

MOVE TO BE STRONG!



VON SMART NEWSLETTER



JUNE 2022

June is Seniors Month in Ontario!

The theme for 2022 is Stay Active, Connected and Safe!

Stay Active: join in meaningful activities to help stay physically and mentally healthy

Stay Connected: look for social, learning, volunteer, or recreational programs to help stay socially connected with others

Stay Safe: protect yourself and your family from illness, fraud, and other risks – find community supports in your area

Take a moment this month to recognize and celebrate all of the older adults in your life.

For more information, visit:

<https://www.ontario.ca/page/celebrating-seniors-ontario>



The VON SMART Program

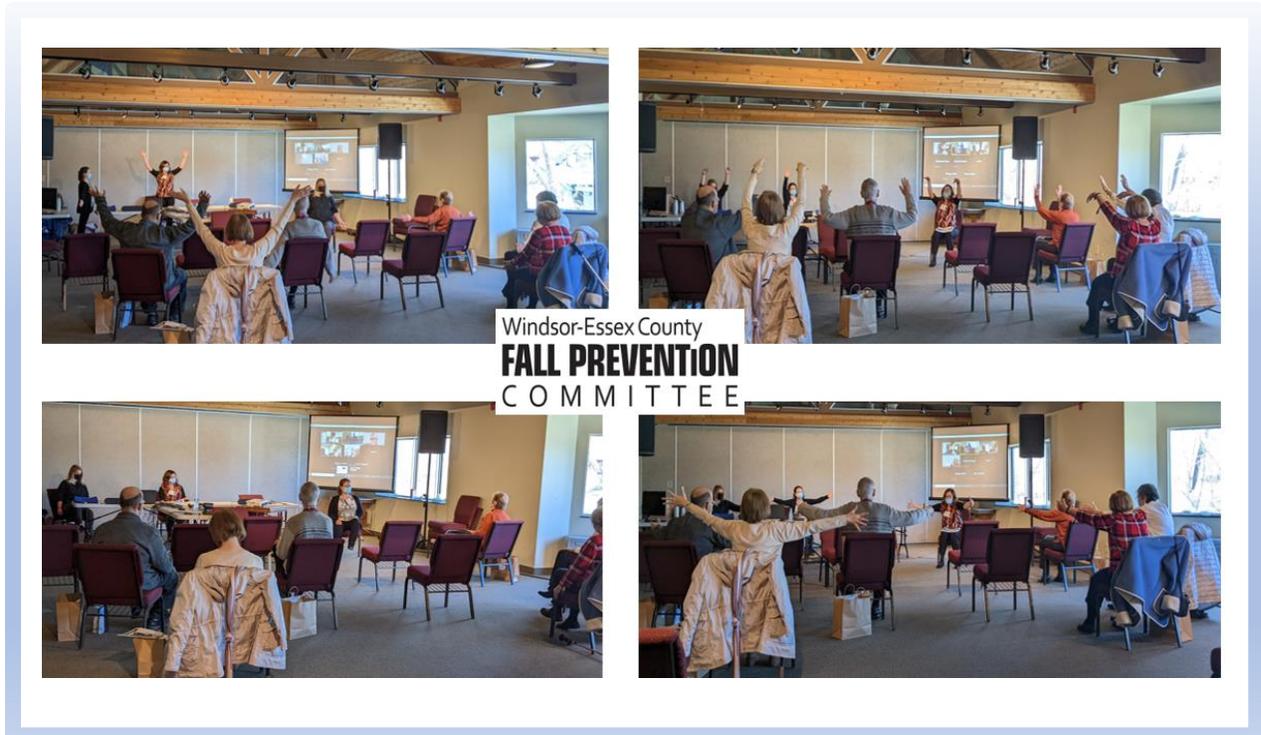
Helping to keep our community dwelling older adults active, engaged and free from falls!

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
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Fall Prevention Workshops



Featured in the image above is Windsor Essex County Fall Prevention Committee (WECFPC) members Khrista B., Meghan S. and Caterina O. In March, they were invited to present a Fall Prevention Workshop through ElderCollege in Windsor.



Featured in the image above is VON SMART team members Beryl D., Tara H., Dianne W., and Marilyn T. They were invited to present a Fall Prevention Workshop at Wellings of Corunna.
Great job team!

Did You Know?

In May we featured tips for vision care and how it relates to fall prevention. Did you know your hearing can have an important role in fall prevention as well?

Hearing impairments and loss can increase your risk for falls. The risk for falls increases for people with severe hearing loss.

How does hearing loss increase your risk of a fall?

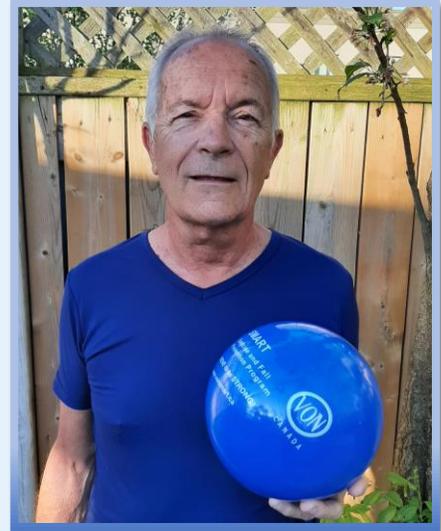
- People with hearing loss have less environmental awareness
- Your inner ear provides sensory information about where you are/motion/maintains equilibrium
- People with hearing loss need to use more of their mental resources to hear, so they have less mental energy for other tasks such as balancing

What can you do:

- Talk to your doctor about any ear or hearing problems you may be experiencing at your next visit
- Ensure you are wearing your hearing aids as recommended
- Have your hearing aids checked regularly to ensure they are in good working order



Monthly Feature: VON SMART Instructor



Guy Deslauriers

Guy has been with the VON SMART team since February 2014. He began leading a class in Pain Court in French, a class which he still teaches today. He now teaches classes in Chatham, Blenheim, Pain Court and Tilbury.

He initially started teaching fitness classes at Goodlife in 2010. He has worked to achieve many certifications such as Fitness Instructor Specialist with Canfitpro, Bodyflow, Yogafit (parts 1,2 and Seniors), Pilates, Taijifit, PiYo, Essentrics (levels 1 and 2), Ageless Grace, Bonenefit and DROM which he currently offers in Blenheim.

Guy is a retired High School Science and Chemistry teacher. He taught at French language high schools in the region, in Windsor and Pain Court.

His hobbies include gardening, traveling, creating stained glass windows and fused glass artwork and teaches a beginner class in stained glass work.

Resources

McMaster Optimal Aging Portal

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

The importance of hearing and speaking as we age

[The importance of hearing and speaking as we age](#)
(mcmasteroptimalaging.org)



Our ability to hear and speak allow us to communicate with others and are an important part of our emotional and social well-being. Issues with our hearing or speech that prohibit us from communicating can pose significant challenges such as social isolation.

Hearing loss is the third most prevalent chronic condition in older adults and the most widespread disability. Aging is the number one cause of hearing loss in Canada. Some changes in our ability to hear are part of normal aging and some are not. Hearing loss may affect our social interactions and even place us at risk for other health problems, like dementia or falls.

The good news? Ninety per cent of older adults with hearing loss can improve communication with a properly fitted hearing aid, counselling or environmental changes

For older adults, challenges with speech may be the result of a stroke. 'Aphasia' is the term for language difficulties – including trouble speaking, listening and understanding, reading and writing after experiencing a stroke. Fortunately, most people recover language skills, though the rate at which they regain abilities – and whether they make a full recovery – varies depending on the individual.

VON Updates

VON SMART, in partnership with Kensington Court Retirement Residence in Windsor, is pleased to announce a FREE four-part Fall Prevention Workshop being offered throughout the month of June 2022.

The workshops will take place at

Kensington Court
1953 Cabana Rd W, Windsor
on the following dates:

- Tuesday June 7th, 2022 at 2:00pm
- Tuesday June 14th, 2022 at 2:00pm
- Tuesday June 21st, 2022 at 2:00pm
- Tuesday June 28th, 2022 at 2:00pm

For more information
contact Lisa Rufo at Kensington Court at:
(519) 966-8558



Kensington Court
Retirement Residence

Interested in bringing a **FREE** Fall Prevention Workshop to your location?

Connect with Khrista Boon, Melissa Baldock or Meghan Simon with the contact information below for more details.

VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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