

MOVE TO BE STRONG!



VON SMART NEWSLETTER



SEPTEMBER 2022

What is healthy aging?

Take a moment to reflect on the positive aspects of growing older, and what healthy aging means to you. While genetics do play a role in the aging process, they are not within our control to change or alter. However, other factors such as exercise, a healthy diet, regular doctor visits, and taking care of our mental health are within our control. As a result, it has never been more important to develop healthy habits as we age to help us achieve and maintain our best quality of life.

Healthy aging encourages you to act how you feel, instead of 'acting your age', or how society thinks you should be acting! Take charge of your overall well-being, by aging with a healthy body and mind.

Making small, daily changes can add up to significant health benefits. On the next page you will find a few tips to help you age-well.

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:

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Healthy Aging Tips

No matter what your age, you can stay at your personal best to age successfully!

Get Moving!

- Exercise regularly to maintain a healthy body and brain. Stay steady on your feet with balance exercises to help prevent falls.

Healthy Eating

- Make it a habit to eat a variety of vegetables and fruits, whole grain foods, and protein rich foods daily. Additionally, stay hydrated by drinking water instead of sugary drinks.

Get a Good Night's Sleep

- Not getting enough quality sleep can make a person irritable, depressed, forgetful, and more likely to have a fall or other accidents. Try following a regular sleep schedule.

Regular Doctor Visits

- Going to the doctor for regular health screenings is essential for healthy aging. It is equally important to have your vision and hearing checked regularly as well.

Combat Social Isolation and Loneliness

- Staying connected with others may help boost your mood and improve your overall well-being. Stay in touch with family and friends in person, over the phone, or virtually.

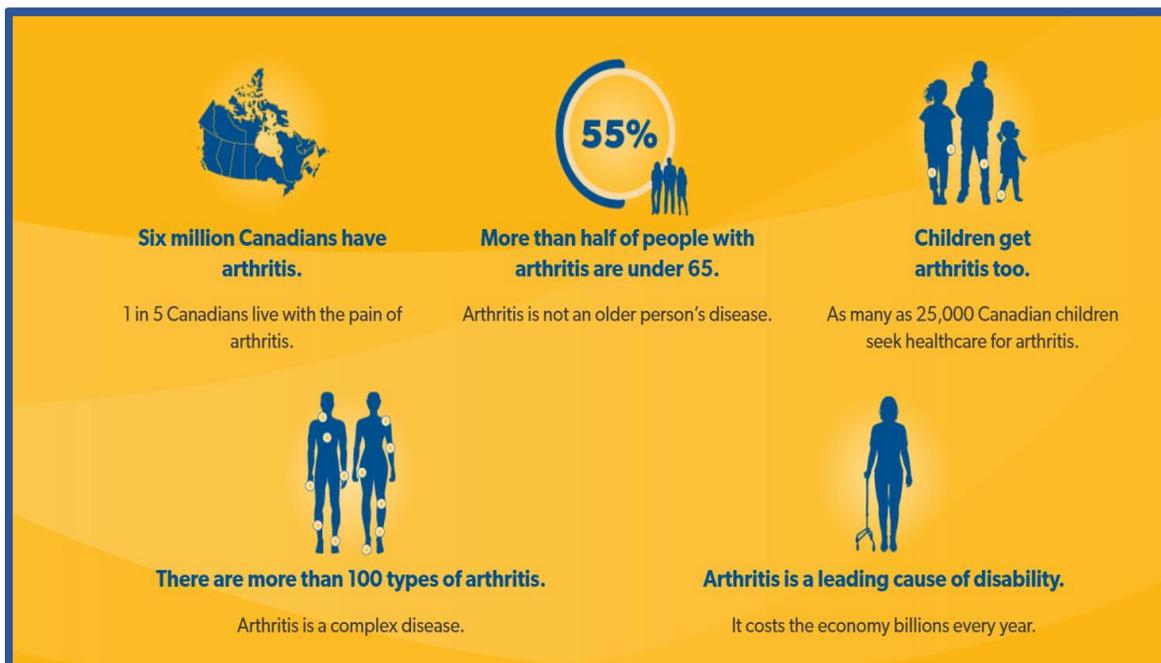
Take Care of your Cognitive Health

- Exercise your brain! Learning a new skill can improve memory function; try challenging yourself to complete a Sudoku or word puzzle daily.

September is Arthritis Awareness Month in Canada

Take a moment to review the infographic below from the Arthritis Society

<https://arthritis.ca/impact/fightthefire.html>



Did You Know?

Osteoarthritis (OA) is the most common type of arthritis. It affects more Canadians than all other forms of arthritis combined. OA is a progressive disease of the whole joint that leads to breakdown of joint cartilage and the underlying bone.

Common osteoarthritis joint symptoms include pain, stiffness, swelling, crepitus, instability and dysfunction.

The joints most commonly affected by osteoarthritis are the following:

- knees
- hips
- spine
- hands
- big toes

While the risk of OA increases with age, OA is not an “old person’s disease”. Nearly one third of people with OA report being diagnosed before the age of 45. Common risk factors for developing osteoarthritis include increasing age, excess weight, joint injury, and muscle weakness and sedentary lifestyle.

There is currently no cure for OA. However, there are ways to manage the symptoms and improve function. They include a combination of self-management strategies, medications, treatment by healthcare professionals specializing in orthopedic care.

Osteoarthritis and Falls

Research shows that people with OA may be at higher risk of falls and risk of fracture than those without OA. Having OA can decrease your general mobility, overall strength and balance, and make falls more likely, especially among those with OA in knees or hips. Side effects from pain medications, such as dizziness, can also contribute to falls.

[https://arthritis.ca/about-arthritis/arthritis-types-\(a-z\)/types/osteoarthritis](https://arthritis.ca/about-arthritis/arthritis-types-(a-z)/types/osteoarthritis)



Monthly Feature: VON SMART Instructor



Khrista Boon

Khrista is the Program Supervisor for the VON SMART Exercise and Fall Prevention Program in Erie St. Clair and has been working in community healthcare for the past 18 years. Alongside her current role, Khrista is the Accreditation Lead for Erie St. Clair VON and helps to prepare staff for upcoming surveys by focusing on continuous quality improvement and risk reduction initiatives. Khrista is also a co-chair of the Windsor Essex County Fall Prevention Committee for a second term.

Khrista has completed the Canadian Fall Prevention Curriculum and has received training and certifications from: Health Quality Ontario, Osteoporosis Canada, Urban Poling, Canadian Centre for Activity and Aging, DRÖM, Ageless Grace, Canadian Aquafitness Leaders Alliance and she is currently completing Certified Fall Prevention Specialist training.

Understanding it takes a community to prevent falls, Khrista is grateful to work with such a diverse group of passionate individuals and professionals who are aligned by the same goal: to ensure older adults in our communities have opportunities to stay active, engaged and independent. “It is inspiring to witness our SMART participants improve their movement intelligence and implement fall risk reduction strategies to use in their daily lives”.

In leisure time, Khrista enjoys traveling and recently hiked to the top of Upper Yosemite Falls in California! Whenever the opportunity arises Khrista also spends time on the water paddleboarding, an activity that is great for balance!

Resources Arthritis Society Canada

<https://arthritis.ca/living-well/2020/seniors-staying-active>

When it hurts to move, it may seem like a good idea to stop moving to protect our joints from pain. Unfortunately, research suggests quite the opposite. The less we move our joints, the stiffer and more painful they become, and the muscles that protect and surround them become weaker, making us more prone to injury. Older adults living with arthritis face a greater challenge if they don't stay active.

Jane Fonda's journey

Actress Jane Fonda is known for her fitness career in the 1980s just as much as her decades on screens big and small. Now in her 80s, she stays active as much as possible while living with osteoarthritis and multiple joint replacements. Here are some of the strategies that have worked for her:

- Taking long walks every day, but moving slowly to stay safe
- Practicing resistance training, yoga, and lifting lighter weights to allow her to work on her flexibility and strength
- Being intentional about plans to stay active and sticking to an exercise routine
- Building relationships – in-person or virtually to get active together or at the same time

In interviews, Fonda has talked about her desire to stay independent, play with her grandchildren, carry her own luggage and maintain other activities of daily living. Her mantra is to keep moving, stay active and change up exercise if it becomes too difficult or unsafe. She suggests that anyone can start being active with little things, like moving their arms while sitting. "The mistake that so many people make is that if they can't do what they once did, then they don't do anything. Big mistake," Fonda remarks. "There are a lot of things that I can't do that I used to do. So I do things that are safer when you're older...I walk. I lift lighter weights. I move more slowly. But keep moving. Keeping your body active is absolutely critical"

Active tips for seniors

No matter your age, physical activity includes a whole range of household, workplace and lifestyle activities that can help you increase your strength, your energy and your flexibility.

Physical activity can include exercise, such as yoga or strength training, but it also includes day-to-day activities such as gardening, walking, and housework.

- Exercise is only one way to be physically active. Increasing the amount of movement in your day can take the form of many little things, such as:
- Turning on the radio and dancing. You can even remain seated and just move your upper body.
- Taking frequent "stretch" breaks by getting up or taking a short walk, even indoors. inside
- Getting in the garden or caring for your potted plants by digging, pruning, raking and/or weeding.
- Walking "laps" in hallways – how many laps can you do each day?
- Standing or moving when talking on the phone.

When you are exercising, think like Jane Fonda and move slowly, safely and intentionally. Make time for staying active every day and connecting with friends and family to stay accountable.

VON Updates

Happy Labour Day from the VON SMART Team!



As a reminder there will be no classes Monday September 5th, 2022

VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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