

MOVE TO BE STRONG!



VON SMART NEWSLETTER



JANUARY 2022

Happy New Year!

Please be advised that due to the Ministry update of Directive 1 related to mask use and with the number of COVID cases rising in the district, the VON in-person exercise program will be paused effective December 24th to January 17th. We will re-evaluate the situation prior to January 17th and notify you if we are unable to resume in-person classes. Virtual classes will continue as scheduled.

We are very sorry that we are again at this place after spending months planning and re-opening our program. However, we want to ensure the safety of all participants and staff.

Stay Safe Everyone

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
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-or-

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Looking back at 2021



Virtual SMART Class- Parkinson's Support Group in Leamington and SMART Instructor Susan B



SMART Class Participants enjoying the Reflections Journals



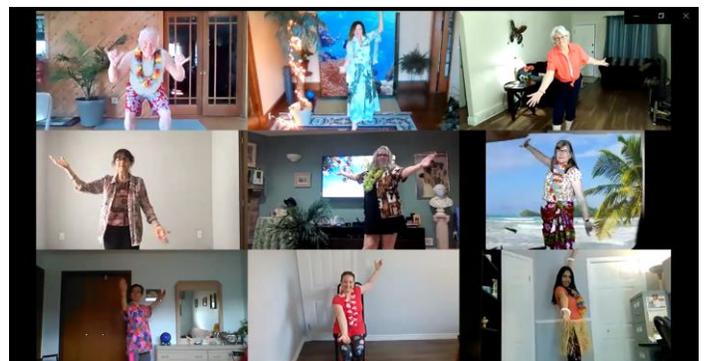
Virtual SMART Class- Lifetimes on Riverside and SMART Instructor Peggy X



VON SMART Class at Wellings of Corunna and SMART Instructors Dianne W and Anne C



Virtual In-Home Participant and SMART Instructor Meghan S



VON SMART Instructors virtually performing the Hukilau Dance; a great challenge to our coordination and cognition!

Did you know?

Everyone loves to experience and enjoy the great outdoors, whether it is during the warm summer months or on chilly snowy days! Falls outdoors most often occur on porches or parks, but can also be due to an uneven sidewalk or surface, curbs or by slipping and falling. DO not let the fear of falling stop you from enjoying the beautiful Canadian weather in all four seasons!

Tips to help you stay safe while you enjoy being outside:

- Ensure adequate lighting around your house, including stairways and porches
- Try adding abrasive strips or rubber stair treads on your deck or porch, or install a ramp for easy access
- Keep steps, walkaways, decks/porches clear of obstacles in your path
- Try to stay on level ground. If you do wander onto uneven terrain, be aware and watch for holes or obstacles in your path
- Hire, or ask someone to help you with shoveling your driveway or walkways, and other yard work
- If you notice sidewalks in your area need some TLC, be sure to reach out to your Municipality so they can complete repairs as needed
- Dress for the conditions. Make sure you are wearing proper footwear and clothing
- Make sure you have a phone so you can contact someone if you do happen to have a fall

Reflection

Have you ever had a fall outside of your home? Is so what happened? Could this fall have been prevented?



Winter is here... Make sure you are staying safe!

Do the Penguin Walk!

Stay healthy and active, avoid a fall and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



 Alberta Health Services

www.penguinwalk.ca

Resources

McMaster Optimal Aging Portal

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

Staying active as the seasons change

[Staying active as the seasons change](#)

[\(mcmasteroptimalaging.org\)](http://mcmasteroptimalaging.org)

As the days get shorter and the temperature continues to drop, you may find yourself feeling a bit sluggish and want to stay indoors. During the summer months, when the sun was shining and the days were longer, it was easier to enjoy a brisk walk outdoors or get some exercise while working in the garden. Physical activity is not only important for our physical health, but it also has immense benefits for our mental health. Read on for a few helpful suggestions on how to keep your body moving through the remaining weeks of fall and throughout the winter months.

Make exercise plans with a friend

Research suggests that your peers can help you stay active. Peer-led exercise programs and peer-support programs can help keep you accountable and motivate you to continue to exercise. Whether it be a walk outdoors, a virtual class online, creating a schedule and committing to a plan with a friend can help you stay on track while making you feel like you are part of a community.

Stretch and strengthen with Yoga and Pilates

Yoga and Pilates both have many positive benefits to your overall health. They can improve strength, balance and mental wellbeing. They are also generally safe exercises to do from home using digital aids like DVDs, online classes and videos, and mobile apps. Roll out a mat, grab some water and a towel, and make sure you clear some space around you to move. If you're new to either exercise, remember to start slowly and be mindful of your health status, abilities, and limitations.

Switch up your regular walking routine

Nordic walking is a safe and very effective form of exercise that is particularly well-suited to older adults. There is evidence that this form of walking provides a better total fitness result relative to regular walking and resistance training in healthy older adults, as the use of poles during walking can help build arm and upper back muscles. It can be undertaken in a variety of settings, including urban and outdoor locations and on surfaces such as concrete, grass, or artificial track.

Staying physically active is important for our mental, cognitive, and physical health while at home. Whether it be trying something new, exercising with a friend, or sticking with a routine you know and love, you'll reap the many benefits that come with being active.

VON Updates and Support

Merry Christmas and Happy New Year from the VON SMART Instructors!



VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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