

Newsletter

Summer • 2008

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A Stroke of Inspiration

New in 2008!

Exercise Leadership Training

More than 50,000 strokes occur every year in Canada. Sadly, one in three deaths in Canada is due to heart disease and stroke. Strokes can cause severe physical limitations that prevent an individual from participating in a higher-functioning exercise program. Physical activity can help restore physical function and quality of life for those who have experienced a stroke, as well as prevent another stroke from happening.

Between November and February 2007/08 we successfully delivered

a 12-week pilot exercise program to nine stroke survivors in the London area. The program model used was developed by Physiotherapist Janice Eng of The University of British Columbia and researched in Canadian clinical trials. The Fitness and Mobility Exercise (FAME) program provides a community-based exercise model that can be offered to stroke survivors post-rehabilitation that will maintain and build upon the functional improvements that were

gained during rehabilitation. This means that stroke survivors would be more likely to achieve a level of function closer to what it was before the stroke by participating in a community exercise program.



We have improved the quality of life and functional ability of the participants who took part in the program. We have also learned a great deal from the implementation of the program and have now developed a new leadership training workshop called Post-Rehab Exercise for Stroke (PRES), to teach other organizations to successfully

implement this evidence-based exercise program in their communities. The one-day module teaches individuals:

- Characteristics of a stroke
- Deficits resulting from the stroke
- How to increase and/or maintain functional mobility using all components of fitness
- Communication skills
- How to evaluate the effectiveness of your program

News from the CCAA

Exercise Leadership Training

...continued

PRES is offered to those who are certified as Seniors' Fitness Instructors by the CCAA, or have completed the CCAA's Functional Fitness for Older Adults (FFOA), Functional Fitness for Adult Day Programs (FF-ADP), or Restorative Care Education and Training (RCET). The cost is \$200 and the first course will be offered Tuesday, September 29 at the CCAA. Contact Leslie Brown at lbrown59@uwo.ca or call 519-661-1607 for more information, or to register - space is limited.



SLR London Moves to the Mount

The Society for Learning in Retirement, London, (SLR London) is pleased to announce the relocation of its courses and office to the Mount, effective July 1, 2008. The Society is located in Rooms 111, 112, and 113, just down the hall from the CCAA.

Since 1994, SLR London has offered a wide variety of programs to individuals in the 55+ age category. With a current membership of 250, the Society presents ten courses in each of its Fall and Winter semesters. Each class has up to 20 participants and is moderated by one or two experienced members. Classes are based on the concept of shared learning in that each member is required to make a 20 - 25 minute presentation on a topic related to the course of study. Visit our web site at www.slrlondon.ca for more information.

Since its inception, SLR London has been associated with Westminster College, which is also moving to the Mount on July 1. Since its incorporation in 1957, the College has provided a residential experience for University students. Westminster College recently received Foundation status and

now operates to support community programs such as SLR London as well as to distribute grants to charitable organizations. To receive more information on programs at Westminster College or a copy of the Westminster College Foundation Guidelines and Grant Applications, please call Gloria Rolfe at 519-673-0040, extension 20005 or email westmin@uwo.ca

Ray Jones, an 8-year member of SLR London, and a recent Course Moderator, was elected to a one year term as President at its Annual General Meeting on April 24. Ray views his prime responsibility during his presidential year as facilitating the physical move of the Society to its new home at the Mount prior to July 1, 2008, and preparing the members for the first day of the Fall semester on September 29. Ray, coincidentally, has been a member of the CCAA since September 2007 and looks forward to the potential for synergy between CCAA, SLR London, and residents of the Mount and the Community of the Sisters of St. Joseph.

CCAA Goes to Western

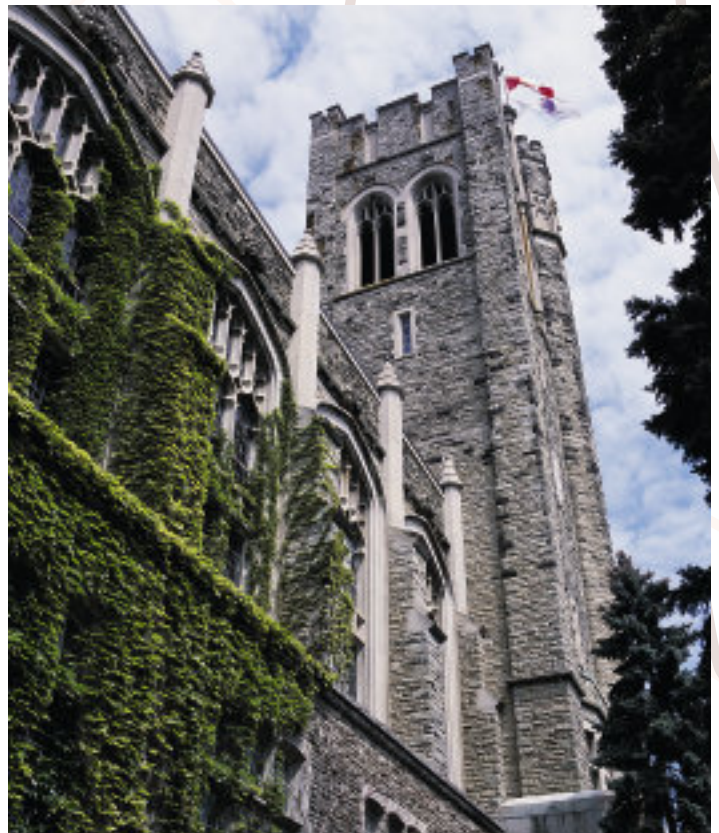
Third-year Kinesiology students at Western had an opportunity to learn from the leaders in physical activity and aging during the 2007-2008 academic year. Two new credit courses designed and developed by the CCAA were introduced into the Kinesiology curriculum at Western.



The first course, Kin 371a - Exercise Programming for Older Adults, took place during the fall semester. Topics discussed during this half lecture course included the process of aging, physical activity for older adults with chronic conditions, neuromuscular function and aging, exercise for the frail and very old, prehabilitation and rehabilitation, model physical activity programs, safety and contraindications, program evaluation and functional activity measures. At course completion students were given the option to become fully certified CCAA Seniors' Fitness Instructors after completing 16-hours practice instructing and successfully completing the practical evaluation. Kin 371a lecturers included Dr. Don Paterson (CCAA Research Director), Dr. Charles Rice (CCAA Researcher), Dr. Gareth Jones (Past CCAA Director), Dr. Marita Kloseck (BHSc guest lecturer), Clara Fitzgerald (CCAA Program Director), and several other CCAA staff.

The second course, Kin 321t - Functional Activity Measures for Older Adults took place during the spring of 2008. This quarter activity course provided an opportunity for students to learn and practice a variety of assessments to measure older adults' functional ability. Kin students practiced tests for flexibility, muscular strength, muscular endurance and aerobic capacity. They also learned age and gender related tests and tests measuring agility and balance, reaction time, and body composition.

Both courses were very well received by the students who participated. Course planning and fine tuning is now underway for the 2008-2009 academic year.



Exercise Classes

The exercise programs at the CCAA were developed as model programs for older adults. Classes may include the following components of fitness: cardio-respiratory exercise, muscle strength and endurance training, functional fitness training, balance & flexibility training, and added recently, yoga, pilates and ball exercises.

General Fitness

Get Fit for Active Living (GFAL)

An eight-week education and exercise program to motivate older adults to engage in a more active lifestyle.

Tue & Thur: 12:00 p.m. - 1:00 p.m. (Gym)
Wed: 12:15 p.m. - 1:15 p.m. (Weight room) and 1:15 p.m. - 2:15 p.m. (Lecture)
Call 519-661-1603 for the next GFAL start date.

Combined Fitness

A 75-minute group exercise class including accelerated walking or other cardiovascular activity, strength training, flexibility and balance training.

Mon, Wed & Fri: 6:45 a.m. – 8:00 a.m.
8:15 a.m. – 9:30 a.m.
9:45 a.m. – 11:00 a.m.
12:45 p.m. – 2:00 p.m.
2:15 p.m. – 3:30 p.m.
3:45 p.m. – 5:00 p.m. (Wednesday and Friday Only)
5:15 p.m. – 6:15 p.m.
Tue & Thur: 6:45 a.m. – 7:45 a.m.
8:00 a.m. – 9:15 a.m.
9:30 a.m. – 10:45 a.m.
11:00 a.m. – 12:00 p.m.

Strength Training

A 60-minute program that uses a combination of weight equipment, handheld weights and resistance tubing (this program should be supplemented with independent cardiovascular activity).

Mon, Wed & Fri: 9:05 a.m. - 10:05 a.m.
10:35 a.m. - 11:35 a.m.
Tue & Thur: 8:45 a.m. - 9:45 a.m.

Health Assessments:
Prior to beginning an exercise program it is necessary to complete a physician supervised treadmill stress test, followed by a fitness appraisal. Fitness appraisals are required on an annual basis.



Dynamic Balance

A 60-minute group exercise class for the semi-independent adult. This class is designed to improve overall fitness with special attention to balance. Includes cardiovascular activity, strength and flexibility training.

Tue & Thur: 11:00 a.m. - 12:00 p.m.
Tue & Thur: 2:45 a.m. - 3:45 p.m.

New!! Yoga and Pilates

A 60-minute class incorporating yoga and pilates exercises, as well as cardiovascular, strength, balance and flexibility training.

Mon, Wed & Fri: 3:45 p.m. – 5:00 p.m.

Fitness for Special Populations

COLD (Chronic Obstructive Lung Disease)

A 90-minute group exercise class designed for persons with pulmonary disease.

Tue & Thur: 1:10 p.m. - 2:40 p.m.

Osteoporosis

A 75-minute group exercise class including all components of fitness. Offered to those who are at risk for, have been diagnosed with, or have fractured due to osteoporosis.

Mon, Wed & Fri: 11:15 a.m. - 12:30 p.m.

Stroke

This program is designed for those who have suffered a stroke. It is based on the FAME evidence-based exercise program model to help stroke survivors maintain their functional ability.

Call for class times.

Personalized Fitness

New!! Personal Training – An exercise program tailored to you!

Individual or small group sessions (max. three persons) with a personal trainer aimed at improving exercise technique, managing weight, and improving any or all areas of fitness.

New!! Lifestyle Coaching

Designed to help empower the individual to achieve an optimum level of health and wellness in all areas of life. Minimum six hours over three months.

Current CCAA Instructors

Madeline Badner, Mary Jo Behrens, Sharon Berman, Angela Clarke, Debbie DeVries, Mary Lou Douglas, Eileen Elliott, Anita Everest, Elaine Fletcher, Pauline Gough, Pat Greenlaw, Michelle Heidekamp, Kristy Hoornick, Mary Anne McCoy (in house programs coordinator), Margitta Ossenkopp, Susan Paddick, Peggy Smith, Melanie Stuckey, Olga Theou, Vera Watson.

Current CCAA Volunteer Instructors

Peter Clements and Dora Boode and John Lines.

News from the CCAA

CCAA Supports LHIN's Provincial Aging at Home Strategy

The Ontario government is promoting community living by distributing \$700 million through the Local Health Integration Networks (LHIN) over three years. Funding decisions have been made and organizations across Ontario are putting their plans into action to enhance home care and community support services to enable older adults to live healthy and independent lives in their own homes.

In 1997 the CCAA developed the Home Support Exercise Program (HSEP), an evidence-based in-home exercise program consisting of ten simple, yet progressive exercises designed to enhance and maintain functional fitness, mobility, balance and independence. The program is designed to improve the functional mobility of the frail, homebound older adult and can be delivered by front-line service providers, caregivers and family members. After four months of participation in the Home Support Exercise Program participants significantly improved their mobility, endurance, lower body strength, and balance confidence compared to the comparison group who received usual home-care visits. Facilitators of the program can train front-line staff to implement the program with older adults.

Approximately 900 individuals have been trained nationally to deliver the Home Support Exercise Program, over 165 have been trained as HSEP Facilitators, and six as Trainers, making the program and the network of trained individuals a perfect fit to help the Aging at Home strategy be a success. In an effort to align ourselves with the Aging at Home strategy and to support the grass-roots organizations providing home care and community support services directly to the older adult, we have committed to

provide the following services:

- Home Support Exercise Program training (available to front-line service providers, caregivers and family members);
- Home Support Exercise Program – Facilitator training (available to educators, managers, supervisors);
- Workshop booster sessions (available to those who have completed the HSEP Workshop but need a refresher);
- Facilitator booster sessions (available to those who have completed the HSEP Facilitator training but are “inactive”);
- Information sessions, and;
- Consultation (topics could include: successful HSEP implementation, recruitment, evaluation strategies).

Contact us at 519-661-1603 or e-mail ccaa@uwo.ca for more information on how we can help your organization enable older adults to maintain a healthy and independent lifestyle in their own home through physical activity.



Building a Legacy

Support the CCAA

As we forge ahead developing and implementing sound strategies for a better quality of life for older adults, generous contributions by individuals, corporations, and foundations are crucial for building a lasting legacy for future generations. From pledging a gift over a five-year period to taking advantage of tax breaks by donating appreciated securities, there are many ways to ensure that the CCAA continues to lead in the development of programs relevant to the current and future needs of healthy aging for older adults in London, Canada, and around the world. Virtually all gifts to Western qualify for an income tax credit. This maximizes the impact of donor giving through applicable tax credits. Types of gifts include:

- Deferred Gifts
- Charitable Gift Annuities
- Donation of Appreciated Securities
- Bequests and Gifts of Insurance
- Charitable Remainder Trusts
- Memorial Gifts
- Stock Options

Please contact Clara Fitzgerald at 519-661-1604 or ccaa@uwo.ca if you are interested in contributing to the building of a legacy.

CCAA Community Outreach Team

Clara Fitzgerald, Program Director
519.661.1604
cfitzge4@uwo.ca

Barbara Kaluzny, Secretary
519.661.1603
bkaluzny@uwo.ca

Shannon Belfry, Applied Research
Coordinator
519.661.1633
shannon.belfry@uwo.ca

MaryLou Douglas, Fitness Appraiser
519.661.1603
mldouglas@rogers.com

Jane Engels, Accountant
519.661.2029
jengels@uwo.ca

Leslie Brown, Program Specialist
519.661.1607
lbrown59@uwo.ca

Debbie Devries, Instructor and Fitness
Appraiser
519.661.1603
ddevries@uwo.ca

Mary Anne McCoy, Program Specialist
519.661-2059
mmccoy2@uwo.ca

Dana Van Gorp, Program Coordinator
519.661.1633
dana.vangorp@uwo.ca

Chelsie Free, Kinesiologist
519.661.1609
cfree2@uwo.ca

Sarah Merkel, Project Assistant
519.661.1609
smerkel2@uwo.ca

Look inside for...



Research



Exercise



Training



Canadian Centre for Activity and Aging (CCAA)

1490 Richmond Street

London, ON, Canada, N6G 2M3

Tel: 519-661-1603 Fax: 519-661-1612

www.uwo.ca/actage