

MOVE TO BE STRONG!



VON SMART NEWSLETTER



JUNE 2021

Seniors Month- June 2021

The theme for this year's Seniors Month in Ontario is **Stay Safe, Active and Connected**. Although over the last year we have all been faced with many challenges due to the pandemic, the impact upon older adults and seniors has been significant. Many have faced social isolation and lack of physical activity with the ongoing threat of COVID-19.

The month of June is a time when we recognize our amazing older adults and the contributions they have made in our communities.

The VON SMART program is an essential service that our seniors need access to in order to help maintain their functional fitness, connection with others in the community and to reduce the chance of experiencing a fall.

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:

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

-or-

Meghan Simon, Coordinator
(meghan.simon@von.ca)



HOW TO LOWER YOUR FALL RISK

FALLS CAN BE A SERIOUS RISK TO YOUR HEALTH AND SAFETY. HERE ARE SOME TIPS ON HOW TO AVOID FALLS:

- Stop and smell the roses: **take your time**, don't rush when walking or getting up
- Keep **stairs** and **walkways** free of clutter, ice or snow
- **Use hand rails and grab bars** to keep you steady on your feet
- **Balance your body** through good nutrition, hydration, and gentle stretching exercises
- **Keep an eye on your vision** and get your sight checked regularly
- **Know what you are taking**: talk to your pharmacist or doctor as some medications may make you prone to dizziness and falling
- **Put your best foot forward** in well-fitting, sturdy shoes
- **Light up your life**...and your hallways, stairs, and walkways!
- **Check your home** for **slipping and tripping hazards**
- **Ask for help** if you are worried about falling

Just in case...be prepared for what to do if you fall or witness a fall.
See the Public Health Agency of Canada's helpful publications:
www.publichealth.gc.ca/seniors

How to Lower Your Fall Risk (Infographic)

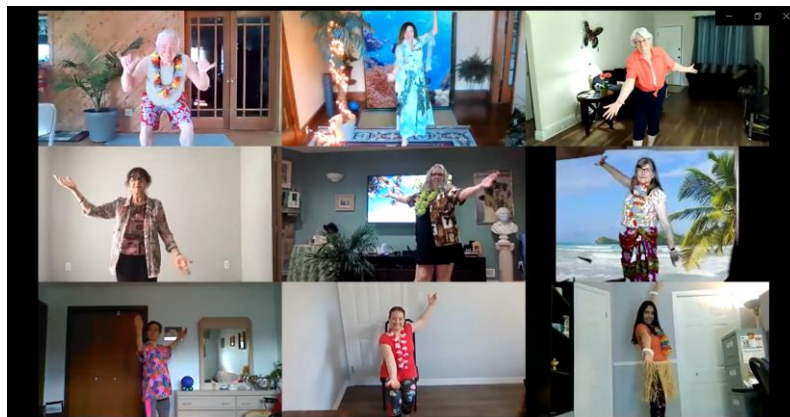
[How to Lower Your Fall Risk - Canada.ca](http://www.publichealth.gc.ca/seniors)

Anyone can fall. But as we age, our risk of falling becomes greater. The good news is that falls are preventable. The first step to avoiding falls is understanding what causes them. Take a moment to review the infographic for simple fall prevention tips.



Hukilau Song and Dance!

A virtual Moving Movement with our VON Seniors Maintaining Active Roles Together (SMART) team. SMART Instructors learned and virtually participated in a Hawaiian Luau Dance! This dance can be done in a seated or standing position and can help to improve balance, coordination, rhythmicity, memory and dual tasking performance.



Speaking of Dance...

Exciting research is currently being conducted to examine the link between **DANCE** and improved gait, balance, cognition and reduced risk for falls. In an effort to keep older adults as active as possible and to help them maintain their best quality of life it is important that physical activity is enjoyable.

Dance provides the perfect opportunity for participants to have fun while being active and also offers a way to challenge the **body** and **mind**. In the Hukilau, the choreography reflects the lyrics in the song so participants find symbolism through movement as it emerges during each learning session.

Dance/movement sequences can be used to enhance balance and coordination and can also be used to improve neural activity. The emerging evidence also suggests there is a positive effect on overall mood and navigating activities of daily living.

DID YOU KNOW?

"If we had a pill that contained all of the benefits of exercise, it would be the most widely prescribed drug in the world"- Ronald M, Davis MD

Benefits of Exercise

- Improved sleep and digestion
- Relieve symptoms of depression and anxiety
- Improved posture and balance
- Stronger muscles and bones
- REDUCE FALLS
- Better circulation
- Strengthened immune system, heart & lungs
- Improved mood
- Maintenance of a healthy weight
- Increased energy
- More confident and more positive outlook
- Increased bone density
- Better breathing
- Heightened awareness and alertness
- Can help manage and minimize symptoms of chronic disease
- Prolonged good health & independence

June is
Seniors Month

Stay Safe, Active and Connected

Celebrating seniors.

ontario.ca/SeniorsMonth



Although Seniors Month may look a little different this year there are many ways we can stay connected, active and engaged.

For more information visit
[Celebrating seniors in Ontario | Ontario.ca](https://www.ontario.ca/page/information-seniors)

A guide to programs and services for Seniors in Ontario

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

Follow Ontario Seniors on Social Media for virtual events during Seniors Month!

- Facebook @SeniorsOntario
- Twitter @SeniorsON and #SeniorsMonth

ParticipACTION Community Better Challenge
June 1-30. Help your community get crowned
Canada's Most Active Community

<https://www.participaction.com/en-ca/programs/community-challenge>

Ontario Senior Achievement Award

- Nominate a Senior who has made significant contributions to your community after the age of 65
- Deadline June 15

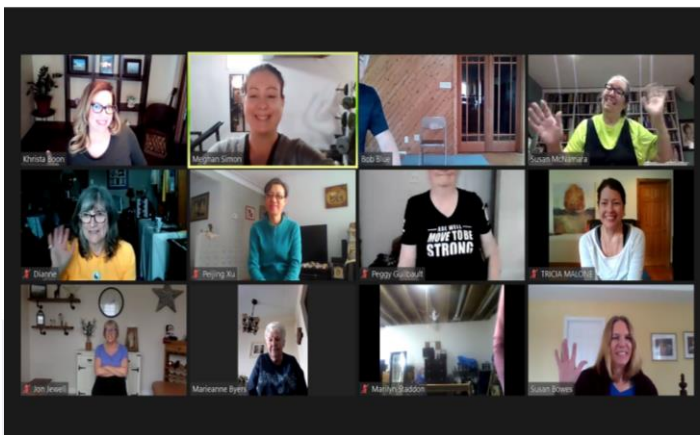
In addition, June 15th is **National Elder Abuse Awareness Day**

For more information and support please visit:
[Elder Abuse Prevention Ontario, Stop Abuse, Restore Respect- EAPON.ca](https://www.eapon.ca)
[Canadian Network for the Prevention of Elder Abuse - CNPEA](https://www.cnpea.ca)

Seniors Safety Line: 1-866-299-1011

MOVE TO BE STRONG!

VON Updates and Support



The virtual smiling faces of the [VON SMART](#) Team!

Resources

McMaster Optimal Aging Portal

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

Walking Speed- Is It a New Vital Sign?

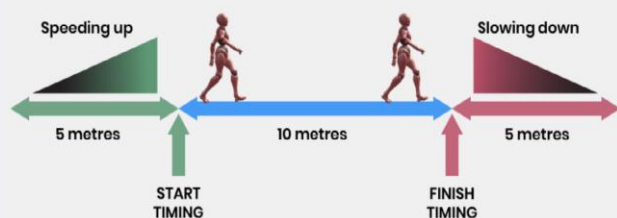
Learn about your walking speed and what it means for your mobility and overall health.

[Walking Speed - Is It a Vital Sign](#) | [McMaster Optimal Aging Portal](#)

Like your heart rate, blood pressure, body temperature, and rate of breathing, walking speed may be an important new vital sign.

By taking this interactive lesson, you'll learn the answers to the following questions:

- What is walking speed and why it is important?
- How does walking speed change with age?
- How is it measured?
- What can be done to improve it?



Live Every Day

VON Canada has been pioneering care at home for over 120 years. Today, we are a highly-trusted non-profit organization that works with our clients, employees, volunteers and partners to provide innovative clinical, personal and social support to people who want the comfort and peace of mind of living in their own homes and communities.

Our Vision: Every life lived to the fullest.

Our Mission: We help people live in their homes and communities by delivering the caring support that they and their families need.

Our vision and mission reflect our commitment to providing care that helps make every day as full of meaning and hope as possible. As a registered charity and not-for-profit corporation, our business is all about the difference we make in people's lives. This commitment sets us apart: everything we do is focused on helping people to live their best lives possible. Every day.

NEW PARTNERSHIP OFFERING VIRTUAL EXERCISE:

The VON SMART team recently partnered with the Amherstburg Community Services to offer a Virtual Exercise Program every Tuesday at 10:30am and Thursday at 1:00pm. The gentle exercise class is done seated in a chair and is offered via Zoom. A small ball and resistance band are offered for free. If you would like more information or to register please see contact information below.

VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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

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

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