

BCGREA Branch 900 Meeting November 20, 2024
Our Redeemer Lutheran Church Auditorium

The meeting was called to order at 10:00 with Maurice Davidson in the chair and 22 members present.

Frances introduced our speaker for the meeting—Ashley Shaw, a local Kinesiologist employed at the Dale Charles Physiotherapy Group. “Kinesiologists are university-trained professionals that apply anatomy, physiology, biomechanics, psychology and neuroscience to assist in the prevention and rehabilitation of injury (e.g. falls) and chronic health conditions.”

To reduce the risk of falls, Ms. Shaw advised that we must increase our daily activity. Staying active, eating healthy and keeping our brains healthy. A combination of balance exercises, aerobic exercise and stretching is optimal.

A useful tool for a self assessment of your balance can be found by completing the Berg Balance Scale (BBS) found on the internet.

Most communities offer a variety of programs to encourage seniors to keep fit—physically and mentally. 2025 is the year to improve our balance and fitness!

After a coffee/tea break, the business portion of the meeting took place.

Maurice summarized the minutes of the regular meeting of October 16, 2024, copies of which were distributed by email. Moved by Frances Monro to be accepted, seconded by Paul Perkins that the minutes be accepted.

Treasurer’s Report: Imre reported that the bank balance is \$1,740.20. Recent expenses were the rental of the hall: \$490.00/yr (plus \$150.00 damage deposit); Insurance: 158.40/yr; and the Remembrance Day wreath: \$28.00. Moved by Darcy McGifford to accept the report; seconded by Linda Roberge.

Membership Report: Bill reported that the previous report of October 2024 remains unchanged, with a total of 283 members. Moved by Terry Chambers and Seconded by Elvy Karlstrom that the report be accepted.

Old Business:

Imre and Maurice attended the remembrance Day service and placed a wreath on behalf of Branch 900.

New Business:

- Election of branch table officers was had:
 - Branch Chair: Maurice Davidson
 - 1st Vice: Darcy McGifford
 - 2nd Vice: Paul Perkins

- Maurice gave a quick report on the highlights of the AGM. The keynote speaker was the new Senior’s Advocate Dan Levitt. His presentation was very interesting.

- The executive made the decision that there will be no charge for coffee at the meetings going forward. (The branch will cover the cost.)

- Over the last few years, Branch 900 has made a donation to a not-for-profit organization in memory of those members who have passed during the previous year. The executive is looking for suggestions for the 2024 donation. (A list of the previous recipients is attached to the minutes for reference.) If you have a suggestion, please contact Maurice, or one of the other executive members.
- Christmas Party: See next page!!

Good of the Order: nothing

Health and Wellness: We want to wish Adele DiLorenzo a speedy recovery.

60/40 Draw: Angie Nash was the winner of \$28.00 and Lou DiLorenzo of \$19.20

The meeting was adjourned.

Past Memorial Donations:

2014: Mogg and Friends Hospice

2015: SOWINS

2016: Brain Injury Society

2017: Discovery House

2018: Desert Valley Hospice Society

2019: Lower Similkameen Community Services

2020: OneSky Community Resources

2021: No donation made (COVID year)

2022: South Okanagan Community Foundation (for the Princeton Flood Relief)

2023: SOS Medical Foundation

BRANCH 900 CHRISTMAS LUNCHEON

DATE: WEDNESDAY, DECEMBER 11, 2024 (11:00 – 2:00)

VENUE: PENTICTON GOLF AND COUNTRY CLUB

COST: \$40.00/person.

WHERE TO GET TICKETS: Call Maurice at 250-493-1538 (PURCHASE BY WED. DEC. 4TH) or mauricedavidson650@gmail.com

Meal: Served at 12:00 noon: Turkey dinner with all the trimmings! Desserts, tea, coffee. Cash Bar.

A box for donations to St. Vincent DePaul will be available. As well, cash donations can be made. Frances Munro in charge.

(Suggested donations: Some of the items needed for hampers are: canned tomatoes, kidney beans, chick peas, black or navy beans, pork and beans, soups, canned vegetables, peanut butter, salmon or tuna, plain white or brown rice, pasta, cereal (sugarless if possible), tomato paste, wholegrain crackers, fruit juice (100% juice) granola bars, and canned fruit packed in juice.)

“Darcy’s Deal” Draws: Darcy and Beth McGifford are organizing a fun draw. Bring 1 or 2 items from your home that you would like to get rid of (puzzles, aprons, mugs, etc.) They will be selling tickets for a draw (\$5.00 will buy 10 tickets.)

Door Prize Draws: As with previous years, each attendee will be given a ticket for door prizes. There may be more draws....so bring a few extra dollars to purchase tickets!!



Fall Prevention Handout

Ashley Shaw

Kinesiologist

Fall Prevention Certified

Pelvic Floor and Core Exercise Specialist

**Call 250-493-7343 to book your appointment with Ashley at
Dale Charles Physiotherapy – Downtown
353 Winnipeg Steet, Penticton**

Kinesiologists are university-trained professionals that apply anatomy, physiology, biomechanics, psychology and neuroscience to assist in the prevention and rehabilitation of injury (e.g. falls) and chronic health conditions.

Now is the time to REDUCE YOUR RISK OF FALLS!

You are never too old to exercise.

It is never too late to make a new goal, to dream a dream, and take steps to increase your quality of life. Exercise is medicine!

Falls

1. Have you fallen in the last year? (how many times were you injured?)
2. Do you ever feel unsteady when you stand or walk?
3. Do you worry about falling?

1 in 3 people over the age of 65 will fall

1 in 2 people over the age of 80 will fall

50% of people who have a fall, will have a recurrent fall

10-15% of falls are serious causing a fracture or head injury

30% die within 1yr after a fall

50% lose balance and mobility

Falls are a huge burden on our health care system costing over 1.4 million a year and rising

If you fall and your not injured, you may be still affected

=loss of confidence

=restrict your activity

=isolation

=weaker

All the above increases your risk of a serious fall

Most falls are preventable!

Frailty

-1.6 million people over 65 are living with frailty in 2025 (1 in 4 Canadians over 65)

-Expected to rise to 2.5 million in 2030

-Leading to a higher use of health care resources

-This expectation takes 3.75 million caregivers to provide for this population

-\$31 billion is spent annually for 7% of Canadians over 65 in long term care homes

Fragility Fracture

One that is sustained from a fall at standing height or lower

3 most common sites: wrist, spine, hips

Causes a decrease of independence

Sedentary lifestyle will increase the rate of risk in which one may fall

Exercise helps to decrease fall risk and increase bone health

Osteoarthritis can progress if we avoid activity and the result has detrimental affects if we continue to be sedentary. Walking 6000 steps can help protect against a decrease of function. We need to keep moving!

Never too frail to exercise!

According to research

-those who exercise or had more activity in their day had a greater chance of improving their health status, and the greatest benefits were found in those who were more frail. You're never too old to exercise.

As per a report by the Conference board of Canada, an increase of 10% of physical activity in a day, will help reduce economic and disease burden. Reduce the risk of diabetes, cancer, hypertension, and heart disease. **85% of Canadians are not meeting this recommendation.**

Sitting disease

Associated with the risks of chronic diseases, sedentary behaviour and poor diet.

Contributes to an earlier death rate and higher disability. Higher risk of cardiovascular disease by 147%, diabetes by 112%, breast and colon cancer, kidney disease, musculoskeletal problems, osteopenia/osteoporosis, depression and early mortality by 49%. Increases bad cholesterol and impairs good cholesterol.

As per research, people who stood and moved around throughout the day doing low levels of activity had the best health results compared to people who did 1hr of vigorous activity then were sedentary for the rest of the day. And of course, the people who sat all day, had the worst health results. 1 hr of activity will not compensate for the rest of the day sitting. We need continuous movement and standing to help our bodies at a cellular level even if it is low level activity. Every day movement is important.

Brain and Exercise

Brain changes are associated with ageing and reduced physical activity.

Physical activity has a positive influence on balance and coordination on slowing deterioration on the brain, therefore, influences the way we age.

According to research, aerobic and strength activity can significantly improve cognitive status and function no matter the state of an individual's current cognitive function.

There will be improvement!

Falls are associated with cognitive dysfunction, impaired reaction time, impaired balance, and musculoskeletal weakness.

-The area in the brain that has the greatest significance to reduce falls is the executive functioning and ability to do all tasks. Cognitive tasks may reduce risk of falls by 47% in the absence of improvement in physical function. Physical activity triggers the growth of neural plasticity (nerve connections) in the brain.

CV disease and other risk factors

Hypertension, type 2 diabetes, dyslipidaemia, obesity, tobacco and alcohol abuse, air pollution, frailty, disability, depression, kidney disease, cognitive impairment, hyperuricemia

80% of risk factors are within your control to change!

Increase balance

"Ability to properly control posture to adapt to various environments through the interaction of sensation, motor, and cognitive systems. It is the act of maintaining, achieving and restoring a state of balance during posture or activity. You need balance just to maintain a position, maintain balance during a voluntary movement, and maintain balance after an external disturbance or quick reaction".

Resistance training

Only 8.7% of older adults partake in resistant training

-can improve mobility, maintain activities of daily living, preserve independence, delay sarcopenia, improves management of chronic health conditions

-can improve resistance to injuries and catastrophic events like a fall

-improves bone mineral density and glucose tolerance, cardiac function and reduce inflammation

-Helps psychological well-being and reduce depression

- Enhance strength, power, neuromuscular functioning, balance, coordination and contractile function
- A properly designed program is safe for older adults provided its adapted to your level (fit vs frail)

Weekly Exercise recommendations:

2x/wk minimum of strengthening exercises

Balance and Posture exercise Daily

150min/wk or more of aerobic activity

Weekly exercise guideline from the WHO

-150-300min moderate intensity of aerobic physical activity (30-60min 5 days/wk)

-75-150min vigorous aerobic physical activity

-minimum of 2 days of strengthening major muscles at moderate intensity

-3 days of balance/agility such as Tia Chia, line dancing

-exceeding more of the recommendation, additional health benefits are warranted

-No more than 3hrs of sedentary behavior in a day

WARNING: Exercise has been known to cause health and happiness!

Community resources:

www.cardiacbc.ca

www.heartandstroke.ca

www.heartcentre.ca/services/virtual-cardiac-rehab



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Appendix A: Medical Conditions Associated with Gait and Balance Disorders

<p>Cardiovascular Diseases</p> <ul style="list-style-type: none"> • Arrhythmias • Postural hypotension • Aortic stenosis • Congestive heart failure • Coronary artery disease • Peripheral arterial disease • Thromboembolic disease <p>Neurological Disorders</p> <ul style="list-style-type: none"> • Cerebellar dysfunction or degeneration • Delirium • Cognitive impairment/dementia • Multiple sclerosis • Myelopathy • Normal-pressure hydrocephalus • Parkinson's disease • Stroke • Vertebrobasilar insufficiency • Vestibular disorders/vertigo 	<p>Sensory Abnormalities</p> <ul style="list-style-type: none"> • Hearing impairment • Peripheral neuropathy • Visual impairment <p>Musculoskeletal Disorders</p> <ul style="list-style-type: none"> • Cervical spondylosis • Gout • Lumbar spinal stenosis • Muscle weakness or atrophy • Arthritis (pain and stiffness) • Osteoporosis complications • Podiatric conditions • Leg length discrepancy <p>Infections</p> <ul style="list-style-type: none"> • Acute infection • Tertiary syphilis • Human immunodeficiency virus associated neuropathy 	<p>Metabolic Diseases</p> <ul style="list-style-type: none"> • Diabetes mellitus • Hepatic encephalopathy • Hyper- and hypothyroidism • Obesity • Uremia • Vitamin B12 deficiency <p>Mental Health and Substance Use</p> <ul style="list-style-type: none"> • Depression • Fear of falling • Substance use disorder <p>Sleep Disorders</p> <ul style="list-style-type: none"> • Insufficient sleep due to multiple medical issues including chronic pain, bladder and prostate problems • Poor quality or insufficient sleep due to undiagnosed sleep disorders including obstructive sleep apnea <p>Other</p> <ul style="list-style-type: none"> • Other acute medical illnesses • Recent hospitalization or surgery
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Reference: Salzman B. Gait and balance disorders in older adults. Am Fam Physician. 2010 Jul 1;82(1):61-8.

20 Exercise Benefits:

1. Reduce body fat
 2. Increase lifespan
 3. Oxygenate the blood
 4. Strengthen muscles (improves body function to perform ADL)
 5. Manage chronic Pain
 6. Wards off Viruses
 7. Strengthens the heart
 8. Reduce diabetes risk
 9. Clears arteries
 10. Boosts mood (overall wellness and self esteem)
 11. Maintains mobility
 12. Improves memory (brain function)
 13. Improves coordination
 14. Strengthens the bones
 15. Improves complexion
 16. Detoxifies the body
 17. Decreases stress (improves mood overall)
 18. Boosts immune system
 19. Lowers blood pressure
 20. Reduces cancer risk
- AND MANY MORE BENEFITS!