

MOVE TO BE STRONG!



VON SMART NEWSLETTER



OCTOBER 2024

EMBRACE THE CHANGE

Autumn is well underway and the cooler temperatures are trying to usher in a fresh start. The change of the seasons is a great time to set new goals and enjoy the company of family and friends. There is so much to see and do across Erie St. Clair! We encourage you to get out there and explore – pick the apples, carve the pumpkins, get lost in a corn maze (only temporarily) and enjoy the vibrant colours of Autumn.

As the leaves change colour and quietly fall to the ground we can reflect on the quote by an unknown author: “Autumn teaches us the beauty of letting go. Growth requires release – it’s what the trees do.” Breathe in the crisp Autumn air, breathe out anything that may be holding you back. Take in the beauty all around you and embrace the change.

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
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-or-

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EDUCATION

Let's review what to do if you experience a fall and you CAN get up.

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





1. Lie on your side; bend the leg that is on top and lift yourself onto your elbows or hands.
2. Pull yourself toward an armchair or other sturdy object, then kneel while placing both hands on the chair or object.
3. Place your stronger leg in front, holding on to the chair or object.
4. Stand up.
5. Very carefully, turn and sit down



Most importantly, stay calm.

Source: <https://www.canada.ca/en/public-health/services/publications/healthy-living/what-after-a-fall-poster.html#canGetUp>

FOUR EXERCISES TO HELP YOU GET UP FROM THE GROUND

WALL PUSH UPS	LUNGES	TURNING ON THE SPOT	SIT TO STANDS
<p>Strengthens your arms, chest, back & core.</p> <p>Helps push you up from the ground.</p>	<p>Strengthens your legs & core muscles with an added balance challenge.</p> <p>Needed for propelling yourself to a standing position from the ground.</p>	<p>Prepares your body for changing visual input; balance challenge.</p> <p>Used for turning to find somewhere to sit after you get yourself standing again.</p>	<p>Leg strength & endurance.</p> <p>Using your legs to come to a standing position; then lowering yourself into a chair to rest & regroup.</p>
			
<p>MODIFICATIONS</p> <p>Moving your feet closer to or farther away from the wall will make it easier/harder.</p>	<p>MODIFICATIONS</p> <p>Hold onto a stable surface (table, wall or doorway). Limit how far you bend your front knee. Do a reverse lunge instead.</p>	<p>MODIFICATIONS</p> <p>Use a space between a chair and the wall so you have points of contact while turning.</p>	<p>MODIFICATIONS</p> <p>Add a cushion to your seat if needed initially.</p>

DID YOU KNOW?

October 12th is World Sight Day

World Vision Facts from International Agency for the Prevention of Blindness:

- Approximately 285 million people worldwide live with low vision and blindness
- Of these, 39 million people are blind and 246 million have moderate or severe visual impairment
- 90% of blind people live in low-income countries
- Yet 80% of visual impairment is avoidable - i.e. readily treatable and/or preventable
- Restorations of sight, and blindness prevention strategies are among the most cost-effective interventions in health care
- The number of people blind from infectious causes has greatly reduced in the past 20 years
- An estimated 19 million children are visually impaired
- About 65% of all people who are visually impaired are aged 50 and older, while this age group comprises only 20% of the world's population
- Increasing elderly populations in many countries mean that more people will be at risk of age-related visual impairment.

Source: <https://opto.ca/world-sight-day>

WHAT ARE YOUR GOALS FOR AUTUMN?

Are there places you want to visit?

Festivals or events you want to attend?

Friends or family you want to connect with?

MEET OUR NEWEST FITNESS INSTRUCTOR KRISTINE ATKINSON



The VON SMART Program is pleased to introduce you to our new SMART Fitness Instructor, Kristine Atkinson.

Kristine became a Certified Yoga Instructor after discovering how the practice improved her own strength, mobility, flexibility, and balance.

She has experience in teaching Chair classes and all types of yoga at studios, private classes and volunteering with the VON SMART Program.

Kristine is passionate about helping others stay healthy and fit. She provides fun, interactive classes in a safe environment, making fitness enjoyable for the participants. "The best part is how happy I feel when I'm guiding others through their fitness journey. The secret for improving or maintaining strength, range of motion, balance and flexibility is consistency...move every part of the body, every day."

Kristine plans to take some specialty Yoga and Pilates courses and expand her sign language skills so that her classes are more inclusive.

Join her for some fitness fun!

SMART 30TH ANNIVERSARY CELEBRATION

Flightpath to Fitness: SMART Celebrates 30 Years!

Who: SMART Program & YOU!

When: October 17, 2024 **Time:** 9:30am – 12:30pm

What: An exercise class in-person and virtually across Erie St. Clair, Ontario and Nova Scotia followed by light refreshments, activities, and prizes!

Where: See details for each region below:



WINDSOR-ESSEX

Canadian Aviation Museum
2600 Airport Rd, Windsor, ON N8V 1A1

CHATHAM-KENT

Blenheim & Community Senior Centre
55 Jane St, Blenheim, ON N0P 1A0

SARNIA-LAMBTON

DeGroot's Nurseries
1840 London Line, Sarnia, ON N7T 7H2



Why: Celebrate the SMART Program's achievements since its introduction in 1994

Flight Details

- A boarding pass is required to enter as space is limited.
- The exercise class will begin promptly at 10:30am and will be available virtually via Zoom for those interested in participating from the comfort of home.
- This gentle exercise class requires appropriate footwear and comfortable clothing.
- Please wear your favourite shade of blue and/or orange – the VON SMART colours!
- Door prizes, activities, and light refreshments will be available.

Reserve your seat today to receive your boarding pass to exercise!

RSVP Toll Free: 1-866-354-4866 Ext. 6239

Did you know?

November is Fall Prevention Month!

Stay tuned next month for a special edition of the VON SMART Monthly Newsletter!



REMINDER

**NO CLASSES MONDAY,
NOVEMBER 11, 2024**

DUE TO REMEMBRANCE DAY