPE guidelines and cleaning regiments.

We want to thank each and everyone of you for your continued patience as we navigate through these uncertain times. We are looking forward to reconnecting with our Fitness Friends!

To find out more about the VON SMART program, register for classes and to arrange for the resumption of VON SMART classes at your location, please find the contact information for Program Supervisor, Khrista Boon and Program Coordinator, Meghan Simon in the adjacent column.

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:

Khrista Boon, Supervisor
(khrista.boon@von.ca)

-or-

Meghan Simon, Coordinator
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February is Heart Month

HEART DISEASE *in* CANADA

It is the **2nd** leading cause of death *among Canadians*

Also known as **ischemic heart disease** or **coronary heart disease**, **heart disease** refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death.

According to 2012/13 data from the Public Health Agency of Canada's *Canadian Chronic Disease Surveillance System (CCDSS)*:



ABOUT
1 in 12

(or **2.4 million**) Canadian adults age 20+ live with diagnosed heart disease

EVERY
HOUR

12 Canadian adults age 20+ with diagnosed heart disease die



DEATH
RATE is

3x higher among adults age 20+ with diagnosed heart disease vs those without

4x higher among adults age 20+ who had a heart attack vs those without

6x higher among adults age 40+ with diagnosed heart failure vs those without

HEART DISEASE AFFECTS **MEN** AND **WOMEN** DIFFERENTLY



MEN are **2x more likely** to suffer a heart attack than **WOMEN**

MEN are newly diagnosed with heart disease about **10 years younger** than **WOMEN**



The **GOOD NEWS** is that from 2000/01 to 2012/13:



The number of Canadian adults newly diagnosed with heart disease **declined** from **221,800** to **158,700**.

The death rate, or the number of deaths per **1,000 individuals** with a known heart disease, has **decreased** by **23%**.

Reduce your risk of heart disease by:

- ✓ being **smoke free**
- ✓ staying **physically active**
- ✓ eating a **healthy diet**
- ✓ maintaining a **healthy weight**
- ✓ **limiting alcohol use**

DYK?

The **early detection** and **management** of medical conditions such as high blood pressure, diabetes and high cholesterol can help you reduce your risk of heart disease.



 @PHAC_GC

Learn more about heart disease by visiting the *Public Health Agency of Canada* at www.phac-aspc.gc.ca and *Heart and Stroke Foundation* at www.heartandstroke.ca

For more information about the data and methods, VISIT spes.canada.ca and DOWNLOAD: Overview of algorithms for the surveillance period 1995/96 to 2011/12.

DATA SOURCES & ACKNOWLEDGMENTS: Public Health Agency of Canada (PHAC), using CCDSS data files contributed by provinces and territories, as of May 2016. Data from Yukon were not available. These data were made possible through collaboration between PHAC and all Canada's provincial and territorial governments, and expert contribution from the CCDSS Heart Disease Working Group. The infographic was developed by PHAC; no endorsement by the provinces and territories is intended or should be inferred.

Did You Know?

In Canada, 63% of older adults (aged 65+) report that they have been treated unfairly or differently because of their age.

Ageism, or age discrimination, is unfair treatment or stereotyping based on a person's age. Ageism is everywhere, including Canadian media and is the most socially normalized form of discrimination.

Ageism can have negative effects on the health of older adults. Studies have shown it can cause cardiovascular stress, lower levels of self-efficacy, and lead to decreased productivity.

What can we do to tackle Ageism?

Join the campaigns to increase awareness and understanding of aging in the media, general public, policy-makers, employers and service providers.

- Campaigns for legislations and policies against age-based discrimination
- Ensuring a balanced and positive view of aging in the media
- Have a positive self-image! Embrace the aging process, and encourage others to do the same

Reflection

Have you ever experienced ageism? How did you handle the situation?



Monthly Feature: VON SMART Instructor



Meghan Simon

I am the VON SMART Team Program Coordinator for Chatham-Kent and SMART Group Fitness Instructor. I have been with the VON SMART team since November 2020. I am a Registered Kinesiologist and have been practicing since 2009.

I have spent much of that time working in the Long-Term care and Rest and Retirement setting. I have a passion for helping older adults stay active and achieve the best quality of life they can.

In addition to my SMART training other certifications include Activator and Urban Poling, Strategies and Actions for Independent Living (SAIL) and I am in the process of achieving the Bonenefit certification.

Resources

McMaster Optimal Aging Portal

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

Four things you can do to prevent slips and falls this winter

[4 things you can do to prevent slips and falls this winter \(mcmasteroptimalaging.org\)](#)

Winter is here, which means the snow is falling and the ground is icy as temperatures fluctuate. This can pose a challenge for older adults as surfaces such as walkways, steps, driveways, and sidewalks become extra slippery which can increase the risk of falling. Falls are the number one reason for injury-related hospitalizations for older adults. In Canada, 1.6 million seniors fall each year, and more than half of those falls result in serious injuries.

Below are a few fall prevention strategies to help keep you steady on your feet this winter and beyond.

Don't be afraid to ask for help

If the thought of shovelling your walkway or driveway is daunting, consider asking a friend, family member or neighbour to help you clear snow and salt surfaces. If that's not possible, consider hiring a paid service for support. Minimizing your risk of falling will prevent injury and ensure you don't end up in the hospital unnecessarily.

Check your footwear, and your foot health

Be it issues with your shoes or feet, being mindful of your foot health is an important for preventing falls. Podiatry care, specifically multicomponent care (e.g., podiatrist care with advice, information, exercises, and footwear and/or orthotics) and multifaceted care (e.g., risk assessment by a diverse team of professionals and a referral to a podiatrist) may reduce falls in older adults.

Work on your balance and build strength

Exercise programs that promote better balance and build strength can also help you stay steady on your feet. Try doing a Yoga or Pilates class from home to help with core strength. Many instructional classes are available online and through apps and can guide you safely through a practice in the comfort of your own home.

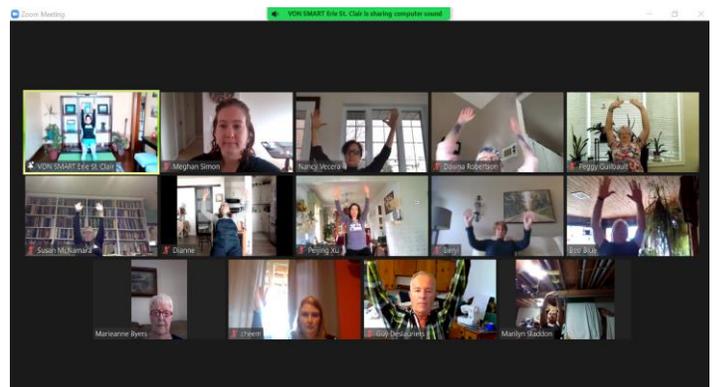
Minimize hazards

Are there hazards in and around your home such as poor nighttime lighting or steps without a handrail? You can reduce your risk of falling by minimizing these hazards, creating a safer overall environment. Take notice of areas that might pose a challenge and consider what additions could make an improvement. Ask a family, friend, or caregiver how they could help make any changes that need to be made or assist with finding a professional to get the job done.

For older adults living alone, it is important to ask for help when you need it, especially when it comes to things like shovelling snow. Taking a ground-up approach to your foot health and ensuring you have the proper footwear for the conditions is also important in preventing slips and falls. Improving your strength and balance through exercise and minimizing hazards in and around your home are also tools in your prevention toolkit.

VON Updates

Although COVID has kept us apart. The VON SMART Team continues to Stay Active and Connected!



VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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<http://www.vonsmart.ca/>