

On Tuesday, February 9th from 1:30-2:30 p.m. the Wellness Circle will present “Nordic Pole Walking” with Ginger Quinn. Nordic Pole Walking is a safe and innovative way to strengthen muscles and bones and increase endurance. Plan to join us – all are welcome.



For more information or if you are concerned about your fall risk - contact Karen Watson at 519-578-0660, after the machine answers, then press “2”.



Healthy Reflections – Body, Mind & Spirit January 2016

No one wants an “Upended Life” – Reduce your Risk of Falling



Do you know that falls are one of the main reasons that older adults lose their independence?

After a fall, life can be upended in an instant. According to statistics, 25 percent of older people who fall and fracture a hip will die within a year. Many more, upwards to 80



percent, are left with severe mobility problems. Fractures or other severe injuries frequently result in a loss of independence and may even require a change in a person’s living situation.

This past week the Wellness Circle hosted a speaker from Community Support Connections. Jessica, a Kinesiologist, works with their fall prevention program. She stressed the importance of regularly assessing our risk for falling and taking practical steps to reduce this risk.

It is logical that the more risk factors a person has, the greater the risk. Here are a few of the questions in the risk assessment suggested by Public Health and the Waterloo Wellington Local Health Integration Network (LHIN): (Answer YES or NO to each of the questions / statements below)

- I have fallen in the past year?
- I use or have been advised to use a cane or walker?
- Sometimes I feel unsteady when I am walking.
- I am worried about falling.
- I need to push with my hands to stand up from sitting.
- I steady myself by holding onto furniture.
- I take medications that make me feel light-headed or dizzy.
- I have some trouble stepping up onto the curb or up a step.



If you answered yes to 3-4 of these statements, you may be at a higher risk of falling. If so, then you should discuss this with your health care provider or the Parish Nurse. It may be time to make some changes.

Some things you can do:

- Exercise regularly to improve strength and balance. (Remember there is a gentle exercise program right here at the church every Thursday morning – a great place to start!)
- Wear safe and sturdy footwear.
- Have your eyesight checked regularly.
- Use mobility aids such as walkers and canes, even around the house.
- Pay attention – do not rush.
- Take your time when moving from lying down to sitting to standing.
- Make your home safer - look around your living space to see if you spot any of these hazards:
 - clutter that blocks or encroaches into areas where you walk
 - throw rugs that slip or present a trip hazard
 - wires and cords that cross the floor area
 - furniture that sticks out into traffic areas
 - Is the lighting good on stairways and hallways?
 - Do you need railing or grab bars installed?



Above all, **regular exercise** will help maintain strength in the muscles of the legs and upper body, and challenge our “balance muscles.”