

MOVE TO BE STRONG!



VON SMART NEWSLETTER



JULY 2022

On Tuesday, July 5, 2022, Parachute will celebrate the sixth National Injury Prevention Day in Canada to raise awareness about the devastating effects of predictable and preventable injuries for Canadians of all ages.

Parachute's National Injury Prevention Day (NIPD) is a day to raise awareness around the importance of injury prevention and aid Canadians to live long lives to the fullest through education and advocacy. Health Canada recognizes this date as an official national Health Promotion Day.

Parachute invites everyone in Canada to "light up green" on July 5, 2022, to raise awareness about the importance of injury prevention.



<https://parachute.ca/en/program/national-injury-prevention-day/>

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 Erie St. Clair (khrista.boon@von.ca)
- Melissa Baldock, Coordinator Windsor-Essex (melissa.baldock@von.ca)
- Meghan Simon, Coordinator Chatham-Kent (meghan.simon@von.ca)



Nation Injury Prevention Day July 5th, 2022

The Cost of Injury in Canada

Fall-related injuries in seniors*

Parachute
PREVENTING INJURIES. SAVING LIVES.

Falls are the **No.1 cause of injuries** in seniors

Seniors' falls injuries cost the health-care system \$5.6 billion a year and \$15.3 million a day

Costs of injuries among seniors, by cause:

Falls	\$5.6 billion
All other injuries	\$1.9 billion

Top types of falls that lead to serious injury and death:

- Falls on the same level (slipping, tripping or stumbling)
- Falls involving furniture
- Falls on stairs

Falls are preventable. Learn more: parachute.ca/seniorsfalls

Fitness Friends Move to Stay Strong and Prevent Injuries



Featured in the images above are VON SMART classes from Windsor Essex, Chatham-Kent and Sarnia- Lambton

Did You Know?

A fall is defined as an event which results in a person coming to rest inadvertently on the ground or floor or other lower level. Fall-related injuries may be fatal or non-fatal though most are non-fatal.

Globally, falls are a major public health problem. An estimated 684 000 fatal falls occur each year, making it the second leading cause of unintentional injury death.

While all people who fall are at risk of injury, the age, gender and health of the individual can affect the type and severity of injury. It is important to bring awareness to Fall Prevention Across the Life-Course.

A range of interventions exist to prevent falls across the life-course. For older adults these include, but are not limited to, the following:

- Gait, balance and functional training
- Tai Chi
- Home assessment and modifications
- Reduction or withdrawal of psychotropic drugs
- Multifactorial interventions (individual fall-risk assessments followed by tailored interventions and referrals to address identified risks)
- Vitamin D supplements for those who are Vitamin D deficient



MAKE YOUR HOME SAFER



GET YOUR VISION AND HEARING CHECKED



REVIEW YOUR MEDICATIONS WITH YOUR DOCTOR



STAY ACTIVE AND EXERCISE

<https://www.who.int/news-room/fact-sheets/detail/falls>

Monthly Feature: VON SMART Instructor



Beryl Devere

I am currently a volunteer with the VON SMART Program assisting with the coordination of community exercise classes and Fall Prevention Presentations. I have been with VON for over 10 years. I started as a volunteer in the SMART In-Home Program.

I have worked in the Physiotherapy field for nearly 40 years after starting my training in England. I completed my SMART Instructor training through the VON 8 years ago after retirement.

I have two grown children and two grandchildren. I love puzzles of any kind, and reading crime novels.

Resources

[McMaster Optimal Aging Portal](#)

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

Strategies to keep you steady on your feet

[strategies-to-keep-you-steady-on-your-feet](#)



For older adults, the risk of falling is very real. Globally, falls are the second leading cause of death from unintentional injury. The good news is, there are things you can do to actively reduce your risk of falling and prevent injuries from happening. Incorporating exercises into your daily routine that involve some form of resistance training can help build flexibility. Maintaining foot health is also important, as older adults experience changes in muscle strength that can increase their risk of falling.

Regular exercise carried out at least 3 times per week for 12 months can lower the risk of falls and reduce the number of falls that lead to injury. Tai chi, resistance training and exercises aimed at improving flexibility such as yoga are beneficial to maintaining balance and strength.

Studies have shown that combining exercise with other strategies can also reduce your risk of falling. This might involve things such as assessing your foot health, reviewing the medications you are taking with your healthcare professional, getting your vision checked, and modifying your living environment to reduce tripping hazards.

It is important to remember that falling should not be considered inevitable. There are many things you can do to keep your feet firmly planted on the ground. Speak with your healthcare provider, and consider your personal circumstances, when deciding which strategy is best for you.

VON Updates

Thank you notes from the community and clients we serve are always appreciated by our team, but this hand-crafted origami heart was especially touching!

#VON125 #ThankYou



Happy Canada Day from the VON SMART Team



As a reminder there will be no classes Friday July 1st, 2022

VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

Khrista Boon, Program Supervisor: khrista.boon@von.ca

Melissa Baldock, Coordinator melissa.baldock@von.ca

Meghan Simon, Coordinator: meghan.simon@von.ca

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