Forever...in motion
Update

How much do you really like your family...your friends?
By Kereen Lazurko, Recreation Therapist

There have been many studies proving that regular physical activity is beneficial for good mental health. Yet, when thinking about all the benefits of being physically active, mental health is rarely thought of as one of them. When you are physically active, your body releases endorphins - the feel-good hormones that help to reduce feelings of pain and increase feelings of pleasure. It also reduces the amount of stress hormones floating around in your body. Together, this helps to combat the symptoms of things like stress, anxiety and depression.

In addition to physical activity, social activity is also very important. Socially isolated seniors are at a greater risk of many negative health behaviors. These include such things as excessive alcohol consumption, smoking, not eating well and being inactive. This, in turn, also increases the risk of falling and a four-five times greater risk of hospitalization. Social isolation also has an effect on mental and cognitive health.

One in four seniors lives with a mental health problem and 10 - 15% of adults 65+, living in the community, live with depression. According to the World Health Organization, depression is now the leading cause of ill health and disability worldwide. It increases the risk of several major diseases and disorders including addiction, suicidal behaviour, diabetes and heart disease, which are themselves among the world’s biggest killers. Studies have shown that the more physically active a person is, the more likely they are to be healthy and happy. According to a Government of Canada Health Status Report, on average, only 12% of 60 - 79 year olds are meeting the Canadian Physical Activity Guidelines' recommendation of 150 minutes of moderate to vigorous intensity aerobic activity. Flipping that around, that leaves 88% of our older adults not receiving the physical and mental health benefits they could be!

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Research has also shown that being socially connected has an influence not only on our happiness and our ability to cope with stress, but it may also produce structural and functional changes in the brain. This may also influence the rate of neurogenesis. This is the brain's ability to change connections and behaviour in response to new information, sensory stimulation, development, damage or dysfunction (i.e. brain injury, stroke, dementia, etc.). The more ‘enriched’ the socialization, the more brain stimulation it provides. Cognitive health could include such things as perception, learning, comprehension and memory.

This is where the shameless plug comes in...by participating in a Forever...in motion physical activity group, you are getting the physical, cognitive & mental health benefits of a workout plus the cognitive & social benefits of working out in a group. These are only some of the many potential benefits. So...if you REALLY do like your family and friends, how could you NOT want to share all these wonderful benefits with them? I encourage you to take the time to refer your family and friends to a FIM group or refer us to them so we can get a group going for them! They are worth ...or are they!

Congratulations new Forever...in motion Leaders!

Luther Heights Condensed Training

McClure Leader Training

Circle Drive Leader Training

Drake Leader Training
Are you getting enough to drink?

By Seshni Naidoo, Regional Food Services Dietitian

Older adults are at an even higher risk of becoming dehydrated than younger adults. Our sense of thirst decreases as we age, and becomes a less reliable indicator that we need something to drink.

**Being well hydrated helps with:**

- Skin Integrity
- Kidney function
- Urinary tract health
- Bowel regularity

- Digestion and absorption
- Circulation & body temperature regulation
- Alertness and concentration

**Dehydration may occur if we do not consume enough fluids each day. Here are some of the signs and symptoms of dehydration:**

- Thirst
- Dark urine and/or decreased urination
- Constipation
- Dry mouth, dry lips, dry skin
- Headache, dizziness, nausea

- Confusion
- Fatigue or weakness
- Restlessness and sleeplessness
- Weak, rapid pulse
- Low blood pressure

**It's Not Just Water - other sources of fluids include:**

- Juice, milk
- Decaf tea/coffee, herbal tea
- Fruit drinks
- Soup
- Popsicles, ice cream

- Yogurt, pudding
- Jell-O
- Soda water
- Most fruits & vegetables have high water content. Include them in your diet everyday

**Berry Smoothie**

1 banana, broken into chunks
2 cups mixed frozen berries
1 cup strawberry yogurt
1 cup unsweetened orange-strawberry-banana juice (or favorite juice)

- Blend on high speed until smooth - about 30 seconds. Freeze leftover smoothies in ice pop containers for a quick frozen treat!
2017 marks Forever...in motion’s 15 year anniversary!

By Emma Cawood, Recreation Therapist

We will be celebrating our 15 years – past, present, and future, in October 2017. This event will include our staff, both former and current, and our leaders, that have made or will continue to make Forever...in motion possible. Now for a trip down memory lane:

Forever...in motion was developed in 2002, as a product of the in motion program developed by Linda Martin and Saskatoon Health Region, in partnership with ParticipACTION, University of Saskatchewan, and City of Saskatoon. in motion was already a successful health promotion initiative since 2000 and they wanted a program that was specifically for older adults (50+). With the help of Brenda Temple’s research, they found that the top two barriers preventing older adults from keeping active were transportation and cost. As a solution, they came up with a fitness program that was 1. Centralized (in seniors complexes, churches, etc.) and 2. Free (groups are led by volunteers). Forever...in motion, tested the break-down of these two barriers with eight pilot sites. Three months later, an evaluation was done and the results showed numerous benefits. From there, the program took off!

Although Brenda left Forever...in motion in 2006, Janet Barnes took the reins; by that year the number of sites had reached 34! Here's a glance at the ten years that followed:
2008: Kimberly Willison joined the team; Staying On Your Feet was developed by Janet & JoAnne Walker-Johnston
2009: 52 sites; Kimberly developed the Forever...in motion Leader Training
2010: Brenda Chomyn came aboard as Administration Support; reached 58 sites
2011: Kereen Lazurko was hired to support the growing number of Saskatoon Forever...in motion sites as well as to increase the number of sites in rural Saskatoon Health Region. Total sites (rural and urban) reached 72
2013: 87 sites
2014: Farewell to Janet; Kim Nicholls joined the team; Temporary contract position; Char Welgush; 98 sites
2015: 110 sites; Farewell to JoAnne. Welcome Melanie Weimer
2016: Temporary contract position; Char Welgush
2017: Temporary contract position; Emma Cawood. Today we have 113 sites!

As the Forever...in motion program continues to grow, so does the number of active older adults, and for this we couldn’t be happier. While the program will grow, change, and evolve, there will always be one constant – our goal – to keep older adults active, healthy and living independently for as long as possible.
One often hears in the research that amongst older adults women are more likely to fall than men; however, an article published in the American Journal of Physical Medicine & Rehabilitation in 2013 stated that when body composition, multiple health issues, and balance were similar, men had a higher probability of falling.\(^1\) What does this tell us? Fall prevention is just as important for men as it is for women. However, when you come to Staying On Your Feet exercise classes, one will typically find the class is made up of 90% women. Why is that? I am here to break the myth that fall prevention and exercise is only for women. Men lose muscle mass as they get older, just like women. Men can have muscle weakness, and balance problems, just like women do. It is just as important for men to take steps to prevent falls as it is for women.

Dr. Cathy Arnold, a professor from the University of Saskatchewan, School of Physical Therapy shares this belief, which is why she is including men in her most recent research study. Dr. Arnold would like to determine if Fall Arrest Strategy Training (FAST) can enhance men and women’s physical capacity to control the downward descent of a forward fall and prevent injury. Prior to this study, Dr. Arnold had been focusing her falls research on women, but now would like to compare the effects on men as well. This study will be held at the Saskatoon Field House and includes an education session once a week, and a group exercise program held 2 times a week. It is a great opportunity for both men and women to learn more about fall prevention.

If you or someone you know are interested in learning more about fall prevention and reducing your risk for a fall, I encourage you to participate in this research project. For more information or to register, please contact Dr. Cathy Arnold at (306) 966-6588 or The Staying on Your Feet Phone Line at (306) 966-8619.

\(^1\) Pereira CL, Baptista F, Infante P: Men older than 50 yrs are more likely to fall than women under similar conditions of health, body composition, and balance. American Journal of Physical Medicine & Rehabilitation 2013; 92 (12): 1095 - 1103.

Staying On Your Feet Programming for Fall/Winter 2017
- * St. Ann’s Place: Sept 18 - Dec 11 (1XWeek)
- Fremai: Sept 18 - Dec 11 (1XWeek)
- * Rainbow Centre: Sept 19 - Dec 5 (1X Week)
- Saskatoon Fieldhouse: Sept 19 - Dec 7 (2X Week)
* Open Site

For more information on the Staying On Your Feet Program, please contact Melanie Weimer at 306-655-3418.
Resources and Events to be Aware of...

Forever...in motion Leader Training
Saskatoon - Dates to be determined
Rural - Cudworth (St. Michael’s Haven) - September 19, 21, 26, 28, October 5, 2017.
    Strasbourg (Strasbourg United Church) - October 13, 16, 20, 23, 27, 2017.
    Hanley (Hanley Senior Centre) - October 31, November 7, 9, 14, 16, 2017.

New Forever...in motion sites open to the public:
- Silverwood Heights Community - Mondays, Sept 11- Nov 27 at 6:00 p.m. - Silverwood Heights School Gym
- Greystone Community - Tues/Thurs - 1:30 p.m.- Salvation Army Saskatoon Temple on Bateman Crescent
- Circle Drive Alliance Church - Dates to be determined

Spotlight on Seniors - The biggest event of the year! Come see the team at TCU on October 3rd, from 9:00 a.m. to 3:00 p.m.

Promotional Items
If you would like to purchase a pedometer, t-shirt, circuit, or exercise bands, please contact Brenda at (306) 655-2454 or brenda.chomyn@saskatoonhealthregion.ca

Stand Tall This Fall
Monday, November 20, 2017, 9:00 a.m. - 2:00 p.m. at Market Mall. There will be information, demonstrations and booths to show you how to keep active and stay on your feet this winter.

A Remembering When Presentation lasts approximately 1 hour and uses nostalgia to incorporate the fire safety and fall prevention messages in a fun, engaging way. Following the presentation, participants have the opportunity to sign up for a personalized home visit. Please join us for one of the following Remembering When presentations:
- Sept. 18 at 10:30 a.m. Auditorium - Rusty MacDonald Library
- Oct. 25 at 1:30 p.m. Auditorium - Cliff Wright Library

For more information, contact Dori Krahn at 306-975-7715 or dori.krahn@saskatoon.ca

In motion is a health promotion strategy with a focus on physical activity. Our vision is that all the citizens of Saskatoon Health Region will include regular physical activity into their daily lives to achieve health benefits.

In motion’s founding partners include:
- Saskatoon Health Region
- City of Saskatoon
- ParticipACTION
- University of Saskatchewan

For more information on the Older Adult strategy, Forever...in motion contact Kimberly @(306)655-2286 or Kereen @(306) 655-2285.