



Saskatchewan
Health Authority

Forever...in *motion* Update



Forever...in *motion* Program Evaluation

By Kimberly Willison, Senior Recreation Therapist

Evaluation is defined as the systematic assessment of the design, implementation or results of an initiative for the purposes of learning or decision-making. Every 3 years we like to evaluate the effectiveness of the entire **Forever...in motion** program. We know in our hearts that this program is improving the lives of Older Adults in the community and helping people live independently longer, but having both concrete data as well as personal stories and quotes as evidence is very important. This allows us to evaluate the ways we can make improvements and how we are helping people so the program continues to be supported.

We know falls are one of the top reasons why Older Adults are admitted to hospital. The national statistics are that 1 in 3 individuals over the age of 65 and 1 in 2 individuals over the age of 80 will have a fall once in the next year. Our previous evaluation has shown that the average age of our **Forever...in motion** participants is 74 years of age but that only 1 in 4 of our participants has had a fall once in the past year. That is strong evidence that we are reducing falls! Just by being physically active a person reduces their risk of having a fall by 40% and when leaders/staff include education to their participants about falls and fall risks they are reducing their risk of having a fall by another 40%.

Included in this newsletter to our **Forever...in motion** sites, leaders will find evaluations for their participants as well as for the leaders of the groups. We would ask that everyone take just a few minutes to fill them out. Help us to continue to help others!



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Getting Fresh in Your FIM Exercise Class

By Kereen Lazurko, Recreation Therapist



We've all heard the expression, "Variety is the spice of life". This applies to all aspects of your life! With reference to your FIM exercise class, the same concept applies and for a couple different reasons. If you are doing the same exercises all the time, your muscles get used to it and you don't see as much benefit from your workout. Also, as with other areas in your life, if you are doing the same thing over and over, the activity can lose its fun factor. That's why it's important to spice things up from time to time!

This is where our lending resource center comes in handy. We have several items that our leaders are able to "check out" for their FIM group to switch things up from time to time and add a little spice!

- Music
 - We have a variety of CDs available to be loaned out. Unfortunately, most of these CDs are currently out. So, we would ask that, if you have had any FIM CDs in your possession for an extended period of time, please make arrangements to return them as soon as possible. If you are returning some CDs, you can, at the same time, borrow some different ones. This will allow the CDs to keep circulating and new music is a great way to spice things up.
- Functional Fitness Kits (2)
 - Contain "props" for a variety of fun activities meant to get you moving in ways that are functional in your everyday life.
- Nintendo Wii with Balance Board
 - An interactive video game system which includes a variety of games (i.e. bowling, tennis, etc.) and activities for fun & challenge (i.e. balance, speed, accuracy, etc.). The balance board gives you feedback on your balance.
- Tennis Net (for outdoor or indoor use...if you have the space)
- Balls/Noodles
- Drumsticks (40 sets available)
- Walking Poles
- CD Player
 - This moved with us and we need the storage space. So, if one of our groups can make use of it - the first to contact us, it's yours!

Please contact us at the new **Community Health Centre in Market Mall** if you would like to borrow or exchange a resource. If you merely want to return an item, you can simply leave it at the front desk and the front staff will be sure to get it to us. A FIM staff member is normally available between 8:00am-4:30pm Mon-Fri. For drop-off or previously arranged pick-ups, regular office hours are 9:00am-7:00pm. **Note: All arrangements for pick-up must be made through us. Front desk staff does not have access to our lending resources. See back page of newsletter for our new contact information.**



March is Nutrition Month!

By Seshni Naidoo, Regional Food Services Dietitian

March is Nutrition Month! This year's theme is "unlock the potential of food" which explores discovering new foods, how foods can fuel, prevent, heal, and bring us together. For more information, check out the nutrition month website:

www.nutritionmonth2019.ca

This year a new food guide was launched in Canada. It is less prescriptive, by no longer having portion sizes and required servings per day, it is less descriptive, by no longer having foods broken into specific food groups and it is meant to be more user-friendly and simplistic in our approach to our diet. It includes sections on both healthy food choices and healthy eating habits.

The healthy food choices focus on:

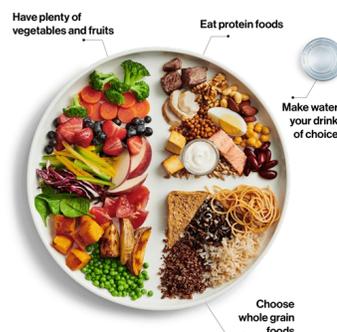
- ◆ Including more vegetables and fruits, ideally, half of your plate
- ◆ Eating protein foods, specifically, trying to include more plant based proteins such as beans, lentils, nuts and seeds
- ◆ Improving our hydration by increasing our water intake throughout the day
- ◆ Choosing whole grain foods most often as they have more fibre, vitamins and minerals

The new food guide also discusses healthy eating habits that include:

- ◆ Being mindful of our eating habits, understanding our hunger cues, why we eat, when we eat, what we eat and how much we eat
- ◆ Cooking more often and relying less on processed foods as well as sharpening our cooking skills
- ◆ Enjoying our food, not only the taste but all that goes into it, including the preparation
- ◆ Eating meals with others, enjoying the social aspect, the traditions and the celebrations

Check out more information on the new food guide on the website:

<https://food-guide.canada.ca/en/healthy-food-choices/>





Do your bands need to be replaced?

by Sabrina Lebel, Recreation Therapist

Resistance bands are easy to use, convenient and can be used at home or on the go, but just like any other piece of equipment your band does have an expiration date which is shortened if not properly cared for!

Before beginning your exercises you should always inspect your band to check for damage such as cracks, tears, punctures or weakened areas. If you notice any damage to the band, throw it out. Do not try to tape or glue any damaged areas.

If you will be performing any exercises where you will be standing on the band you should always check to make sure there are no sharp objects on the floor. Abrasive surfaces like cement can tear your band. Make sure you have proper athletic footwear on when using bands. Check the soles of your shoes to make sure you do not have little rocks wedged in them.

Bands should be stored in a dry place at room temperature, avoiding direct sunlight. Most resistance bands are made up of latex which contains moisture. If your band is in contact with sunlight or placed in a hot environment; the latex in the band can become dry and brittle resulting in the band snapping. Storing your bands in cold temperatures can also cause your bands to snap.

Do not use any cleaning products on your bands as they may damage the band. The best way to clean your bands is with mild soap and water or water and vinegar. Don't forget to hang to dry following, otherwise it will stick together. With the proper care you can increase the life expectancy of your bands. This will not only help prevent an annoying disruption in your workout routine but also a potential injury to yourself or others if the band was to snap (i.e. eye, face, etc.).

Forever...in *motion* New Leaders!



McClure



Lanigan



Aging Gracefully Fear of Falling!



By Jacky McArthur, Senior Physical Therapist

“The greatest risk for older adults is being physically inactive.”
World Health Organization.

Inactivity leads to falls. Falls don't care who you are or what you are doing, especially if you are a senior. If you have had a fall in the last 90 days the chances of falling again are high. The best predictor of the future is the past unless we do something to change our behavior. That's why fall prevention education and balance exercise programs are key to preventing falls.

Many older adults tend to downplay a fall or not tell anyone they have had one. We tend to deny and/or justify the fall by saying, I was walking too fast or the pavement was uneven.” Seniors tend to believe that the best way to protect themselves from falling and getting hurt is to become less physically active and stay home more. That will affect one's strength, balance, mobility and independence. A fear of falling can also lead to poor balance(1) and may even change the way a person walks(2). Remember the less we move and exercise the weaker and more frail we become which increases our risk of falling. Falls are not a normal part of aging. By improving your strength and balance through a falls prevention program, such as Staying On Your Feet, one can decrease their risk of falling.

References:

- Li, F, Fisher KS, Harmer P et al. Fear of Falling in elderly persons: Associations with falls, functional ability and quality of life. J Geront B Psychol Sci Soc Sci 2003; 58 (5): P 283-290.
- Ayoubi F, Launay CP, Annweiler C et al. Fear of falling and gait variability in older adults: A systematic review and meta- analysis. J Am Med Dir Assoc. 2015; 16 (1) 14-19.



Resources and Events to be Aware of...

Forever...in motion Leader Training

Saskatoon - April 2, 3, 9, 10, 16, 2019 to be held at First Mennonite Church

Rural - To be determined

Please contact Brenda at (306) 655-2454 or email brenda.chomyn@saskhealthauthority.ca to register or for more information.

Community Older Adult - New Contact Information

- Kimberly Willison - 306-844-4081 or kimberly.willison@saskhealthauthority.ca
- Kereen Lazurko - 306-844-4082 or kereen.lazurko@saskhealthauthority.ca
- Kim Nicholls - 306-844-4083 or kim.nicholls@saskhealthauthority.ca
- Sabrina Lebel - 306-844-4083 or sabrina.lebel@saskhealthauthority.ca

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. Or you may also contact the Community Older Adult Team located at the Community Health Centre in Market Mall at 306-844-4080.

Staying On Your Feet Programming for Spring/Summer 2019

- *Fairfield Seniors Centre April 9 - June 25 (1X Week)
- Luther Heights April 10 - June 26 (1X Week)
- *Community Health
Centre - Market Mall April 11 - June 27 (1X Week)
- WillowCrest Feb 28 - May 16 (1X Week)
- * Open Site

For more information on the Staying On Your Feet program, please contact Jacky McArthur at 306-655-3418 .



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** contact Kimberly@306844-4081 or Kereen @ 306844-4082.

