



# Forever...in *motion* Update



## Fall Risk Factors - Is Pain Increasing your Risk for having a Fall?

By Kim Nicholls, Recreation Therapist & Daphne Kemp, Community Falls Prevention Coordinator

Now that winter has truly set its teeth into the Saskatchewan landscape I wanted to take a minute to talk about falls. Falls can happen at any time of the year, but, with all the ice and snow that our winters bring I felt that now was a good time to talk about it!

We know that everyone has their own unique set of risk factors for having a fall. When we think about risk factors for having a fall our minds will go to the obvious things like icy sidewalks, rugs that catch our feet, poor balance, etc. One of the risk factors that we don't often think about is pain.

Pain, and the impact of pain is related to many of our personal risk factors. So many of them, in fact, that we are beginning to realize more needs to be done to recognize the risk and to manage pain as it relates to safety.

Did you know?

- People in pain are twice as likely to fall and pain increases as we age.
- Pain, both acute and chronic, increases with age. By age 75 almost 50% of people experience some pain (Henderson, 2016) [www.dementiafriendly.org.au](http://www.dementiafriendly.org.au)

Pain can be described as any type of physical pain or discomfort in any part of the body. It may be in one area; or may be more generalized. It may be chronic; continuous or come and go, or occur with rest or movement. (RAI-MDS 2.0)

So ask yourself, am I feeling pain? Where is my pain coming from? How often am I feeling this pain? Can I express where it comes from or how it is feeling? And, most importantly, is my pain increasing my risk for having a fall? Undermanaged pain can contribute to fatigue, depression, weakness, decreased appetite, anxiety and so much more.

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## Goal Setting and New Years Resolutions

By Sabrina Lebel, Recreation Therapist

5 Reasons why New Year's Resolutions Fail:

- ◆ The expectations were not realistic
- ◆ The resolutions were not properly defined
- ◆ The correct mindset was not achieved
- ◆ Time management skills were lacking
- ◆ There was not enough focus on the goal



When we think about setting goals, we often only think of setting one, but creating two goals are better than one and can help you reach those New Year's Resolutions.

Setting two similar goals at one time can be helpful for many reasons. The first goal should be a smaller one, something that is achievable and that you can take immediate action towards. This will be helpful to guide you in the right directions towards reaching both goals. The second goal would be a larger one, a goal that is a little more difficult to reach. This goal is something called a stretch goal. It is a bigger goal that will take more time to achieve but will still go hand in hand with the smaller goal.

A good example of a stretch goal would be that you want to walk 25% more miles in this year's Globe Walk than you did last year. To achieve this you would set yourself the smaller goal of walking 1 more day a week than you did during last year's event. Depending on the number of miles that you walked and how often you were walking them, this smaller goal could very well get you to that larger goal in no time at all!

Remember, when you are setting goals they should be SMART. That is Specific, Measurable, Attainable, Realistic and Timely.

With these things in mind you are setting yourself up to reach, and maybe even surpass your goals!





## Healthy Eating During the Holidays!

By Seshni Naidoo, Regional Food Services Dietitian



Food is always a big part of holiday festivities, decadent delights everywhere you look! It really can be a challenge to keep your healthy eating in check but remember there is nothing wrong with enjoying your favorite treats; you can try to eat healthier the rest of the time! Here are some tips to try while you are enjoying time with friends and family this holiday season:

- ❖ **Limit your appetizers!** If the party includes a meal, try to limit your appetizers to just a few; too many appetizers will add up calories quickly!
- ❖ **Plan your plate!** Fill  $\frac{1}{2}$  your plate with vegetables and fruit,  $\frac{1}{4}$  of your plate with grains, and  $\frac{1}{4}$  of your plate with meats and alternatives.
- ❖ **Think before you drink!** Try to limit the amount of holiday drinks high in sugar and calories such as eggnog, hot chocolate and pop/punch.
- ❖ **Stay active!** Continue to stay active each day to balance out those extra holiday calories.
- ❖ **Think in color!** Fill your plate with color. Load up on vegetables and fruit!
- ❖ **Choose your indulgences wisely!** Pick foods that you don't have very often and limit those foods that you can get anytime such as potato chips and chocolate.
- ❖ **Bring something!** Some great snacks that you can bring to the next gathering include shrimp and cocktail sauce, cheese and crackers, vegetables and dips, hummus, tzatziki and pita chips.



**LIVE**  
eat-breathe-sleep-be  
**HEALTHY**





## Aging Gracefully

### Why are Strength and Balance Important?

By Jacky McArthur, Senior Physical Therapist

Balance is staying upright and steady when stationary or during movement. Did you know we can improve our balance with 30 minutes of physical activity daily that challenges our balance?

Strength is how much we can lift, carry or pull. Strength training is when we do exercises against resistance, perhaps with a resistance band or just using your own body weight. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3x/week can slow down this process.

Strong legs are needed to help us maintain and control our balance. Without strong legs and good balance we are at an increased risk for falling. As we age our strength and balance can decline therefore we need to focus on our strength and balance to stay healthy and to prevent falls.

Why is it important to move your body? Having good strength and balance enables you to complete everyday activities and help you stay healthy and independent. Activities that require strength and balance to complete are: standing tall, getting up from a chair or your bed, walking, grocery shopping, dancing, gardening, or golf. How can older adults move their body? Join a **Forever...in motion** exercise class on a regular basis.

Remember, falls are preventable! Improving your strength and balance is the best way to prevent falls. Make improving your balance and strengthening your legs a priority and incorporate it into your everyday activities.

**Remember if you don't move it you will lose it!!**

### Staying On Your Feet Programming for Winter 2019

- |                |                           |
|----------------|---------------------------|
| • Providence   | January - March (1X Week) |
| • Hyde Park    | January - March (1X Week) |
| • Hector Trout | January - March (1X Week) |
| • * Ilarion    | January - March (1X Week) |
| • * Open Site  |                           |



For more information or to register, please contact Jacky McArthur at 306-655-3418 or [Jacky.McArthur@saskhealthauthority.ca](mailto:Jacky.McArthur@saskhealthauthority.ca)



## Forever...in motion New Leaders!



**Sierras of Erindale**



**Community Health Centre**



**Humboldt**



**Watrous**



### **New Staff Member!**

**By Kimberly Willison, Senior Recreation Therapist**

On behalf of the Community Older Adult team, I am happy to introduce a new staff member to our team! Samantha Pizzuto has accepted a temporary position in Pediatrics until June of 2020. So Sabrina Lebel is filling her leave to work with the Staying On Your Feet program, but you will see her at **Forever...in motion** gatherings and events, very soon. Sabrina is an amazing addition to our team and loves living an active and healthy lifestyle and is really looking forward to improving the health and wellness of Older Adults in the community. Sabrina enjoys being with family and friends and spending summers at the lake.





## Resources and Events to be Aware of...

### Forever...in motion Leader Training

Saskatoon - January 14, 16, 21, 23, 28, 2019 at McClure United Church

### Globe Walk

Once again **Forever...in motion** is a partner of the SCOA Globe Walk. Starting in January walk, stroll, swim or attend a **Forever...in motion** group to do yourself a world of good, by keeping track of your steps, time or distance. For more information or to join a team go to [www.scoaglobewalk.net](http://www.scoaglobewalk.net) or call (306) 652-0027.

### 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@saskhealthauthority.ca](mailto:brenda.chomyn@saskhealthauthority.ca). Or you may also contact the Community Older Adult Team now located at the Community Health Centre in Market Mall at 306-844-4080.

### Urban Poling/Nordic Walking Peer-Instructor Recruitment

We are looking for volunteer Peer-Instructors for an exercise intervention study assessing safety and effectiveness of Nordic walking to improve posture and mobility in individuals with osteoporosis, history of vertebral fractures or hyper kyphosis. Nordic Walking Intervention will take place at Market Mall and study is conducted by the University of Saskatchewan in collaboration with the Saskatchewan Health Authority. Nordic walking training for Peer-Instructors will take place the afternoon of January 7th at the Community Health Centre in Market Mall. For more information, please contact Kimberly Willison at 306-844-4081 or [Kimberly.willison@saskhealthauthority.ca](mailto:Kimberly.willison@saskhealthauthority.ca)



*Wishing you and your family a joyous, safe and active holiday season!*

*Happy Holidays and all the best in the New Year!*

*From the Saskatchewan Health Authority*

*Forever...in motion team:*

*Kimberly Willison      Kereen Lazurko*

*Brenda Chomyn      Kim Nicholls*

*Jacky McArthur      Sabrina Lebel*

**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:

- \* Saskatchewan Health Authority
- \* City of Saskatoon
- \* ParticipACTION
- \* University of Saskatchewan

For more information on the Older Adult Strategy, **Forever...in motion**, please contact [Kimberly@306844-4081](mailto:Kimberly@306844-4081) or Kereen @ (306) 844-4082.

