

Celebrating Healthy Active Lives



Active Living Coalition for Older Adults **UPDATE**

A Note from the Executive Director

With these winter months upon us, (for those of us in the 'snow bound' provinces) I am sure we are all looking forward towards Spring in the next few months. Hopefully you will still be able to get out and stay active in the winter months. I personally move from my routine of running with my dog outside in the warm weather to snow shoeing with my dog through the woods in the winter. As with all dogs, she loves her outdoor activities regardless of the weather. Sometimes more than me!

ALCOA has been very busy these past few months. We are wrapping up two projects by the end of January and planning our national meeting in Ottawa for the end of February. Our first two projects included the publication of issue #12 of the Research Update, which you should have all received in the fall, and a Cross Canada Consultation examining the barriers to physical activity for older adults. Once the consultation report is finalized it will be available from ALCOA. The third ALCOA project is focused

on the primary prevention of type 2 diabetes in older adults. The three regional meetings will have been conducted by the end of January. Those meetings will provide us with the necessary background information for our national meeting in February, at which time we will be developing a framework for implementation of the best practices for the prevention of type 2 diabetes in older adults. More information will follow as that project progresses.

We will keep you informed of new projects as they evolve.

Best wishes for a happy and healthy year.



Patricia Clark

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Celebrating Healthy Active Lives

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Jim & Hilda McKinley



At

88 and 85 respectively, Jim and Hilda McKinley are a couple who

are on the go and a going concern! They participate in numerous activities together such as Qi-Gong, biking, walking, golfing and one of their favourite pastimes - square dancing and round dancing. They are members of the Milton Historical Society and have traveled extensively though Europe, the orient and other exotic destinations, and explore local areas with day trips.

As long-time members of the Milton Seniors' Activity Centre, Jim and Hilda have found many benefits to participating at this local

hub of activity. Hilda is a founding member and co-convenor of the popular Computer Club, and a co-convenor of the Cyber Café, which continues to grow as one of the most popular programs at the Centre. Jim is also involved with the Computer Club as well as the Song Spinners Chorus. In his remaining spare time away from the Centre, he enjoys making and tasting wine.

Jim and Hilda both feel that the Milton Seniors' Activity Centre keeps their bodies physically fit and their minds just as nimble. Although they have experienced health issues and concerns, they believe keeping active has helped them cope better with their

illnesses. This couple serves as an impressive role model for today's seniors. Just like Jim's wine, they are aged to perfection!

Submitted by:
Tammy Townsend
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A great way for older East Toronto residents to stay active and fit

There's a new program to encourage older east Toronto residents to be active and lead a healthy lifestyle. Since Summer 2007, Variety Village, a fitness and life skills facility for people of all abilities, has offered a special Active Aging Club membership geared towards those who are 55 and older.

It's been a success right from the start. After only six months, over 90 fitness enthusiasts participate regularly in the club. Whether members work out in groups or by themselves, they find that the Variety Village Active Aging Club is a great way to stay fit and have fun at the same time.

The membership offers many adapted fitness programs led by fully-qualified instructors. Among others, members can take classes in Aqua fitness, Tai Chi, Walk and Roll, Stretch and Tone and weight training.

Variety Village is an ideal space for the club. It offers a safe, spacious and bright facility for a great fitness club experience. The large indoor facilities consist of a 200-metre cushioned track, three heated swimming pools, three full courts, a weight room and modern exercise equipment.



Furthermore, Variety's newly designed theatre is perfect for exciting drama programs and workshops.

Some of the special weekly workshops, which are included in Club membership, cover such popular topics as yoga, nutrition, and self-defense.

After their workout, members can join their fitness friends for coffee and tea in the Village's relaxing lounge area.

For a small additional fee, club members have access to on-site benefits such as massage, physiotherapy and personal trainers

– all under the same roof.

Monthly membership is \$25 - just a fraction of what members would pay at other fitness clubs. Club hours are Monday to Friday from 1:00 p.m. until 4:00 p.m.

Variety Village is located at 3701 Danforth Avenue, Toronto, east of Birchmount Road, just minutes from the Beach. For more information on the Variety Village Active Aging Club, please call Katie Morrison at 416-699-7167 ext. 342 or kmorrison@varietyvillage.on.ca.

BALANCE EXERCISES FOR SENIORS

(part 2)

Balance is required in everyday life. Most of us do not notice when we use balance until we have a problem with it. Many times it is due to an imbalance of strength within muscles or muscle groups. Therefore strength exercises...as referred to in this article may help you.

If you are able to maintain your strength, you will familiarize your mind and body to work together to prepare your body for rapid recovery if you lose your balance. This will enable you to help prevent an accident that could potentially change your quality of life.

In the last issue, we discussed locomotive balance exercises. This issue provides an example of a static balance exercise and an advanced exercise using a stability ball.

It is strongly advised that the participant have a "spotter" available.

Static balance exercises

Step 1.a. Participant stands to the side facing a fixed device. For example, the kitchen counter.

Step 1.b. Stand on the leg (e.g. right leg) that is closest to the "fixed device" (e.g. the kitchen counter) with the knee slightly bent on that leg.

Step 1.c. Lift the other foot (e.g. left foot) off floor just high enough that there is no contact with the floor and count 5 seconds. Do the same with the other leg.

Step 2.a. Participant is in the same position Step 1 but lift the leg to the side (abduction) slightly. Hold the same duration as step 1.

Increase the duration for more challenge. For example, up to 10 seconds or more.



Remember to maintain regular respiration (breathing) for safety and best results during all exercises.

Advanced balance exercises

When you are ready for challenging balance training, you may use a "stability ball".

When purchasing the ball, look for 55 centimetre circumference if you are less than 5ft 7 inches. If you are taller than 5 ft 7.5 inches, then 65 centimetre circumference would be sufficient.

Step 3.a. You must become comfortable with the ball. You may accomplish this by sitting on it.

Step 3.b. Ensure that you obtain a stable or fixed object to grasp onto.

Step 3c. Sit with your feet approximately "hip width" apart. Maintain erect posture. This will be the beginning of strengthening your 'core' area of your body (abdominals and back). To increase the challenge you may rotate using your hips 5-10 times' one direction, then the opposite direction. You may roll slightly side to side.

The advanced version would be closing your base of support (feet closer together).

Begin slowly 2-3 sets every other day 3 times per week. Progress to 5 sets, 4-5 times per week. When you feel it is time to increase the challenge, decrease the sets once again until it becomes less of a challenge.

Ensure that YOU always have control of the exercise, not the exercise controlling you.

Tracy Ralph is a fitness, health, exercise and life-style consultant, who has over 20 years experience in the profession. Tracy specializes in fitness for seniors and for people with disabilities.

Exercise Programming for Older Adults

As our population ages and the cost of health care continues to climb, the demand for exercise options for seniors continues to grow.

This book provides everything you need in order to develop, market, and manage a fitness program for older adults. It sets the stage for safe and effective exercise programming by explaining the unique factors you need to consider when developing a program for seniors:

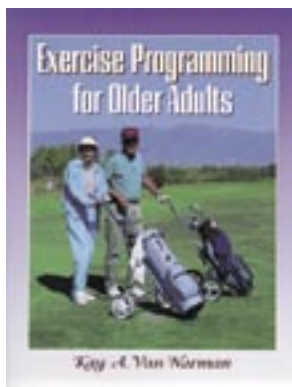
- Age-related changes in the cardiopulmonary, nervous, and musculoskeletal systems and the effect of exercise on these systems
- Physical conditions that can affect the safety of exercise, including hypertension, cardiovascular disease, pulmonary disease, arthritis, and osteoporosis
- Psychological and social aspects of aging and how they are influenced by exercise

You'll also find clear guidelines on how to structure a program to effectively meet the special needs of older exercisers, including information on class format, safety and liability, exercise intensity, social components, and more.

A major portion of the book is devoted to presenting 105 land-based and 74 water-based exercises. All have been field-tested in a successful senior exercise program; they include chair exercises, basic conditioning, low-impact aerobics, water aerobics, and water exercises for people with arthritis. Numerous photos, charts, and drawings illustrate how participants can correctly and safely perform each exercise.

Exercise Programming for Older

Adults also details the necessary steps for developing and promoting a senior exercise program in your community, from locating an appropriate facility to using the media to reach clients.



About the Author

Kay Van Norman has been the director of the Young at Heart senior exercise program at Montana State University since 1988. Her responsibilities include program development and evaluation, instructor hiring and training, classroom teaching, and program promotion. She also conducts regional training workshops on the topic of senior exercise.

Kay was elected the 1995 chair of the Council on Aging and Adult Development (CAAD), a division of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). As the 1992 chair of the Standards Committee of CAAD, she helped to develop standards and guidelines for senior exercise instructors. Kay served as president of the Montana AHPERD for the 1991-92 term. She is also a member of AAHPERD's National Council on Aging.

Audiences

Handbook for health/fitness instructors, recreation specialists, and facility directors.

For More Information

Visit www.humankinetics.com

Programming Ideas Include: Land-Based Exercises:

- **Chair Exercise**
Specific Exercise Programming
Exercises Using Props
Coordination Activities
Rhythmics and Fun
Socialization
- **Basic Exercise**
Walking Courses and Stations
Wall Exercises
Standing Rhythmic Exercises
- **Low-Impact Aerobics**
Class Format
Safe Movement
Specific Exercises
Stationary Movements
Traveling Movements
Arm Movements
Wall Exercise
Floor Exercise
Balance and Coordination
Social Interaction

Water-Based Exercises:

- **Special Considerations**
Target Heart Rate Variations
Safety
Pool Temperature
Music
- **General Class Format**
Level 1 Format
Level 2 Format
- **Specific Exercises**
Warm-Up
Jug Exercises
Aerobics
Transition Exercises
Group 1 Exercises
Group 2 Exercises
Group 3 Exercises
Cool-Down Phase
- **Arthritis Water Exercise**

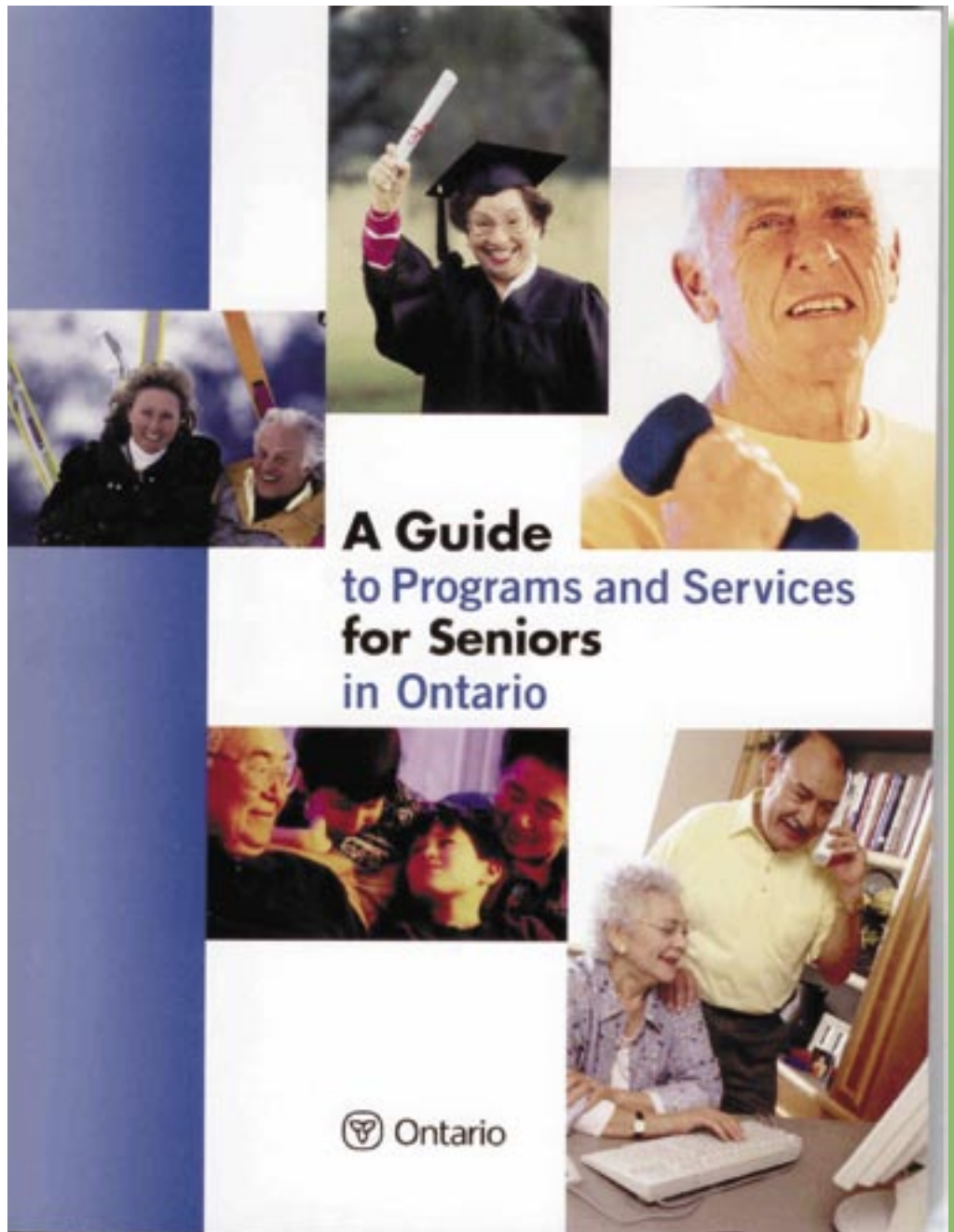
Great Resources (available in Ontario) Guide for Seniors

A Guide to Programs and Services for Seniors in Ontario is a comprehensive directory to government and community programs and services for seniors in Ontario. This Guide was developed by the Ontario Seniors' Secretariat whose function is to improve the quality of life for Ontario's Senior's.

You may order a free copy or multiple copies at: www.citizenship.gov.ca/seniors or by calling 1-888-910-1999.

New Service Provides Free Access to Registered Dietitians

EatRight Ontario is the first province-wide public service connecting Ontarians directly to Registered



Dietitians. The service is brought to you by Dietitians of Canada, working with the Ontario Ministry of Health Promotion.

Consumers and health intermediaries may contact a Registered Dietitian with their nutrition and healthy eating questions at:

1-877-510-5102 Monday to Friday 9am to 5pm ET, or at

www.EatRightOntario.ca 24 hours a day, 7 days a week.

EatRight Ontario was developed as part of Ontario's Action Plan for Healthy Eating and Active Living. The focus of the service is on health promotion and disease prevention.



Initiatives from the Federal Government

Between 2006 and 2026, according to Statistics Canada projections, the senior population is anticipated to increase from 4.3 million to 8 million. This is why it is important to begin addressing issues that affect seniors now.

Last spring, the National Seniors Council was created which will advise the Government on seniors' issues of national importance. The Council will help ensure that government policies, programs and services meet the evolving needs of seniors.

A targeted initiative for older workers was announced last year, to help older Canadians who are looking for work. This program, which is available in seven provinces and territories, is directed at helping unemployed older workers aged 55 to 64 in communities experiencing ongoing high unemployment and/or with a high reliance on a single industry affected by downsizing. The Government has made available up to \$70 million to help participants improve their ability to get a new job and to upgrade their skills.

An Expert Panel on Older Workers was established to study labour market conditions for older workers. The Panel will look at the challenges facing these workers and explore ideas for supporting them.

An additional \$10 million annually was put into funding for the New Horizons for Seniors

Program. Currently, the Program provides funding for community-based projects that encourage seniors to contribute to their communities through social participation and active living. This additional funding has been earmarked for projects that help address issues of elder abuse and fraud, and will include capital assistance for community buildings, equipment and furnishings related to programs for seniors.

The fact is that seniors and older workers have helped to build this country. Hopefully these programs and services will help make their lives easier.