



# Forever...in *motion* Update



## Being Forever...in *motion* prevents falls!

By Kimberly Willison, Senior Recreation Therapist

From time to time, we ask our **Forever...in motion** (FIM) participants and leaders to fill out a survey that asks what benefits they have received from participating in the **Forever...in motion** program. We are always very interested if our program reduces falls, prevents injuries and therefore decreases emergency room visits.

The national average that a person may have a fall in the next year is 1 in 3 over the age of 65 and 1 in 2 over the age of 80. In our 2013 evaluation we found that our average age of participants in the **Forever...in motion** program is 80 years old but yet our average was 1 in 4, way less than the national average. This past year, we did the same evaluation and again it is looking like people who participate in the **Forever...in motion** program fall less than the average older adult. But this year it is looking like our average is only 1 in 5 participants in the **Forever...in motion** program have had a fall in the past year! That is Huge!

You may be asking why that is? How can a physical activity program reduce falls and prevent injuries? All **Forever...in motion** programs are encouraged to incorporate the following into their classes:

- **Endurance** – This will help to improve your reaction time, coordination and agility as well as the function of your heart and lungs.
- **Strength** – When you are strong you are more able to do your daily tasks and your bones and muscles work more efficiently to prevent or react to a fall. Plus, if you do fall you will be less likely to hurt yourself or break a bone.

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## Being Forever...in motion prevents falls!

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- **Core strength/Posture work** – Will help to keep your center of gravity where it should be, you standing a little taller and feeling less unsteady.
- **Balance** – Opportunities to safely challenge your balance to improve it so when you are starting to fall your body knows how to react and prevent the fall.
- **Flexibly** – Muscles that are more flexible will give you better range of motion in your joints allowing better movements and walking gait which will prevent you from tripping.
- **Education** – Our AMAZING **Forever...in motion** leaders are trained to provide you with education tips to prevent falls around your home, exercises to reduce your risks and why these exercises are so important to practice.

When you are physically active you reduce your risk of having a fall by 40% and when you add the tips and education that your **Forever...in motion** leaders are providing, you can reduce it by up to another 40%...and our evaluations confirm that it is working! So next time you feel that your balance just isn't what it used to be, consider a **Forever...in motion** program to reduce your risk of a fall!

### Remembering When™ - Fire Safety and Fall Prevention Program

**Remembering When™** is a program that was developed by the National Fire Protection Agency (NFPA) to help older adults age in place, reduce the number of lift assists after a fall, and decrease reliance on EMS Services because adults over 64 are at higher risk of having a fire and/or fall in their home.

This program is now being offered by the Saskatoon Fire Department in partnership with the Saskatoon Council on Aging. The program includes a 1 hour interactive presentation that uses nostalgia to help convey the eight Fire and Fall Prevention messages with an option of a home visit. The home visit will help to identify an older adult's fire and fall risk factors and make suggestions on how to reduce that risk. If you are interested in having a presentation about these important topics, please contact Dori at 306-975-7715.





## Take the Fight out of Food! Spot the problem. Get the facts. Seek Support!

By Seshni Naidoo, Regional Food Services Dietitian

**March is Nutrition Month!** This year's theme, Take the fight out of food! Spot the problem. Get the facts. Seek Support is meant to provide information and guidance on some of the questions that Canadians have about food and nutrition. Topics this year include food fads, managing health conditions, picky eating, digestion woes and eating stress. For more information check out [www.NutritionMonth2017.ca](http://www.NutritionMonth2017.ca)

### Food Fads

How do you know which information to trust? Ask yourself these questions when you come across nutrition information on the internet:

- ◆ Is the website promising a quick fix or miracle cure?
- ◆ Do I have reasons to mistrust the person, organization or company?
- ◆ Are they trying to sell me something instead of educate me on how to make better food choices?
- ◆ Do the facts sound too good to be true?
- ◆ Does the information come from personal opinions rather than scientific evidence?

If the answer is **Yes** to most of the questions, it is quite likely the facts are not reliable. Some websites for reliable information include:

[www.dietitians.ca](http://www.dietitians.ca)

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

[www.eatrightontario.ca](http://www.eatrightontario.ca)

[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

### One-pot Casserole

Put these ingredients together, and bake in the oven:

- ◆ One part meat, poultry or beans, such as kidney beans, black beans, chick peas or lentils
- ◆ Two parts vegetables such as peas, carrots, tomatoes, peppers, celery, spinach, zucchini
- ◆ Two parts rice, macaroni or noodles
- ◆ Sauce to moisten such as low sodium canned cream soup or tomato sauce or teriyaki sauce. Enjoy!





## We LOVE Our Volunteers!

By Kim Nicholls, Recreation Therapist



April is National Volunteer Recognition Month so now is a great time to say THANK YOU to all of our remarkable **Forever...in motion** volunteer leaders. With your help we have 112 active sites in the Saskatoon Health Region with over 1500 participants! Those numbers are astonishing – that's 1500 people that you are helping. You do incredible work! We know the benefits that your participants are getting from the exercise classes you are leading – but did you know the benefits you are experiencing from being a volunteer? Here's just a few:

- Improved physical health
- Greater life satisfaction
- Enhanced social networks
- Decreased depression
- Sense of purpose
- Lower mortality

Did you realize that by helping us, you would also be helping yourself? Thank you again, to all of our amazing volunteers, we could not do it without you!

Kim, Kereen, Kimberly and Brenda



**Martensville Leader Training**



**Lanigan Leader Training**



**Bethany Manor Leader Training**



## Aging Gracefully

### Upper Body Strengthening to Prevent Falls...Why?

By Melanie Weimer, Senior Physical Therapist

A question I often get asked is “What exercises should I do to help prevent falls?” A natural answer would be balance exercises, leg strengthening, and posture exercises, but is that enough? Is there anything else we should be doing? People are often surprised when I recommend upper body strengthening exercises. “How does that prevent me from falling?” A natural protective mechanism when falling is to put out your arm to try to catch yourself; however, this often results in an injury to the arm. In fact, an injury to the upper limb is the most common injury that occurs from a fall. If that is the case, then by strengthening the upper body, would one be able to reduce the severity of an injury or possibly prevent an injury to the upper limb? This question is exactly what Dr. Cathy Arnold, a professor from the University of Saskatchewan School of Physical Therapy, is trying to answer. Dr. Arnold is currently involved in a research project that is comparing a standard fall prevention and balance group exercise program with one that includes Fall Arrest Strategy Training (FAST). FAST consists of exercises to increase the strength and mobility of the upper body and to improve reaction time in the upper limb. Dr. Arnold is comparing the effect of these two fall prevention programs on balance, strength, and the ability to control a fall. Dr. Arnold previously performed a pilot study which compared a FAST program to a standard fall prevention program and found that the participants in both groups decreased their risk for falling. However, only the FAST group improved their upper extremity strength and wrist mobility which are potentially important to decrease risk of injury from a fall.

Dr. Arnold will be conducting another project this September. The goal of the project is to determine if FAST can enhance men and women’s physical capacity to control the downward descent of a forward fall and prevent injury. If you or someone you know are interested in participating in this excellent research project, please contact Dr. Cathy Arnold at (306) 966-6588 or The Staying on Your Feet Study Phone Line at (306) 966-8619.

Will upper body strengthening exercises help reduce the severity of injury from a fall? Only time and research will tell; however, if medically safe to do so, it definitely will not hurt to integrate some upper body strengthening exercises into your fall prevention exercise routine.





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

### Forever...in motion Leader Training

**Saskatoon**— To be determined

**Rural**— To be determined

Please contact Brenda at (306) 655-2454 or email [brenda.chomyn@saskatoonhealthregion.ca](mailto:brenda.chomyn@saskatoonhealthregion.ca) for more information

### 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](mailto:brenda.chomyn@saskatoonhealthregion.ca)

### Country Line Dancing

Please join Kimberly on Wednesday, April 12th at 1:30 p.m. at the Louise Street Community Church (3042 Louise Street) for country line dancing. No need to register, just come as this is a Globe Walk supported event. Hope to see you there!

### Staying On Your Feet Programming for Spring/Summer 2017

- Oliver Place            April 24 - June 29 (1X Week)
- Primrose Château    April 24 - June 29 (1X Week)
- \* Parkville Manor    April 24 - June 29 (1X Week)
- \* Open Site

For more information on the Staying On Your Feet program, please contact Melanie Weimer 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:

- \* Saskatoon Health Region
- \* City of Saskatoon
- \* University of Saskatchewan

For more information on the Older Adult strategy, **Forever...in motion** contact [Kimberly@306655-2286](mailto:Kimberly@306655-2286) or Kereen @ (306) 655-2285.

