

**Saskatoon Health Region – Forever...in motion  
Older Adult Physical Activity and Healthy Eating Directory  
Rural**

## Acknowledgements

*The contributions made to this directory were made possible through the efforts of Therapeutic Recreation, Community Older Adult, Forever...in motion, Older Adult Wellness—Population Health Promotion, The Canadian Centre for Health and Safety in Agriculture, Public Health Services of the Saskatoon Health Region and its partners including the Saskatoon Council on Aging.*

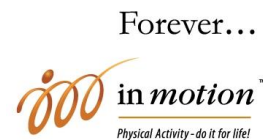
### **Founding Partners**

Saskatoon Health Region

City of Saskatoon (Community Services Department)

University of Saskatchewan (College of Kinesiology)

Therapeutic Recreation Services



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**A listing of community programs, workshops and websites for you to check out so you can start living a healthier life today!**

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**Find out about the programs available in your community through the senior's centre, recreation director or town office, public health nurse or wellness center. They are great resources to find activities in your community.**

## Physical Activity

### **Forever...in *motion* groups**

**Forever...in *motion*** exists to build partnerships with housing and community facilities to facilitate physical activity opportunities for older adults.

Being involved with **Forever...in *motion*** will provide:

- Access to resources (like incentives for group participants, information on physical activity and healthy eating, leadership training, resource guide with tools and helpful information as well as a newsletter three times per year)
- Assistance (professional development opportunities for program leaders, ideas to recruit more group members and education, identifying trained volunteers to lead programs)
- For information on how you too can become **Forever...in *motion*** or to join one of the groups listed below call (306)655-2286 or (306)655-2285 or you can find information on our website at [www.in-motion.ca](http://www.in-motion.ca) under the People tab by clicking on Older Adults.
- Below is a list of rural groups that are already part of **Forever...in *motion***

\*Please note: days and times of classes are subject to change. Some groups charge a minimal fee. Please utilize the contact name and number for more information.

#### **Asquith Seniors Exercise Group**

**Location:** 239 Asquith Street

**Phone:** (306)329-4726

**Contact:** Lorna Gutsch

**Availability:** Tuesday/Thursday mornings

#### **Bellevue Seniors Exercise Group**

**Location:** Rendez-Vous Cultural Centre, 716 Main Street

**Phone:** (306)423-6103

**Contact:** Lina Kovacs

**Availability:** Wednesday evenings

#### **Borden Motion Movers**

**Location:** Borden Community Centre, 303-1<sup>st</sup> Avenue

**Phone:** (306)997-4828

**Contact:** Audrey Baker

**Availability:** Monday/Wednesday mornings

#### **Bruno Seniors' Exercise Group**

**Location:** Prairie View Seniors' Social Housing, 750 Ursuline Avenue

**Phone:** (306)369-2933

**Contact:** Lois Koob Sowa

**Availability:** Monday/Wednesday mornings

**Clavet Women's Group**

**Location:** Clavet United Church

**Phone:** (306)931-1954

**Contact:** Florence Gareau

**Availability:** Thursday mornings

**Cudworth Seniors' Group**

**Location:** Cudworth Recreation Centre, Main Street

**Phone:** (306)256-3641

**Contact:** Zoria Lieffers

**Availability:** Monday/Thursday mornings

**Delisle Exercise Group**

**Location:** Delisle Town Hall

**Phone:** (306)493-2955

**Contact:** Sylvia Chave

**Availability:** Tuesday mornings

**Domremy Seniors' Exercise Group**

**Location:** Golden Age Drop-in Centre

**Phone:** (306)423-6273

**Contact:** Denise Robert

**Availability:** Tuesday mornings

**Duck Lake Walking Group**

**Location:** Stobart Community School, 556 Front Street

**Phone:** (306)467-2171

**Contact:** Gayle Davidson

**Availability:** Monday to Friday mornings

**Foyer de Bellevue Care Home**

**Location:** Main Street

**Phone:** (306)423-6103

**Contact:** Lina Kovacs

**Availability:** Tuesday mornings

**The Gathering Place**

**Location:** 701-6<sup>th</sup> Ave, Humboldt, SK

**Phone:** (306)682-6662

**Contact:** Irene Mickelson

**Availability:** Monday mornings

**Hague Seniors Group**

**Location:** Hague Seniors Centre, 210 Main Street

**Phone:** (306)232-5285

**Contact:** Margaret Janzen

**Availability:** Monday/Thursday mornings

**Hanley Seniors Group**

**Location:** Hanley Seniors Center, 107 Lincoln Street

**Phone:** (306)544-7550

**Contact:** Sylvia Unrau

**Availability:** Call for information

**Humboldt Uniplex**

**Location:** Jubilee A Room, 619-6<sup>th</sup> Street

**Phone:** (306)682-6662

**Contact:** Irene Mickelson

**Availability:** Wednesday mornings

**Langham Exercise Group**

**Location:** Langham Evangelical Bible Church, 47-5<sup>th</sup> Avenue

**Phone:** (306)283-4110

**Contact:** Kim Nicholls

**Availability:** Friday mornings

**Martensville Exercise Group**

**Location:** New Horizons Seniors Drop Inn Centre, 106-4<sup>th</sup> Avenue North

**Phone:** (306)374-7328

**Contact:** Rose Lange Froese

**Availability:** Call for information

**Nokomis Seniors Group**

**Location:** Nokomis Centennial Hall, 103-3<sup>rd</sup> Avenue West

**Phone:** (306)528-4324

**Contact:** Janice Edwards

**Availability:** Wednesday mornings

**Osler Exercise Group**

**Location:** Osler Mennonite Church, 212-2<sup>nd</sup> Avenue

**Phone:** (306)239-2133

**Contact:** Patty Friesen

**Availability:** Wednesday/Friday mornings

**Rosthern Senior Exercise Group**

**Location:** Rosthern Senior Centre, 3010-4<sup>th</sup> Street

**Phone:** (306)232-5285

**Contact:** Margaret Janzen

**Availability:** Tuesday/Friday mornings

**Rosthern Walking Group**

**Location:** Pineview Mennonite Nursing Home

**Phone:** (306)232-8230

**Contact:** Bonnie Anderson

**Availability:** Wednesday mornings

**St. Joseph in motion Club**

**Location:** Sunset View Lodge, 165 Dubray Avenue, St. Louis, SK

**Phone:** (306)422-6192

**Contact:** Majella Gareau

**Availability:** Monday afternoons

**Wadena Walk & Roll**

**Location:** Legion Community Hall, 254 Main Street North

**Phone:** (306)338-9938

**Contact:** Mary-Rose Kulyk

**Availability:** Call for information

**Wakaw Seniors Group 'Club 99'**

**Location:** Wakaw Community Hall, 201 Main Street

**Phone:** (306)233-8230

**Contact:** Bonnie Anderson

**Availability:** Monday/Wednesday/Friday mornings

**Warman Forever...in *motion* Exercise Group**

**Location:** Legends Complex, 701 Centennial Blvd North

**Phone:** (306)933-2210 ext 203

**Contact:** Nancy Schwager

**Availability:** Monday mornings

**Weneeda Park Lodge Seniors**

**Location:** 425-6<sup>th</sup> Street N, Wadena, SK

**Phone:** (306)338-3010

**Contact:** Meaghan Bilokraly

**Availability:** Open to the public every 3<sup>rd</sup> Wednesday of the month

**Wynyard Walking/Exercise Club**

**Location:** Civic Centre, 435 Bosworth Street

**Phone:** (306)554-3661

**Contact:** Kyle Stefanovic

**Availability:** Monday/Wednesday/Friday mornings

**Young Exercise Group**

**Location:** Young Seniors Centre

**Phone:** (306)259-4407

**Contact:** Elaine Frey

**Availability:** Monday/Thursday mornings

## Saskatchewan Parks and Recreation Association (SPRA)

Phone: (800)563-2555 or (306)780-9231

Website: [www.spra.sk.ca](http://www.spra.sk.ca)

Email: [office@spra.sk.ca](mailto:office@spra.sk.ca)

- Now supporting **Forever...in motion** provincially
- **Forever...in motion** trainers are available to train people in your community on how to lead safe physical activity classes
- There are grants available to pay for trainers and equipment to get groups started
- SPRA is a non-profit volunteer based organization whose purpose is to promote, develop and facilitate parks and recreation opportunities throughout the province
- Call for more information on recreation staff, programs and/or initiatives in your area
- See their website for an online event guide from Saskatchewan Tourism, contact lists for provincial and regional associations, description of programs and services provided by SPRA, and information about building better communities
- Also check out fitness opportunities, leadership training and links to useful fitness websites

## Saskatchewan Seniors Fitness Association (SSFA)

Phone: (306)842-4807

Website: [www.ssfa.ca](http://www.ssfa.ca)

Email: [m.gailing@sasktel.net](mailto:m.gailing@sasktel.net)



SSFA is a volunteer, non-government organization. The main objective of the association is to promote active living, wellness and participation.

### Why become a member of the SSFA?

Keeping active can help you look better, feel better, and get more fun out of life. Discover new friends and a sense of belonging and develop a positive self-image!

### Activities of the SSFA include:

- 55+ Provincial Games which are held every year: including carpet, lawn and 5 pin bowling, poetry/short story competitions, scrabble, shuffleboard, bridge, slo-pitch, cribbage, billiards, curling, floor curling, swimming, darts, tennis, golf, track and field, horseshoes, Whist, Kaiser and other demonstration events
- Walking programs organized with partnership agencies to promote benefits of healthy living
- Workshops and seminars upon request of local groups on a variety of topics including active living, exercise, games, events, gerontology information and leadership development
- Offer a display unit and promotional materials, as well as the 55+ Games rule books and senior fitness manuals
- Membership is open to anyone who is 50 years and older, those under 50 may become associate members

**Saskatchewan Seniors Mechanism**  
**Phone: (306)359-9956**  
**Website: [www.skseniormechanism.ca](http://www.skseniormechanism.ca)**  
**Email: [info@skseniormechanism.ca](mailto:info@skseniormechanism.ca)**



- An umbrella organization for 12 member organizations representing the interests of seniors throughout the province including the Saskatchewan Seniors Association Incorporated, Saskatchewan Seniors Fitness Association Incorporated and the Saskatoon Council on Aging that is described below
- A central clearing house for the collection and distribution of information for senior's organizations in the province, or other agencies that provide programs and services for seniors and the general public
- Contribute to a better quality of life for older adults by: research and action on issues affecting seniors, being a unified voice for seniors, giving direction and support to member organizations

**Saskatoon Council on Aging**  
**Phone: (306)652-2255**  
**Website: [www.scoa.ca](http://www.scoa.ca)**  
**Email: [admin@scoa.ca](mailto:admin@scoa.ca)**



- The Saskatoon Council on Aging (SCOA) is a non-profit community organization and a leader in the promotion of dignity, health, and independence of older adults through programs, services, education and awareness
- Link to directory of services and activities for older adults, as well as the Physical Activity and Healthy Eating Resource Guide for Older Adults in Saskatoon
- Free blood pressure clinics, drop in programs, computer lessons, adult education, and membership information
- Newsletter and calendar of upcoming events

### **Town Office/Recreation Professional**

- Call your local town office or recreation director for information on programs and events in your town that you can participate in
- Check local newsletters, advertisements, or leisure guides for information as well
- The municipal directory system website is a great place to find out town administration and contact information: [www.mds.gov.sk.ca/apps/Pub/MDS/Welcome.aspx](http://www.mds.gov.sk.ca/apps/Pub/MDS/Welcome.aspx)
- Many small towns and communities are making websites with news, events calendars and more. Just type in the name of the city, town or village you are looking for and click on the link to their website (or see list below).
- Look into the town next door, they may have some great opportunities for you to come and visit them
- Check your local leisure guide for listings of programs and events as well
- Local information for Saskatoon and area is available from the City of Saskatoon website: [www.saskatoon.ca](http://www.saskatoon.ca)



**Local Listing for Town Offices**  
**(ask if they employ a Recreation Professional)**

Town	Phone	Website	Email address
Aberdeen	(306)253-4311	<a href="http://www.aberdeen.ca">www.aberdeen.ca</a>	<a href="mailto:townaberdeen@sasktel.net">townaberdeen@sasktel.net</a>
Allan	(306)257-3272	<a href="http://www.allan.ca">www.allan.ca</a>	<a href="mailto:townofallan@sasktel.net">townofallan@sasktel.net</a>
Asquith	(306)329-4341	<a href="http://www.townofasquith.com/">www.townofasquith.com/</a>	<a href="mailto:town.asquith@sasktel.net">town.asquith@sasktel.net</a>
Borden	(306)997-2134	<a href="http://www.bordensask.ca">www.bordensask.ca</a>	<a href="mailto:office@bordensask.ca">office@bordensask.ca</a>
Colonsay	(306)255-2313	<a href="http://www.townofcolonsay.ca">www.townofcolonsay.ca</a>	<a href="mailto:town.colonsay@sasktel.net">town.colonsay@sasktel.net</a>
Cudworth	(306)256-3492	<a href="http://www.townofcudworth.com">www.townofcudworth.com</a>	<a href="mailto:town.cudworth@sasktel.net">town.cudworth@sasktel.net</a>
Dalmeny	(306)254-2133	<a href="http://www.dalmeny.ca">www.dalmeny.ca</a>	<a href="mailto:dalmenytownoffice@sasktel.net">dalmenytownoffice@sasktel.net</a>
Delisle	(306)493-2242	<a href="http://www.townofdelisle.com">www.townofdelisle.com</a>	<a href="mailto:delisle@sasktel.net">delisle@sasktel.net</a>
Duck Lake	(306)467-2277	<a href="http://www.ducklake.ca">www.ducklake.ca</a>	<a href="mailto:town.ducklake@sasktel.net">town.ducklake@sasktel.net</a>
Dundurn	(306)492-2202	<a href="http://www.townofdundurn.ca">www.townofdundurn.ca</a>	<a href="mailto:town.dundurn@sasktel.net">town.dundurn@sasktel.net</a>
Hague	(306)225-2155	<a href="http://www.townofhague.com">www.townofhague.com</a>	<a href="mailto:town.hague@sasktel.net">town.hague@sasktel.net</a>
Hanley	(306)544-2223	<a href="http://www.townofhanley.ca">www.townofhanley.ca</a>	<a href="mailto:townoffice@townofhanley.ca">townoffice@townofhanley.ca</a>
Humboldt	(306)682-2525	<a href="http://www.humboldt.ca">www.humboldt.ca</a>	<a href="mailto:info@humboldt.ca">info@humboldt.ca</a>
Langham	(306)283-4842	<a href="http://www.langham.ca">www.langham.ca</a>	<a href="mailto:assist@langham.ca">assist@langham.ca</a>
Lanigan	(306)365-2809	<a href="http://www.town.lanigan.sk.ca">www.town.lanigan.sk.ca</a>	<a href="mailto:town.lanigan@sasktel.net">town.lanigan@sasktel.net</a>
Leroy	(306)286-3288	<a href="http://www.leroy.ca">www.leroy.ca</a>	<a href="mailto:leroy@leroy.ca">leroy@leroy.ca</a>
Manitou Beach	(306)946-2831	<a href="http://www.watrousmanitou.com">www.watrousmanitou.com</a> <a href="http://www.manitoubeach.ca">www.manitoubeach.ca</a>	<a href="mailto:manbe@sasktel.net">manbe@sasktel.net</a>
Martensville	(306)931-2166	<a href="http://www.martensville.ca">www.martensville.ca</a>	<a href="mailto:cityclerk@martensville.ca">cityclerk@martensville.ca</a>
Middle Lake	(306)367-2149	<a href="http://www.middlelake.ca">www.middlelake.ca</a>	<a href="mailto:middlelake@sasktel.net">middlelake@sasktel.net</a>
Nokomis	(306)528-2010	<a href="http://www.nokomisweb.com">www.nokomisweb.com</a>	<a href="mailto:townofnokomis@sasktel.net">townofnokomis@sasktel.net</a>
Osler	(306)239-2155	<a href="http://www.osler-sk.ca">www.osler-sk.ca</a>	<a href="mailto:info@townofosler.com">info@townofosler.com</a>
Prud'homme	(306)654-2001	<a href="http://www.prudhommevillage.ca">www.prudhommevillage.ca</a>	<a href="mailto:voprud@sasktel.net">voprud@sasktel.net</a>
Rosthern	(306)232-4826	<a href="http://www.rosthern.com">www.rosthern.com</a>	<a href="mailto:townoffice@rosthern.com">townoffice@rosthern.com</a>
Strasbourg	(306)725-3707	<a href="http://www.townofstrasbourg.ca">www.townofstrasbourg.ca</a>	<a href="mailto:strasbourg@sasktel.net">strasbourg@sasktel.net</a>
Vonda	(306)258-2035	<a href="http://www.townofvonda.ca">www.townofvonda.ca</a>	<a href="mailto:vonda.to@baudoux.ca">vonda.to@baudoux.ca</a>
Wadena	(306)338-2145	<a href="http://www.townofwadena.com">www.townofwadena.com</a>	<a href="mailto:wadrec@sasktel.net">wadrec@sasktel.net</a>
Wakaw	(306)233-4223	<a href="http://www.wakaw.ca">www.wakaw.ca</a>	<a href="mailto:town.wakaw@sasktel.net">town.wakaw@sasktel.net</a>
Waldheim	(306)945-2161	<a href="http://www.wadheim.ca">www.wadheim.ca</a>	<a href="mailto:town.waldheim@sasktel.net">town.waldheim@sasktel.net</a>
Warman	(306)933-2133	<a href="http://www.warman.ca">www.warman.ca</a>	<a href="mailto:admin@warman.ca">admin@warman.ca</a>
Watrous	(306)946-3369	<a href="http://www.townofwatrous.com">www.townofwatrous.com</a>	<a href="mailto:watrousrecreation@sasktel.net">watrousrecreation@sasktel.net</a>
Watson	(306)287-3224	<a href="http://www.townofwatson.ca">www.townofwatson.ca</a>	<a href="mailto:info@townofwatson.ca">info@townofwatson.ca</a>
Wynyard	(306)554-3661	<a href="http://www.townofwynyard.com">www.townofwynyard.com</a>	<a href="mailto:recreation.wynyard@sasktel.net">recreation.wynyard@sasktel.net</a>

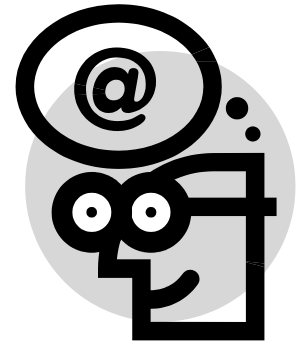


## Recommended Websites for Physical Activity

### Active Living Coalition for Older Adults (Canada)

[www.alcoa.ca](http://www.alcoa.ca)

- Membership and contact information
- Information on numerous projects and a survey that asks your opinion on how to improve programs for active living
- Active living and how to get involved
- Access to newsletters and current research
- Links to other useful websites



### Be Active for Life

[www.activeforlife.com](http://www.activeforlife.com)

- How to be active, benefits of active living, getting started, tips to keep going
- Great advice on walking with a pedometer

### Canadian Physical Activity Guidelines

[www.csep.ca/guidelines](http://www.csep.ca/guidelines)

- Copies available to order online
- Benefits, motivational tips and resources
- Considerations for chronic conditions

### Canadian Centre for Activity and Aging

[www.uwo.ca/ccaa](http://www.uwo.ca/ccaa)

- Order physical activity resources and training materials
- Research about older adults and exercise
- Newsletters (available to order and online)
- Projects including falls prevention initiatives
- Links to other useful websites

### *in motion* (Saskatoon)

[www.in-motion.ca](http://www.in-motion.ca)

- Benefits, fit facts, and great ideas to get active
- Merchandise
- A walking workout including self-assessment, walking tips, proper technique and footwear
- A fitness plan and online journal
- Frequently asked questions about starting an older adult physical activity group in your community/facility
- Links to other useful websites

## **International Council on Active Aging**

**[www.icaa.cc/consumer.htm](http://www.icaa.cc/consumer.htm)**

- How to find and choose age-friendly fitness facilities and professionals
- Foot care and walking (footwear, getting started, where to walk)

## **Royal Canadian Legion**

**[www.legion.ca](http://www.legion.ca)**

- News and events
- Membership information and service bureaus
- Legion sports
- Related websites



## **Saskatchewan *in motion***

**[www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca)**

- A listing of communities that are in motion and how to join
- Ideas for becoming active in your community

## **Saskatchewan Parks and Recreation Association**

**[www.spra.sk.ca](http://www.spra.sk.ca)**

- Link to online event guide from Saskatchewan Tourism
- Contact list for provincial and regional associations
- Description of programs and services provided
- Check out fitness opportunities and leadership training and links to useful fitness websites

## Healthy Eating

**CHEP Good Food Inc.**  
**Phone: (306)655-4575**  
**Website: [www.chep.org](http://www.chep.org)**



- CHEP is a non-profit community organization that works with children, families and communities to improve access to good food and to promote food security
- The **good food box** is offered in depots in the city and in a number of rural communities. Contact the office to find out where your closest neighbourhood coordinator is or how to become a rural depot location
- The good food box is an alternative food distribution system that provides a variety of quality food at an affordable price for families and individuals
- CHEP helps to improve access to great food, encourage healthy eating choices, build communities, provide nutrition information, support local farmers and advocate for a sustainable food system
- Also contact the office for information on **community gardening and children's meal and education program, collective kitchen partnerships and senior's stores** in Saskatoon

### **Community Dietitians**

- Call for information on healthy eating and educational sessions in your area

<b>Humboldt area</b>	<b>(306)682-8181</b>
<b>Wynyard/Wadena area</b>	<b>(306)554-3363</b>
<b>Rosthern/Wakaw area</b>	<b>(306)232-8265</b>

### **Food Banks**

- Individuals and families are often referred by clergy, doctors, or social services
- Food hampers are distributed when a request has been approved by coordinators
- Food banks are often run by volunteers and the person to contact will often change
- Look for information posted in schools, churches, local businesses or phone the town office
- Food banks and assistance programs are available in:

<b>Biggar</b>	<b>(306)948-2524</b>
<b>Humboldt (through St. Augustine parish)</b>	<b>(306)231-9970</b>
<b>Outlook</b>	<b>(306)867-8472</b>
<b>Lanigan</b>	<b>(306)365-2996</b>
<b>Rosthern</b>	<b>(306)232-5623</b>



**Watrous** (306)946-3785  
**Wynyard** (306)554-2700

- For people in Saskatoon and area you can also call:

**Salvation Army** (306)242-6833  
**Southridge Outreach Centre** (306)244-1987  
**Saskatoon Food Bank** (306)664-6565

## **Meals on Wheels**

Provide meals for individuals who, for health reasons, would benefit from a daily meal.

- Cost is pro-rated based on your income
- Call the closest centre listed below to see if they serve your community
- Meals are provided 5-7 days per week (usually one meal per day)
- Ask about arranging for frozen meals

### **Home Care Offices:**

**Humboldt** (306)682-2609  
**Lanigan** (306)365-1440  
**Rosthern** (306)232-4305  
**Wadena** (306)338-2517  
**Wakaw** (306)233-4611  
**Wynyard** (306)554-3011

**Saskatoon (Central Intake)** (306)655-4346  
**Beardy's Health Station** (306)467-4402

## **Recommended Websites for Healthy Eating**

### **Canadian Food Inspection Agency**

[www.inspection.gc.ca](http://www.inspection.gc.ca)

- Latest food recalls are listed on the main page
- Subscribe to email notifications to be sent updates on warnings

### **Child and Hunger Education Program – Good Food Incorporated**

[www.chep.org](http://www.chep.org)

- Information on community gardening, good food box, and collective kitchens
- Farm-city links for producers and city families and more

### **Dietitians of Canada**

[www.dietitians.ca](http://www.dietitians.ca)

- A great site for news and resources
- Find a dietitian near you

## **Fit Day**

**[www.fitday.com](http://www.fitday.com)**

- Free diet and weight loss journal
- Free online account
- Software for your computer to enter foods faster (use even when you are not online)
- Advanced weight loss goals and tracking

## **Food Safety for Older Adults**

**[www.canfightbac.org](http://www.canfightbac.org)**

- Click on downloads at the top of the page to find a listing of resources
- Click on Food Safety at Home brochure for information on safe food cooking temperatures, food storage and high-risk foods
- Call to order a copy of the manual

## **Fruits and Veggies – Mix it Up!**

**[www.fruitsandveggies.ca](http://www.fruitsandveggies.ca)**

- Fun ways to increase your daily intake of fruits and vegetables
- Articles and news
- Recipes
- Useful products

## **Health Canada**

**[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)**

- Use My Food Guide: you choose the foods and activities for your age and gender, then print your personal food guide
- Use My Food Guide Tracker: record your food choices and check the number of servings you eat from each food group
- Take the guided tour: benefits of healthy eating, food guide basics, choosing foods, meal planning, shopping, label reading, and maintaining healthy habits
- Power point presentations for educators and consumers
- Ordering information: English and French Educators Guides and Food Guide, First Nations, Inuit and Metis Food Guide are all available in orders of 100 at no charge

## **Spark People**

**[www.sparkpeople.com](http://www.sparkpeople.com)**

- Plenty of fitness, nutrition, motivation and wellness resources
- Nutrition tracker
- Tools to help you get started including my fitness and my nutrition
- Quizzes, recipes and more

## Chronic Conditions

### **Alzheimer Society of Saskatchewan**

Phone: (306)683-6322

Website: [www.alzheimer.sk.ca](http://www.alzheimer.sk.ca)

Email: [saskatoon@alzheimer.sk.ca](mailto:saskatoon@alzheimer.sk.ca)

- The Alzheimer Society of Saskatchewan programs and services help people with dementia, their care partners, families, and friends by providing information, support, education and referral to other community services
- Special events, education, public awareness, support & information, and resource library
- Details about the forget-me-not walk

### **Arthritis Society**

Phone: (800)321-1433

Website: [www.arthritis.ca](http://www.arthritis.ca)

Email: [info@sk.arthritis.ca](mailto:info@sk.arthritis.ca)

The Arthritis Society offers the following programs:



#### **Warm Water Exercise Programs**

- Recreational water exercise program conducted in a heated pool
- Provides an opportunity for people with Arthritis to meet others and have fun
- Led by trained personnel through a series of specially designed exercises with aid of water's buoyancy and resistance can help improve joint flexibility
- Warm water and gentle movements also relieve pain and stiffness
- Offered in Saskatoon and Regina locations, contact The Arthritis Society for information on training, or to start a program in your area (heated pool and lifeguard required)

#### **Arthritis Self-Management Program**

- A health promotion program designed to help you better understand your arthritis, learn ways to cope with chronic pain, and take a more active role in managing your arthritis
- Learn new information and skills, discuss new ideas and share experiences about: exercising with arthritis, managing pain, eating healthy, preventing fatigue, protecting joints, taking arthritis medications, dealing with stress and depression, working with your doctor and healthcare team, evaluating alternative treatments, and problem solving
- Participants report less pain, they are better able to move around, have a better understanding of arthritis, and are more active in managing their arthritis
- Call for information on a self-management program in your area

### **Canadian Diabetes Association**

Phone: (306)933-1238

Website: [www.diabetes.ca](http://www.diabetes.ca)

Email: [info@diabetes.ca](mailto:info@diabetes.ca)

- Information about diabetes, maintenance and prevention
- Listing of regional offices to contact for programs available in your area

- Information about Team Diabetes Canada (races and marathons to support the Canadian Diabetes Association)
- Order books and other written information about diabetes online

### **Fibromyalgia Association of Saskatchewan**

**Phone: (306)343-3627**

**Website: [www.fmcfcs.ca](http://www.fmcfcs.ca)**

- FM-CFS Canada (formerly known as Compassion in Action) is dedicated to advancing Fibromyalgia (FM) and Chronic Fatigue Syndrome (CFS) education, research and treatment
- Resources for patients and caregivers with information on support groups, partners and volunteering

### **Heart and Stroke Foundation of Saskatchewan**

**Phone: (306)244-2124 or Toll Free: (888)473-4636**

**Website: [www.heartandstroke.sk.ca](http://www.heartandstroke.sk.ca)**

**Email: [reception@hsf.sk.ca](mailto:reception@hsf.sk.ca)**

- A volunteer driven, non-profit organization that leads in eliminating heart disease and stroke and to reduce their impact through research, promoting healthy living and advocacy.
- Variety of print and audio-visual resources available.



### **Heart To Heart™**

- The Heart To Heart™ program is an education and support program developed by the Heart and Stroke Foundation for cardiac patients and their families
- Provides an opportunity to ask questions, share ideas, and begin to put the pieces back together

### **Living With Stroke™**

- The Living With Stroke™ program is an education and support program developed by the Heart and Stroke Foundation for stroke survivors and their spouses/caregivers
- Provides an opportunity to ask questions, share ideas, and begin to put the pieces back together

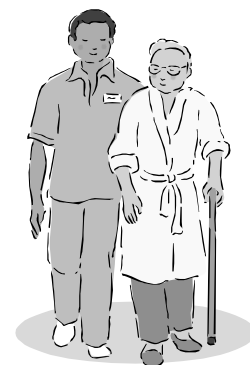
### **Live Well with Chronic Conditions**

**Phone: Saskatoon (306)655-5483 or Toll Free (877)548-3898**

**Website: [www.saskatoonhealthregion.ca/livewell](http://www.saskatoonhealthregion.ca/livewell)**

**Email: [live-well@saskatoonhealthregion.ca](mailto:live-well@saskatoonhealthregion.ca)**

- No cost to the program and receive free copy of book
- Provides practical suggestions and support, which builds confidence in coping with the everyday challenges of a chronic condition
- For caregivers and/or individuals with condition such as: chronic





pain, arthritis, diabetes, heart disease, chronic lung disease, Parkinson's disease, stroke/spinal cord injury, osteoporosis, multiple sclerosis, kidney disease

- Learn to take control of your illness with self-management skills such as symptom management, communication, relaxation techniques, goal setting and problem solving
- Classes are fun and practical
- Programs are conducted on a needs basis, so call the Saskatoon number above for information on how to get classes started in your area
- Healthline has a listing of classes available across Saskatchewan

### **Lung Association of Saskatchewan**

**Phone: (306)343-9511**

**Website: [www.sk.lung.ca/](http://www.sk.lung.ca/)**

**Email: [info@sk.lung.ca](mailto:info@sk.lung.ca)**

- The Lung Association of Saskatchewan is governed by a policy-governance board composed of volunteers elected by general membership. They are a member of the Canadian Lung Association
- Education on Asthma and COPD, offer a lung health program and have printed materials and newsletters available

### **Multiple Sclerosis Society of Canada (Saskatoon chapter)**

**Phone: (800)268-7582**

**Website: [www.mssociety.ca](http://www.mssociety.ca)**

**Email: [info@mssociety.ca](mailto:info@mssociety.ca)**



- Call for information on educational workshops and conferences
- Social and fitness activities in Saskatoon, call about programs offered or subsidizing programs in your community

### **Osteoporosis Society of Canada**

**Phone: (306)931-2663**

**Website: [www.osteoporosis.ca/](http://www.osteoporosis.ca/)**

**Email: [saskatoon@osteoporosis.ca](mailto:saskatoon@osteoporosis.ca)**

- Information about prevention, diagnosis and treatment of osteoporosis, frequently asked questions and links to other websites
- Online ordering for fact sheets, brochures, books, DVDs, free samples and more
- Programs and resources include a bilingual toll free information line, listing of local support and self-help groups, calendar of public education events
- Fabulous for life calendar-features women and men who have not “surrendered” to their osteoporosis

## **Parkinson Society Canada**

**Phone: (306)933-4481**

**Website: [www.parkinson.ca](http://www.parkinson.ca)**

- Information, advocacy, education, research and support services for people living with Parkinson's
- Support groups offered throughout the province
- On-line brochures and pamphlets available that can be ordered in print as well

## **Professional Resources for Chronic Conditions**

### **Canada's Occupational Therapy Resource site**

**[www.ot-works.com](http://www.ot-works.com)**

- Information about occupational therapy services and how they can help you
- "Ask an OT" any questions you may have, additional answers about driver rehabilitation, managing pain, recovering from a brain injury and mental health
- Technology for living well-people who have trouble with certain tasks and daily activities can find help through technology and occupational therapy
- Research supporting the effectiveness of Occupational Therapy services

### **Canadian Physiotherapy Association**

**[www.physiotherapy.ca](http://www.physiotherapy.ca)**

- Information about physiotherapy services and how they can help you

### **Canadian Therapeutic Recreation Association**

**[www.canadian-tr.org](http://www.canadian-tr.org)**

- Information on therapeutic recreation services and how they can help you
- Links to other local therapeutic recreation organizations

### **Canadian Orthopedic Foundation**

**[www.coa-aco.org/](http://www.coa-aco.org/)**

- Education about the musculoskeletal system
- Preparing for surgery, frequently asked questions, travel concerns, other websites



### **Saskatchewan Physiotherapy Association**

**[www.saskphysio.org/](http://www.saskphysio.org/)**

- Includes information about physiotherapy and how to access services
- "Find a physiotherapist" database to find a physiotherapist near you

## General Health and Wellness

### **The Agricultural Health and Safety Network**

**Phone: (306)966-6644**

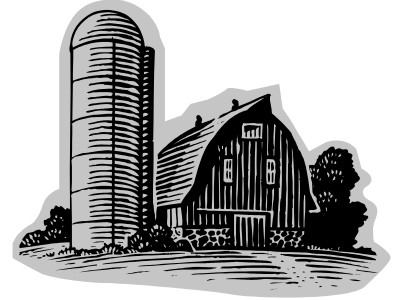
**Website: [aghealth.usask.ca](http://aghealth.usask.ca)**

- The Network has a large variety of health and safety resources available on topics relating to farm safety, preventing injuries, fall prevention, equipment safety, livestock safety, communication, vision, hearing and fatigue

### **Farm Stress Line**

**Phone: (800)667-4442**

- Call the farm stress line to deal with the stress of farming today
- Referrals are available to local programs that can help
- Talk to someone who can relate, share and listen to concerns you may have



### **Healthline**

**Phone: 811**

- HealthLine is a free, confidential 24-hour health advice telephone line, staffed by highly experienced registered nurses in Saskatchewan
- Immediate, professional health advice or information, and direction to the most appropriate source of care
- Immediate access to a registered nurse, who can provide information on symptoms, chronic illness, injury, nutrition, or healthy lifestyles
- You do not need a Saskatchewan Health Card number to call
- Link to the Chronic Disease management program
- Translation services available for many different languages, including most First Nations
- See the website for information on various health topics from A to Z, symptoms, tests, medications, and interactive tools to assess your own health status

### **Lifeline Saskatchewan**

**Phone: (306)933-1155**

- Lifeline is a personal response service that ensures prompt help is available at the press of a button 24 hours a day, 365 days a year
- Lifeline with reminders can help you to manage different aspects of your care plan such as medications, diet, exercise and keeping track of appointments
- Go to [www.lifeline.ca/pdf/fitness.pdf](http://www.lifeline.ca/pdf/fitness.pdf) for more great exercises related to fall prevention, examples for both sitting and standing positions



## Mental Health and Addictions Services

- Mental Health and Addictions Services will focus on the needs of older adults who are experiencing difficulties due to mental illness or addiction
- Provide case management, education and consultation to older adults
- Tobacco cessation support groups available (call Saskatoon)

### Mental Health Services

<b>Saskatoon</b>	<b>(306)655-7777</b>
<b>Humboldt</b>	<b>(306)682-5333</b>
<b>Lanigan*</b>	<b>(306)365-3400</b>
<b>Rosthern</b>	<b>(306)232-6001</b>
<b>Wadena</b>	<b>(306)338-9950</b>
<b>Wakaw</b>	<b>(306)233-4363</b>

### Addictions Services

<b>Saskatoon</b>	<b>(306)655-4100</b>
<b>Humboldt</b>	<b>(306)682-5333</b>
<b>Lanigan*</b>	<b>(306)365-3400</b>
<b>Rosthern</b>	<b>(306)232-6001</b>

\* includes Nokomis, Strasbourg, Wynyard, Watrous



## Primary/Community Health Centres

- Primary Health Care addresses a particular problem or everyday health needs. It is care provided at the first contact you have with the healthcare system
- Primary Health involves an approach to preventing health problems before they occur
- Primary Health Care providers work with community groups to address broad community needs and offer a range of services that promote health, prevent illness and disability, regain functioning and much more
- They may provide or connect you to a number of health care professionals as needed such as Doctors, Nurses, Pharmacists, Physiotherapists, Occupational Therapists, Recreation Therapists, Massage Therapists, Chiropractors, Dietitians, Health Promotion Practitioners, or any other service that is required
- Call your primary/community health centre to find ongoing educational opportunities and/or programs that relate to physical activity and healthy eating such as exercise groups, wellness clinics and chronic disease management programs to name a few

<b>Borden Primary/Health Centre</b>	<b>(306)997-2110</b>
<b>Delisle Primary/Health Centre</b>	<b>(306)493-2810</b>
<b>Duck Lake Beardy's Primary Health Team</b>	<b>(306)467-2171</b>
<b>Leroy Community Health and Social Centre</b>	<b>(306)286-3347</b>
<b>Nokomis Health Centre</b>	<b>(306)528-2114</b>
<b>Quill Lake Community Health and Social Centre</b>	<b>(306)383-2266</b>
<b>Spalding Community Health Centre</b>	<b>(306)872-2011</b>
<b>Strasbourg &amp; District Health Centre</b>	<b>(306)725-3220</b>
<b>Wadena Medical Clinic</b>	<b>(306)338-2597</b>
<b>Wakaw Primary Health</b>	<b>(306)233-4611</b>

<b>Watrous Primary Health Centre</b>	<b>(306)946-2075</b>
<b>Watson Community Health Centre</b>	<b>(306)287-3791</b>
<b>Whitecap Dakota First Nation Primary Health Centre</b>	<b>(306)373-4600</b>
<b>Wynyard Community Health Centre</b>	<b>(306)554-3363</b>

## Population and Public Health

- Population and Public Health Services strive to enhance health and well-being through population-based programs that:
  - promote healthy communities, groups, families and individuals
  - prevent disease and disabilities
  - protect the public from environmental hazards
- Offer education, immunizations, baby clinics, referrals and more

<b>Humboldt</b>	<b>(306)682-2626</b>
<b>Rosthern</b>	<b>(306)232-6001</b>
<b>Wadena</b>	<b>(306)338-2538</b>
<b>Wakaw</b>	<b>(306)233-4363</b>
<b>Watrous</b>	<b>(306)946-2102</b>
<b>Wynyard</b>	<b>(306)554-3335</b>



## Red Hat Society

**Phone: (866)386-2850**

**(main “hatquarters” located in southern California)**

**Website: [www.redhatsociety.com](http://www.redhatsociety.com)**

- A fun loving group for women over 50 to relax from obligations for a while
- Involved in a wide range of non-profit activities and events
- Keep an eye out for the Step and Stride with Ruby program encouraging members to increase their physical activity and experience all of the benefits of an active lifestyle
- Explore how to join a Red Hat Society in your area, or start up a new one

## Road to Well-Being

**Website: [www.roadtowellbeing.ca](http://www.roadtowellbeing.ca)**

- Gain strategies that will reduce stress, promote healthy relationships, and increase overall well-being
- Understand psychological factors that improve physical and mental health
- Topics include optimism and hope, supportive relationships, forgiveness and spirituality
- Program available as web-based self-learning or as in-person group sessions
- Group sessions are currently only offered in Saskatoon

## Recommended Websites for General Health and Wellness

### A Place for Mom

[www.aplaceformom.com/canada](http://www.aplaceformom.com/canada)

- Free service helping the average Canadian navigate the healthcare system and senior housing to find the best care for a loved one

### About: Senior Health

[www.seniorhealth.about.com](http://www.seniorhealth.about.com)

- Information on numerous health issues affecting older adults today

### American Association for Retired Persons

[www.aarp.org/health/fitness/](http://www.aarp.org/health/fitness/)

- Great information for healthy living, fitness, and physical activity

### Body and Health

[bodyandhealth.canada.com/](http://bodyandhealth.canada.com/)

- Click on information for seniors on the left hand side of the page
- Contains information on chronic conditions, nutrition, exercise, research, and health tools

### Canadian Association of Retired Persons

[www.carp.ca](http://www.carp.ca)

- Membership benefits and registration
- Stories and articles on numerous topics
- Subscribe to their magazine

### Centre for Disease Control and Prevention

[www.cdc.gov/aging](http://www.cdc.gov/aging)

- Healthy aging for older adults
- Click on Health Information for Older Adults, then health related behaviour to find plenty of information on physical activity, nutrition and tobacco cessation
- Click on Mental Health and Aging as well

### Canadian Senior Years

[www.senioryears.com](http://www.senioryears.com)

- Click on link to Saskatchewan on the left hand side of the screen
- Senior talk-classifieds, chat, email pals, single seniors, games, columns, fun horoscopes, jokes, lotteries, recipes, talent and movie reviews, links to other websites and more

## **Eldernet**

**[www.eldernet.com](http://www.eldernet.com)**

- Click on YOUR HEALTH in the picture to find links to numerous websites for healthy living, medical care, alternative medicine, information about specific illnesses and more

## **Health Hints**

**[www.grandtimes.com/health.html](http://www.grandtimes.com/health.html)**

- A number of useful articles on a variety of health topics

## **Lifestyle Information Network**

**[www.lin.ca](http://www.lin.ca)**

- National recreation database with links to articles, books, programs and services

## **Mayo Clinic**

**[www.mayoclinic.org](http://www.mayoclinic.org)**

- Click on healthy lifestyle under Patient Care & Health Info on the left hand side of the screen to find list including fitness, food & nutrition, healthy recipes, quit smoking, senior health and more

## **National Institute of Health**

**[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)**

- Health and wellness info for older adults from the National Institutes of Health

## **National Institute on Aging**

**[www.nia.nih.gov/](http://www.nia.nih.gov/)**

- Numerous publications available

## **Saskatchewan Health**

**[www.saskatchewan.ca](http://www.saskatchewan.ca)**

- Click on Health and Healthy Living under the heading Live on the left hand side at the bottom of the page
- Alcohol and drug services, continuing care, Saskatchewan drug plan, eligibility for health benefits and emergency services
- Find a doctor, healthline, healthline online, mental health services
- Nutrition and exercise, prevention of diseases and illnesses and immunization
- Saskatchewan Seniors' Gold Plan, Senior's Chat Columns, Seniors drug plan and health information
- Services for people with disabilities
- Smoking and your health

## **Saskatoon Health Region**

**[www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)**

- Directory of programs and services is provided and how to access them, as well as news and updates for the region

## **Seniors Canada Online**

**[www.seniors.gc.ca](http://www.seniors.gc.ca)**

- News, Information, and Services for Seniors

## **Spectrum Nasco-Senior Activities**

**Phone: (800)668-0600**

**[www.spectrum-nasco.ca/educational-supplies](http://www.spectrum-nasco.ca/educational-supplies)**

- Order catalogues online for senior activities
- Numerous products including Alzheimer's, arts & crafts, computers, cooking, cross creek, drama & humor, DVDs/videos, equipment, exercise, games, kits & carts, large print puzzles, mental stimulation & trivia, mobiles, music, nature & gardening, puzzles, reminiscence, resources, sensory and spiritual

## **Today's Senior**

**[www.todaysseniors.com](http://www.todaysseniors.com)**

- Click on health and fitness on the left hand side

## **The Senior Paper**

**[www.sasksenior.com/](http://www.sasksenior.com/)**

- Subscribe to the Senior Paper that provides letters from the public on a wide range of topics, recipes, poetry and old song lyrics, feature columns, jokes, puzzles, Canadian history and culture, commentary on issues facing seniors today, positive stories, great tips from gardens to home and healthcare, contests and more
- Access to the online store for numerous products useful for older adults

## **Women's Mid-life Health Program**

**[www.menopausecentre.org](http://www.menopausecentre.org)**

- Women can explore available options and make choices for their own well-being, with access to the library, educational forums, and team of healthcare consultants and multidisciplinary professionals
- Offers information about exercise programs, dietary information, medical suggestions, sexuality counseling and mental well-being
- More information on services, health issues, frequently asked questions, events, book list, newsletters, life tips, links to other websites, and contact information



## Other Resources

### Computers

- Older adults are the fastest growing group of computer buyers and internet users
- Just as you might not know exactly how your car works to drive it, you don't have to understand your computer to use it
- One of the best ways to learn how to use a computer is to talk to someone you know who already uses a computer (a neighbour, friend, or relative)
- You might be surprised at how quickly you can learn



Useful definitions:

- **Internet** - large computer network through which individual computers are connected to internet service providers (companies who provide internet service) so they can share information
- **Web pages** - information is presented on web pages that contain images, text and sometimes sound
- **Links** - underlined words or titles on websites that you can click on to visit other pages

The **Saskatoon Council on Aging (SCOA)** and the **Saskatoon Public Library** offer technology classes for older adults. Contact SCOA at (306)652-2255 for more information.

### Saskatchewan Libraries website

[www.lib.sk.ca](http://www.lib.sk.ca)

- How to access resources (books, magazines, journals, dictionaries)
- Click on Programs and Services on left side of screen for links to other websites and “ask a librarian” feature

### SeniorNet

[www.seniornet.org](http://www.seniornet.org)

- Free internet and computer tutorials

### Transportation Discounts

#### Saskatchewan Transit Company

Phone: (800)663-7181

Website: [www.stcbus.com](http://www.stcbus.com)

- Offers significant discounts for older adults
- If you need to travel to get to a physical activity or healthy eating program, this is a great way to save money



## Grants

### Canadian Mortgage and Housing Corporation

Phone: (800)668-2642

Website: [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca)

- Under consumers, click on Programs and Financial Assistance
- Contains information about assistance programs for making home adaptations, and emergency renovations and repairs

### Community Initiative Fund (CIF)

Phone: Rhonda Newton (Grant Administrator)

(306)780-9308

Tracey Mann (Executive Director)

(306)780-9395

Website: [www.cifsask.org/](http://www.cifsask.org/)

- Is a Special Purpose Fund created through The Saskatchewan Gaming Corporation Act and accountable to the Ministry of Parks, Culture and Sport
- Programs are structured as grants that help support Saskatchewan communities by helping to foster community development, inclusion and leadership in Saskatchewan

### New Horizons for Seniors Program

Phone: (800)277-9914 (select "0" to speak with an agent)

Website: [www.hrsc.gc.ca/eng/seniors/funding/](http://www.hrsc.gc.ca/eng/seniors/funding/)

- Funds a wide range of non-profit activities that are led by seniors, such as volunteering, outreach, mentoring and teaching
- Funds costs that are directly related to project activities such as materials, supplies, equipment, and more
- Ask about capital assistance funding to help non-profit organizations that need to upgrade their facilities or equipment for existing seniors' programs

### Saskatchewan Lottery Community Grants Program

Website: [www.sasklotteries.ca/about-us/community-grant-program.htm](http://www.sasklotteries.ca/about-us/community-grant-program.htm)

- Gets people involved in sport, culture and recreation activities
- Community programs funded range from summer camps for youth to aerobics programs for older adults





## **Celebrating Older Farmers**

Older farmers are a growing population. They have wisdom and experience that younger workers have not yet developed. They love what they do, are connected with the land and carry with them fascinating cultural history. Large crops and livestock thrive under the care of the experienced farmer. We all eat better because of their dedication to their way of life.

Older farmers are able to use their experience and skill to compensate for decreases in muscle strength and reaction time inevitable with age. However, it takes a bit of retraining to do so.

The Canadian Centre for Health and Safety in Agriculture has recognized the need for the support of rural seniors. Safety on the farm has been a crucial topic for the Agricultural Health and Safety Network with older farmers being at the heart of many programs and resources.

Current Saskatchewan research indicates that older farmers are still working long hours. On average, a 75 year old farmer still works over 30 hours per week. Farming is a unique occupation in that it doesn't have a traditional or mandatory retirement age. Other industries don't have such large numbers of aging workers. Research has focused on the age and health of Saskatchewan farmers with respect to their increased risk for injury.

Farmers suffer from greater hearing loss, asthma and poorer lung functioning than other Canadian seniors. However, they report less arthritis, and are comparable to other Canadians regarding hypertension and heart disease.

Recent research also indicates older Saskatchewan farmers have workloads similar to younger farmers and contribute to handling livestock and operating heavy equipment. We want them to be safe while performing these tasks.

**“On average, a 75 year old farmer still works over 30 hours per week”**

### **Farm Safety**

The following pages offer some information, tips and tricks to compensate for issues that might arise with age.

#### **Preventing Injuries**

Many older farmers are working alone when they are injured. The leading causes of fatal injuries are tractor rollovers, run overs and being crushed or hit by objects. As we age we experience physical factors that decrease the ability to perform routine tasks that we have always performed before. These physical factors can include:

- Decreased reaction time

- Restricted head or neck movement affecting equipment use and vision
- Hearing loss

Sometimes it is tempting to compensate for this decrease in capabilities by using unsafe work practices or short cuts. We will look at some alternatives.

### **Fall Prevention**

Loss of balance and dizziness can lead to a serious injury or fall and even a hospital stay.

Consider the following:

- Keep floors dry
- Apply non-skid wax properly
- Remove clutter in aisles and buildings
- Inspect the farm regularly
- Provide adequate lighting and make sure floors are properly cleaned
- Schedule routine maintenance
- If dizziness is a possibility, vertical climbing should be avoided completely
- Decrease the chance of falls by installing non-slip flooring and handrails
- Put non-slip surfaces on walkways and steps where possible
- Carry a walking stick
- Wear appropriate footwear with gripping soles
- Be aware of your limitations

**Pretending that you don't have limitations is a good way to find yourself with an injury!**

### **Equipment Safety**

- Trade in less safe tractors for safer models
- Retro-fit older tractors with Rollover Protective Structures and a seat belt *ROPS save lives*
- Inspect tractor lights, brakes, shields, tires, and so forth to make sure they are all functional
- Never carry passengers *One Seat One Rider*
- Limit tractor operation to daylight hours and roads with less traffic
- Consider modifying tractor seats with better cushions and lower back support, or install an independent suspension seat to help provide more protection and shock absorption for the hip and back
- Add additional steps and hand holds to make getting in and out of the tractor easier
- Never ground start equipment

### **Livestock safety**

Animals are unpredictable. Decreased abilities may lead to an injury.

- If it is not possible to install an automated feed system, use a feed cart to avoid carrying feed
- Install easy to use gates and doors in animal handling facilities
- Use handrails and guards on equipment to increase safety
- Have easily operated or maneuvered fence gates, building doors, and animal handling devices

## **Communication**

Work alone as little as possible. If you do have to work alone, make arrangements to have someone check on you at regular intervals.

- Keep in contact with a cell phone or radio
- Always let someone know where you are and how long you will be

**Are you living with Arthritis? Use jigs, fixtures, clamps and vice-grips to compensate for the decreased strength or grip.**

## **Health**

**Mature farmers are important to the future of agriculture.** Physical changes usually happen gradually over many years, although sometimes can appear suddenly. Changes in capabilities vary significantly between individuals. The key to maintaining safety and productivity is for individuals and their families to recognize these risk factors, then modify the environment and work expectations accordingly to reduce the likelihood of injury. Taking special care of your health and avoiding injury can help you to remain active and independent on the farm.

### **Health Care Providers**

Inform your health care providers about your work load and exposure to hazards. When recovering from surgery or injuries, follow rehabilitation instructions and only return to regular work when fully recovered to reduce chances of re-injury.

- Obtain regular yearly medical check-ups
- Consult with your physician about how physical limitations may affect safety and health at work
- Communicate with your family so they are aware of any existing conditions

### **Pain Management and Medication**

Work with your doctor to make sure that your medications don't interfere with the safe operation of machinery. Recent use of pain medication can be related to incidents of injury. Reasons for this may be related to:

- Unmanaged pain becomes a distraction
- Pain causing limited mobility
- Pain medications that may have side effects such as sedation

Pain medication is not the only medication with side effects. All medication should be closely monitored and reviewed regularly by your physician and pharmacist. Many drugs have side effects such as sedation that interfere with reaction time, alertness, and can cause dizziness or poor balance.

### **Vision**

Vision decreases with age, and farmers often don't work with enough light. Consider the following:

- Increase light in low visibility areas
- Always wear your glasses and safety goggles when necessary
- Paint steps contrasting colours
- Complete tasks during daylight if possible.
- Increase lighting levels in barns and other buildings
- Ensure that steps, stairs, and handrails are tidy, safe, and well lit with switches at both ends of stairs and at entrances
- Avoid driving tractors at dawn and dusk when visibility is affected the most. The aging process can also decrease peripheral vision which may affect driving performance

### **Hearing**

Farmers usually suffer more noise related hearing loss than the general public. This loss could lead to the inability to hear approaching machinery or people. Here is what you can do:

- Protect hearing by using personal protective equipment (PPE) and avoid further hearing loss
- Wear hearing aids if you have them

***Even if you think you have already done some damage, wear your Personal Protective Equipment!***

### **Fatigue**

Fatigue places you at risk for injury. Consider the following:

- Recognize injury risks associated with depression, stress, and fatigue
- Don't push your mind and body past safe and healthy limits. Self-assess abilities and limitations on a regular basis
- Take regular rest breaks, as fatigue leads to injury
- Get adequate rest, eat nutritiously, stay hydrated and wear proper work clothes and footwear
- Know the symptoms of heart attack and stroke
- Don't do farm activity which may be risky for you
- Get a good night's sleep

## The Agricultural Health and Safety Network

The Network has a large variety of health and safety resources available on the topics that have been discussed in this section. Please call **(306) 966-6644** if you would like a copy sent to you, or check them out on-line at: [agsafety.usask.ca](http://agsafety.usask.ca). The following are a few you may wish to consider:

**Difficult Times: Stress on the Farm**

**Farm Safety Walkabout**

**The Farm Safety Audit**

**Sleepless in Saskatchewan DVD**

**What Did You Say? How to Prevent Noise Induced Hearing Loss**

**Breathe Easy: Respiratory Hazards on the Farm DVD**

**Save Your Breath: Respiratory Health in Agriculture**

**Save Your Back: Prevention of Agricultural Related Back Strain and Injury**

**Low Stress Cattle Handling DVD**

Disclaimer: This information is intended to educate the reader. It is not a substitute for examination, diagnosis, and medical care provided by a licensed and qualified health professional.



We hope you will find the resources listed in this guide helpful! Remember that you can call any of the numbers listed for more information, or if you have any questions about the services they provide.