



## Using Your Phone for Safety

By: Gina Wright, Sask Poly

Therapeutic Recreation Student



Our phones can simplify life and enhance safety with a few quick steps. Features that come installed on your smart phone could help in emergencies such as falls or injury, if someone's lost their way, or if first responders need information about you. These features can save time when help is needed quickly and help ensure proper care is given. Here's how:

**Voice Activation:** Use "Hey Siri" or "Hey Google" for hands-free operation. In emergencies, simply say "Hey Siri, call 9-1-1". This is especially helpful for those with limited mobility or visual impairments. Tips: Ensure your phone is facing up, bring it into the bathroom and place it somewhere you can reach from the floor, and speak clearly.

- How to set up "Hey Google" on Android phone: <https://www.youtube.com/watch?v=EMPu7JWPJNU>
- How to set up "Hey Siri" on iPhone phone: <https://www.youtube.com/watch?v=l8EvtoswiZI>

**Find My App:** Share real-time location with family, friends, or caregivers. This helps in emergencies by providing your exact location. You can also create safe zones for notifications if someone leaves a specified area. Additionally, find your lost devices by playing a sound on the missing device and seeing its location on a map.

- How to set up Find My own iPhone: <https://www.youtube.com/watch?v=Jzxhi3HRIjU>

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## Using Your Phone for Safety Continued

**ICE Information:** Enable quick access to important medical information and emergency contacts. This information can be accessed without unlocking your phone, helping first responders in emergencies. iPhones include this feature within the “Health” app.



- How to set up Medical ID on iPhone: <https://www.youtube.com/watch?v=wwwBy9D7kFQ>

**Smartwatches:** These devices extend your phone’s capabilities, including voice-activated SOS calls, location sharing, and fall detection. They also offer health monitoring features like heart rate, blood pressure, steps, and sleep tracking.



- How to use Find My on an Apple watch: [https://www.youtube.com/watch?v=EEw8F\\_qASBE&t=27s](https://www.youtube.com/watch?v=EEw8F_qASBE&t=27s)

By setting up these features, you can maximize the potential of your phone and improve your safety and convenience, keep in touch with loved ones, and help ensure peace of mind.



Some of you have been joining us on our **Forever...in *motion*** Saskatchewan Facebook group. We love seeing you join our live classes and appreciate when you send us comments and like us. If you haven’t joined us yet, we’d love to have you, it’s very easy! Here’s how:

### If you do not have a Facebook account but would like to create one:

- Click or type in this link: <https://www.facebook.com/>
- At this link you will see the heading “Create a New Account” on the right hand side. All you need is your name, email and a chosen password to create an account.
- Once you have created your account follow the below “If you have a Facebook account” instructions.

### If you have a Facebook account:

- Sign into Facebook and look us up by typing “**Forever...in *motion***” next to the magnifying glass icon. That should take you right to the group where you can ask to be a member.
- At this point we have to approve all group members, so we will receive a notification that you would like to join. We approve you and voila! You are now part of the group. We look forward to seeing you there!

## Healthy Autumn/Fall Eating Tips

By Karlee Schoff, LTC Dietitian

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A change in season usually means a change in routine. You may seek comfort indoors once you notice it getting colder outside. Let's talk about the top fall nutrition tips to support your well-being during this change in season:

1. **Make Fiber A Priority** - As bread, rice casseroles, and hearty pasta dishes become a common favorite, try to incorporate more brown rice, whole wheat flour, whole grain breads, wild rice, bulgur wheat and barley, for some tasty, fiber filled alternatives. Maybe it is time to experiment with new dishes, like a barley soup!
2. **Choose Warm Ingredients** - Use chicken or vegetable stock and vegetables in season to make warming soups! Take advantage of adding spices like cinnamon and nutmeg on oatmeal, yogurt, and even roasted vegetables for a comforting and warming flavour.
3. **Incorporate Nut and Nut Butters** - Nuts contain healthy fats and incorporating these can help you get the most out of your meal by aiding in the absorption of fat soluble vitamins A, D, E, and K. Plus pecans, almonds, and walnuts are a fall favourite!
4. **Shop Seasonal & Get Creative with Fall Flavours** - Fall produce is full of healthful nutrients such as antioxidants and fiber. Fall produce also offers many flavourful options. Some foods to look for in the fall include: Apples, cranberries, figs, grapes, pears, pomegranates, mushrooms, pumpkins, beets, brussel sprouts, sweet potato, squash, and leafy greens such as kale.



## Results from the 2023 Provincial Forever...in motion Survey

By Wendy Verity, PhD Candidate and CSEP Certified Exercise Specialist

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If you have been involved in the **Forever...in motion** (FIM) program for any amount of time, you're well aware of the benefits that come from the program. But do these benefits reach everyone across the province? We created a survey to understand who was participating, and where, across the province, and what barriers to participation might exist. We circulated the survey to FIM programs in the spring of 2023, and the results are now available in an infographic that we're attaching to this newsletter. Here are some highlights:

The first thing that we found is that the FIM program does a great job at engaging older adults in consistent exercise programming for long periods of time. The average age of survey respondents was 75 years (range: 47-96 years). Fifty-nine percent of respondents had attended the program for over a year, and 57% attend two or more times per week. This is great news, because research shows that exercising at least twice per week, and for long periods of time improves strength and prevents falls better than exercising sporadically (1).

We do see a few gaps in FIM programming. We saw higher program densities (i.e. programs per capita of older adults) in Saskatoon and Regina health zones compared to the rest of the province, and more urban and caucasian participants. On the other hand, high percentages of participants were widows and people who had low incomes. The main barrier that participants noted would prevent them attending the program would be if a FIM class was located outside of their town or city.

In conclusion, the results of the survey show that the FIM program continues to be a fantastic exercise option for older adults in Saskatchewan. Future efforts should continue to promote this excellent program and could work to provide programming to diverse groups of older adults for various geographical regions across the province.

Thank you to everyone who participated in the 2023 survey!



Reference: Sherrington, C. *et al.* (2020) 'Evidence on physical activity and falls prevention for people aged 65+ years: systematic review to inform the WHO guidelines on physical activity and sedentary behaviour', *The international journal of behavioral nutrition and physical activity*, 17 (1), p. 144.

**Forever...in *motion* Leaders!**



**Martensville Leader Training**



**Humboldt Leader Training**



**McClure Leader Training**





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



### Forever...in motion Leader Training

#### Saskatoon & Area:

- **Saskatoon** - September 3, 6, 10, 13, 17, 2024 - Erindale Alliance Church
- **Rural** - October 10, 15, 17, 22, 24, 2024 - Royal Canadian Legion, Wynyard, SK

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

#### Regina & Area:

- September 4, 11, 25, and October 2, 2024 - Southland Mall "The Spot" in Regina.

Please contact Kathy at (306) 510-1599 or [kathy.park@saskhealthauthority.ca](mailto:kathy.park@saskhealthauthority.ca) for more information.

#### SPRA Virtual Training:

- SPRA will be hosting a virtual Leader Training in October, 2024. Link to register is

<https://www.eventbrite.ca/e/foreverin-motion-leader-virtual-training-registration-945786030477?aff=ebdsoporgprofile>

Please contact Kelsey at (306) 780-9219 or [kmichaluk@spra.sk.ca](mailto:kmichaluk@spra.sk.ca) for more information.

Saskatchewan Health Authority (SHA), in partnership with Saskatchewan Parks and Recreation Association, provides **Forever...in motion** as a health promotion strategy that strives to improve the health of Older Adults living in community.

For more information about **Forever...in motion** in your region contact:

#### Saskatoon & area:

- Kimberly Willison (306) 844-4081 or [kimberly.willison@saskhealthauthority.ca](mailto:kimberly.willison@saskhealthauthority.ca)

#### Regina & area:

- Kathy Park (306) 510-1599 or [kathy.park@saskhealthauthority.ca](mailto:kathy.park@saskhealthauthority.ca)

#### Regions outside Saskatoon and Regina:

- Kelsey Michaluk (306) 780-9219 or [kmichaluk@spra.sk.ca](mailto:kmichaluk@spra.sk.ca)



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Health Authority**



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Parks and Recreation  
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