

Milestones and Memories: Celebrating Oma's 99th Birthday

Over the Easter weekend, my family celebrated an enormous milestone together. My Oma (my Mother's Mom) celebrated her 99th birthday on April 27! My extended family was blessed to have the opportunity to get together in person over the long weekend to celebrate this birthday!

We were missing a few faces (including my Aunt and Uncle's family living in Birmingham, England, their children, and their adorable 5 month old granddaughter). We were also missing my cousin, her husband and family as they welcomed their second child on April 24! Our family is always growing, and it is so special for my Oma to get to witness her family tree grow and flourish.

I took this special opportunity to ask my Oma a few questions:

What does it feel like to make it to your 99th birthday?

Thankful to the Lord that I am still in good health, and thankful for every day that I may have.

What are you most proud of from your 99 years of life?

My family. Always my family.

What are you looking forward to in the year ahead?

I don't know! Oh, the greenhouses in the spring. All the colours and the flowers, I love flowers.

What advice would you give to someone in their 20s? 50s? 80s?

Same answer to ALL the questions: serve the Lord with gladness!

What is the secret to living a long and healthy life?

It was not my doing. It is a gift from God.

Do you think exercise has anything to do with your long life?

Maybe! (laughs) I don't know.

So you were born in 1923, you came to Canada in 1957, got married in 1959, had your first baby in 1961.

My family was my biggest joy. And still is.

You have seen a lot of change in your 99 years. What changes do you think have been the most impactful?

There is way more traveling and holidays! We didn't have that much. We didn't go out much, I think that was too expensive...I don't know. But we had a good time.

What inspired you to come to Canada?

Nothing. That my girlfriend asked me to come for a year. I never moved back to Holland.

You ended up here for a lifetime, how did that happen?

I had met Hendrik.

True love.

Oh, well, just love.

And so your life began again here!

Ya. I remember the first time I was not sure, that was after my wedding... the first time I didn't know if I really wanted to stay in Canada. But then, some time later, I was there [in Holland] and I was just looking forward to coming back. But then I had a family, and that makes a difference.

As we head into the summer season, I encourage you to treasure your family, reach out to relatives that are far away, and try asking your loved ones a few deep questions – you might just learn something about yourself too!



INSIDE:

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- SOS on Instagram! • Student Life at SOS
- May is PHYSIOTHERAPY Month • Pets of SOS

ARE YOU OR A LOVED ONE OVER 60?

HOW PHYSIOTHERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60.

Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At SOS Physiotherapy, our physiotherapists can address your overall health and guide you back to feeling good again!

As we age, our bodies become more susceptible to certain health risks, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physiotherapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, SOS Physiotherapy can help!

What Are The Most Common Age Related Health Conditions

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis, and diabetes have a significant impact on your health and function.

Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat makeup. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia/Alzheimer's and depression. These types of health risks impair one's

memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.

How Physiotherapy Can Help

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes, the aid of a professional becomes necessary. Physiotherapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physiotherapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

It is also essential to maintain a healthy diet, ensuring you have sufficient protein to help with bone strength and minimize muscle wasting. Our physiotherapists can help set up a meal plan for you to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your physiotherapist may also suggest at-home exercises for you to do. They may also offer another form of treatment, such as aquatic therapy, to increase muscle strength and ease discomfort.

Call today to schedule an appointment

If you are suffering from some of these health conditions or think you might be, give our team at SOS Physiotherapy a call today.

SOS Physiotherapy will be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems – our physiotherapists can help you maintain your highest quality of life!



www.sosphysiotherapy.ca

**SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS!
CALL ANY ONE OF OUR 3 LOCATIONS**

Belmont Clinic
Belmont Professional Centre
564 Belmont Avenue West, Suite 301
Kitchener, Ontario N2M 5N6
TEL: (519) 743-8787

Elmira Clinic
Behind Wellness Centre (Clock Tower)
3 Wyatt Street East, Suite 2
Elmira, Ontario N3B 2H4
TEL: (519) 669-1212

Northfield Clinic
Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070

Student Life at SOS



Bronwen likes to snowboard!

We have two wonderful Western Physiotherapy students currently completing placements with us.

Meet STEWART, who will be working with Melissa and Ryan for 8 weeks at SOS Elmira.

Meet BRONWEN, who will be working with Steve and Coulton for 8 weeks at SOS Belmont.

We always love having students with us. SOS loves to help prepare the next generation of physiotherapists to provide the highest quality care as they move into practice! Please say hello if you see these two in the clinic!



Stewart likes to canoe!



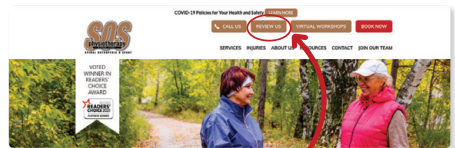
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Just click on the "Review Us!" tab at the top of our homepage, or scan the QR Code



UPCOMING WORKSHOPS!

LOW BACK PAIN AND SCIATICA

Visit Our Website To Register / Saturday, June 11th @ 10:00 am



Hosted by Physiotherapists
Jonathon Clay and Adam Dafoe

This In-Person Workshop will be held at our Northfield location:
595 Parkside Drive #5a, Waterloo, ON



Workshops are completely free to join. Don't delay, register today
by visiting our website, scanning the QR Code, or by calling us now!

[Click Here to Register](#)

www.sosphysiotherapy.ca

JOB FAIR



JUNE 11

1:30-3:30PM

SOS is hosting our first-ever Job Fair! June 11, 1:30-3:30pm at our Northfield location.
Come see what we are all about and if a future career at our clinics would be right for you!
For details on how to register, call any one of our clinics.

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Form Friday: Lying Hip Flexor and Quad Stretch

Do you struggle with tight and tense hip flexors? Do you spend your day sitting at a desk? Do you struggle to get the stretch you want in those hips? Check out this hip flexor stretch, complete with special tips from SOS Physiotherapist Jess!



1. Lie on your back on the edge of your bed, or a raised surface. You should set yourself up close to the edge, so that the limb you're stretching is at the edge.
2. Let the leg dangle off the edge of the bed/surface. You should already feel a gentle stretch along the front of the hip. Squeeze the bum muscle on the side of the leg that is dangling to DEEPEN the stretch.
3. To deepen the stretch FURTHER, and increase the pull in the quadricep muscle (top of the thigh), use a belt/ yoga strap to gently draw the heel towards your bum, bending the knee.

NOTE: If this position aggravates your back, feel free to draw the bent leg (that is not stretching) up towards your chest.

NOTE: The stretch should produce a gentle, comfortable stretch that is NOT painful. Hold for 30-60 seconds as



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