

# MOVE TO BE STRONG!



## VON SMART NEWSLETTER

SEPTEMBER 2021



During the COVID-19 pandemic, the VON SMART program embraced new technology and new ways of delivering exercise and fall prevention sessions virtually. The virtual sessions help participants to stay active, focused on fall prevention and engaged with their fitness friends especially during movement restrictions and confinement due to the pandemic.

With generous donations, we have been able to provide participants with tablets, at no cost to them, that contain pre-recorded exercise videos and narrated fall prevention presentations. No internet is required as the videos have been pre-downloaded for easy access. The videos can also be curated by our Registered Kinesiologists to suit each individual's level of fitness and ability.

Here is a snapshot of the exercise videos:

- Move To Be Strong – seated
- SMART Chair Yoga – standing/seated
- Savvy Seniors – seated
- Tai Chi – standing/balance
- Balance – Level 1, 2, 3
- FUNctional Fitness - standing

### 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  
([khrista.boon@von.ca](mailto:khrista.boon@von.ca))

-or-

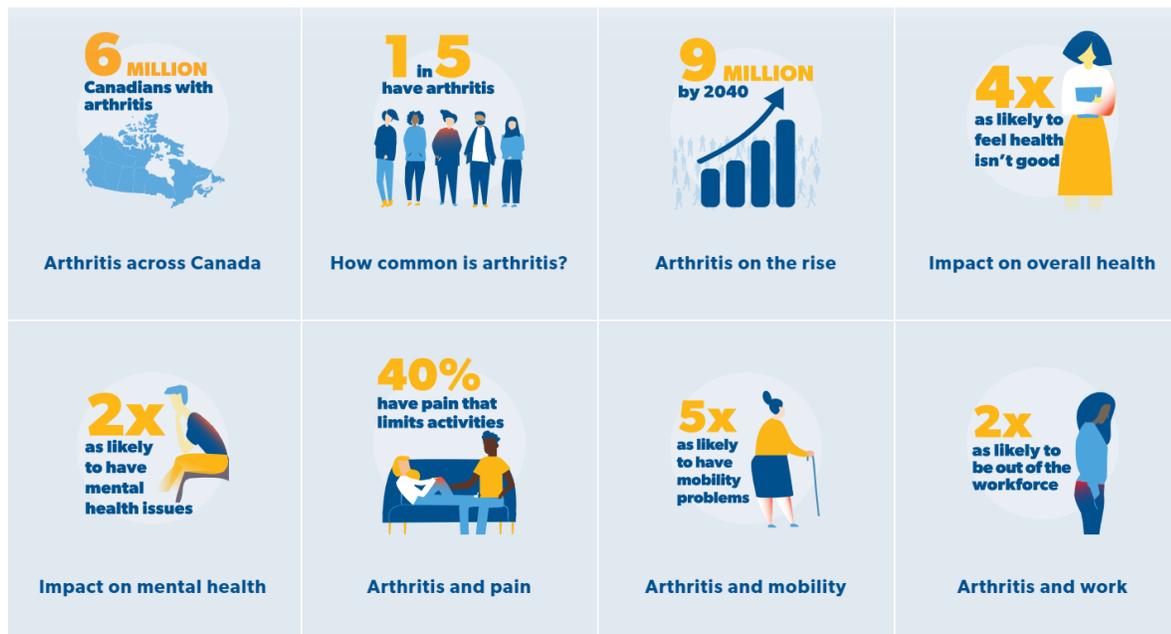
Meghan Simon, Coordinator  
([meghan.simon@von.ca](mailto:meghan.simon@von.ca))



## September is Arthritis Awareness Month

Please take a moment to review the facts and figures image below from the Arthritis Society.

<https://arthritis.ca/about-arthritis/what-is-arthritis/arthritis-facts-and-figu>



### Arthritis and mobility

People with arthritis often struggle with disability in daily life – especially difficulties with mobility.

The ability to move around, get dressed, and go about our daily lives without debilitating pain or stiffness is often taken for granted. But this is not a given for many people with arthritis.

Compared to Canadians without arthritis, those living with this disease are more than 5 times as likely to have difficulties with mobility – their ability to walk, climb steps, and take care of themselves through activities like washing and dressing. This burden is even greater in Canadians younger than 45 years of age.

### Canadians with arthritis are

**5x**  
as likely to have problems with mobility



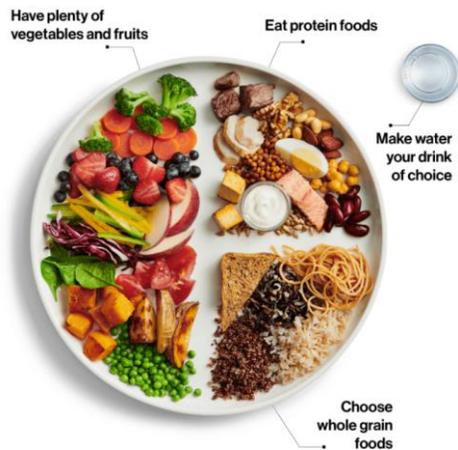
**Exercise can be an effective intervention for managing arthritis symptoms.**

**Stay active.** Whether this means starting an exercise routine at home, joining an exercise group, or going out for a walk, there are many ways you can engage in exercise. Exercises that help strengthen your muscles, such as using resistance bands or light weights, as well as exercises that improve your balance, such as Tai Chi are especially helpful for falls prevention.

[Flourish | A Blog about Arthritis, Wellness & Health | Arthritis Society](#)

## Did you know?

Healthy eating is important for aging well. It is a way to stay healthy and strong, helping to maintain your independence and quality of life. A healthy diet can help you keep a healthy weight, provide your body with nourishment and energy, prevent or lower your risk of chronic diseases, and can prevent muscle and bone loss to help reduce your risk of falling.



### Your Good Food Guide- Arthritis Society

Bad news: diet can't cure arthritis. Good news: research suggests that switching up the kinds of food you eat may help you manage arthritis symptoms. And generally speaking, maintaining a healthy weight gives you more energy and puts less strain on your joints, so a balanced diet comes into play there too. A good rule of thumb: Maximize nutrients and minimize extra calories by choosing nutrient-rich foods like whole grains, fruits, vegetables, lean protein and lower-fat dairy products.

Did you know that many arthritis medications can create problems with digestion or absorption of nutrients from the food you eat? A pharmacist and a registered dietitian can help you understand any possible interactions between your medications and your diet and make suggestions about what foods to boost or avoid.

[Your good food guide | Arthritis Society](#)

## Finding new ways to move and "beat" the stress away during a pandemic!



Featured in the image above is SMART Instructor Susan Bowes teaching a DrumFIT class at one of the Retirement Homes

Benefits of participating in a DrumFIT class include

- Increased and improved range of motion and mobility
- Increased heart rate and blood flow and can help boost cardiovascular health
- Helps to improve coordination, cognitive health and memory
- Drumming can also help enhance mood and reduce stress, depression and anxiety

## Happy Labour Day from the VON SMART Team



### Resources

#### McMaster Optimal Aging Portal

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

#### Osteoarthritis and Exercise

Follow the link below for the online lesson

[Osteoarthritis and Exercise | McMaster Optimal Aging Portal](#)

#### Lesson Outline

Osteoarthritis, sometimes referred to as OA, is a common condition that affects our joints, causing pain, swelling, and stiffness.

By taking this short, interactive lesson, you will learn the answers to the following questions:

- How common is OA of the hip and knee?
- Is it a normal part of aging?
- How can you best manage the symptoms of OA with a lifestyle plan that includes exercise?
- What kinds of exercises and physical activities should you be doing?
- What role does managing your weight play in an effective self-management plan?



## VON Updates and Support

### Upcoming Partnerships:

We are pleased to announce that we have partnered with one of our Rest and Retirement Homes in the Windsor-Essex area to enhance our Virtual Exercise Program. This exciting partnership will allow community dwelling older adults to join our well established virtual SMART classes 4x per week.

For more information please contact Khrista Boon or Meghan Simon



As we continue to navigate the RoadMap to Reopen Ontario we are looking forward to reconnecting with more of our Rest and Retirement Home and Community Partners. For more information about the resumption of SMART classes in your area please contact Khrista Boon or Meghan Simon using the contact information below.

**VON SMART** and **Meals on Wheels** are pleased to announce they have received funding for virtual programming. A number of MOW clients will receive a donated tablet with the VON SMART pre-recorded exercise videos and fall prevention resources downloaded and ready for use.

### VON SMART Exercise & Fall Prevention

Windsor-Essex | Chatham-Kent | Sarnia-Lambton

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