

MOVE TO BE STRONG!



VON SMART NEWSLETTER



JULY 2021

VON SMART Class Resumption

As the Province moves forward with the RoadMap to Reopen and with recent updates to Directive # 3 for Rest and Retirement Homes, we are happy to announce we are moving forward with the resumption of in-person VON SMART Exercise and Fall Prevention programs.

While keeping safety in mind we have created the VON SMART Reopening Checklist to be completed by each Retirement Home partner. All SMART Instructors will adhere to PPE, sanitizing and social distancing protocols.

At this time, we continue to offer outdoor classes, weather permitting, and virtual programming if in-person is not an option.

We are pleased to be reconnecting with our Fitness Friends! The SMART Team is looking forward to seeing each of your smiling faces and is ready to help everyone *MOVE TO BE STRONG!*

The VON SMART Program

Helping to keep our community dwelling older adults active and engaged!

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

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-or-

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National Injury Prevention Day, July 5th 2021



On Monday, July 5, 2021, Parachute will celebrate the fifth National Injury Prevention Day in Canada to raise awareness about the devastating effects of predictable and preventable injuries. Our goal is to educate others and help all Canadians live long lives to the fullest.

Quick facts

Every day, 48 Canadians die and 634 are hospitalized because of injuries.

Preventable injury kills more Canadian children than any disease, and more youth than all other causes combined.

75 per cent of injury-related deaths are from unintentional causes, such as falls, car crashes and poisonings.

Falls are the leading cause of injury deaths, hospitalizations, emergency department visits and disabilities in Canada.

We have made improvements in the area of injury prevention, but there's still more work to do.

[National Injury Prevention Day – Parachute](#)

NATIONAL INJURY PREVENTION DAY

Light up Canada!

Municipalities across the nation will show support for National Injury Prevention Day (NIPD) by lighting up major landmarks in the distinctive "Parachute green" on July 5th, 2021 to honour the initiative.



Niagara Fall National Injury Prevention Day 2020

DID YOU KNOW?

Falls are the most common cause of injury among older Canadians. The consequences of a fall can be serious, ranging from minor injuries, to hospitalizations or much worse.

Be Prepared Before You Fall

- If you are prone to falls, are in poor health or have poor balance, make sure you have a plan in case you do fall. You may also consider using a personal alarm system that is connected to emergency response teams
- In commonly used rooms, make sure you have a phone that can be easily reached from the floor
- Keep a blanket within reach of the floor in case you are unable to get up from a fall and you need to keep warm
- Have someone close to you, check on you daily and let them know if you will be away.

Do you have a plan in case you fall?

What to do after a fall... if you CAN get up

The first thing to do is to catch your breath. Check and see if you are injured. Even if you think you're OK, take your time before getting up again.

Follow these five steps for getting up:

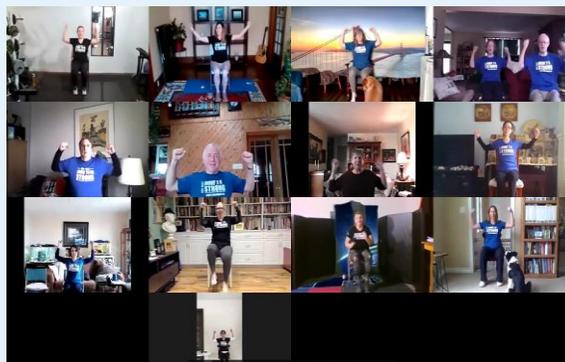


Move to be Strong: how a VON family is keeping seniors moving

With COVID-19 lockdowns keeping seniors safe, but isolated from family, friends and their regular activities, we knew that providing as much normalcy and social contact as possible was critical.

For the full article please visit:

[myvon-spring-2021.pdf](#)



Happy Canada Day from the VON SMART Team



VON Updates and Support

#Teamwork

Resources

McMaster Optimal Aging Portal

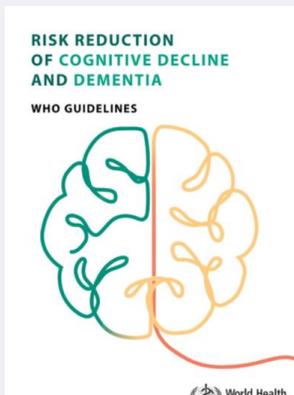
[Healthy Aging Research](#) | [McMaster Optimal Aging Portal](#)

[How to Promote Brain Health](#)- Discover six ways you can promote brain health and reduce your risk of developing dementia.

By taking this interactive lesson, you'll learn how managing the following six factors can help promote brain health and reduce your risk of developing dementia

- Physical activity and weight management
- Diet and nutrition
- Blood vessel health
- Smoking and alcohol use
- Brain and social activity
- Other health condition and drug side effect

[How to Promote Brain Health](#) | [McMaster Optimal Aging Portal](#)



We  our
Residents™
Landmark Village



Over the last week, VON Sarnia-Lambton partnered with Landmark Village to help reach deserving seniors in our community and provide them with a voucher for a hot lunch, courtesy of the retirement home. We are forever grateful for the wonderful partnerships created in our area that help us better serve those who live here.

VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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