



# The Agricultural Health and Safety Network

WINTER 2023 EDITION #53



UNIVERSITY OF SASKATCHEWAN  
Canadian Centre for Rural  
and Agricultural Health  
CCHSA-CCSSMA.USASK.CA



Canadian Centre  
for Rural and Agricultural Health



Canadian Centre  
for Rural and Agricultural Health

# NetworkNews

THE NETWORK: Providing agricultural occupational health and safety information and programs to Saskatchewan farm families since 1988.

## What's in a name?

In June 2023 the Canadian Centre for Health and Safety in Agriculture (CCHSA) changed its name to the Canadian Centre for Rural and Agricultural Health (CCRAH). See page 2 to learn about the celebrations! While the name of the Centre has changed the focus remains as ever on the health and safety of Saskatchewan farmers and rural populations.

In this edition of the Network News, you will find two real stories of farm incidents – one a tragedy with a real impact on Saskatchewan history, and one a lesson in farm safety. Stories help us learn from other farmers on how to make good decisions and come home safe. No one heads out in the morning thinking that they will have trouble, but incidents happen. These stories show the importance of active

conversations about farm safety. Be observant, slow down, consider risks, and communicate with others about where you will be and how often everyone should check in. Keep safety at top of mind and use the winter to plan the upcoming season and how you could make changes to your farming practices to make 2024 a safer year on your farm.

*The Network News*



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WINTER 2023



A New Name:

## Canadian Centre for Rural and Agricultural Health

Established in 1986 as the Centre for Agricultural Medicine, the Canadian Centre for Health and Safety in Agriculture (CCHSA) has evolved and grown over the intervening years and on June 1st, 2023 the formerly known Canadian Centre for Health and Safety in Agriculture became the **Canadian Centre for Rural and Agricultural Health (CCRAH)**.

Embedded at the University of Saskatchewan the Centre continues to focus its work on the health and safety of rural and agricultural people. The Agricultural Health and Safety Network remains the core of CCRAH's rural extension division offering occupation health and safety programs to farm families across Saskatchewan.

The new name sparked a big celebration. On September 26th, 2023 partners and colleagues from across the University of Saskatchewan and the province gathered at the Centre to celebrate its new name. They were also invited to tour the Centre in an open house. The Canadian Centre for Rural and Agricultural Health welcomed past, present, and future colleagues, community collaborators, non-profit and government colleagues, students, staff, and supporters to celebrate!



Shelly Sander with Brenda Zemluk. Merle Massie looking on. Debra Marshall photography



Left to right: The Honourable Randy Weekes; Ray Orb; Judy Harwood; Dr. Shelley Kirychuk, Director Canadian Centre for Rural and Agricultural Health

Kendra Ulmer and Shelly Sander hosted an open house for visitors offering an overview of the activities, clinics, and outreach services that are part of the Agricultural Health and Safety Network. Guests asked many questions and by all accounts, were impressed by the community-focused work of the Network and the Centre.

Photo on the right: Kendra Ulmer showing guests the Network map and explaining the AHSN reach across Saskatchewan. >>



BE WHAT THE WORLD NEEDS





As part of the Open House, the Centre has restaged OffGuard. OffGuard is a black and white photographic art exhibit, showcasing people who were hurt in farm injury incidents, and sharing their stories. Originally staged in 2001, OffGuard is again open to the public. If you're visiting the University of Saskatchewan campus, or the Royal University Hospital, drop by the Centre and view the photographs and stories. They are along the walls of the Centre, as a reminder to all of how quickly a farm injury can catch you off guard.



Kendra Ulmer with open house guests, speaking about Discovery Days



# DISCOVERY DAYS

**ARE YOU INTERESTED IN HOSTING A FARM SAFETY EDUCATION DEMONSTRATION IN YOUR SCHOOL?**



**Electrical safety demonstration**



**Animal safety display**



**Sun Safety Demonstration**



**NETWORK**



**Hazard board display**

**HOW MANY STUDENTS IN EACH PRESENTATION?**  
15 students at a time.

**WHO DELIVERS THE PRESENTATION?**  
Representatives from the Agricultural Health and Safety Network.

**WHAT IS IT?**  
It is a farm safety presentation tailored to children in grades 4-6 who are immersed in agriculture at home or in their community.

**HOW MUCH DOES IT COST?**  
It is free to schools who operate within RMs that hold a membership with the Agricultural Health and Safety Network.

**PRESENTATION DURATION**  
Presentation lasts about one hour.

**You choose! Zoom, Microsoft Teams or in-person presentations**

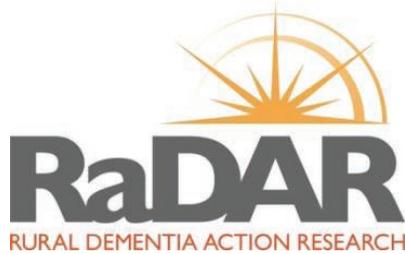
**ASK US ABOUT OTHER DISPLAYS AVAILABLE FOR THE DISCOVERY DAYS!**



Scan to watch the Discovery Days video

**BOOK TODAY!** Phone: 306-966-6644 or E-mail: shs954@mail.usask.ca

**MORE INFORMATION:** [aghealthandsafety.usask.ca](http://aghealthandsafety.usask.ca)



The Rural Dementia Action Research (RaDAR) program is led by Dr. Debra Morgan. RaDAR’s goal is to improve care for individuals with dementia and their families who live in rural and remote areas. These areas tend to have a higher proportion of older individuals at risk for dementia, yet limited access to supports and services. Learn more about RaDAR at [www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca)

The **specialist Rural and Remote Memory Clinic (RRMC)** provides diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic at the University of Saskatchewan streamlines the assessment process by coordinating a complete specialist team assessment and feedback on one day, and uses Telehealth for follow-up appointments to lessen travel burden for patients and families.



RRMC specialists meet with patient at the end of day to communicate diagnosis, and provide information about options for treatment and care (image credit Honey Cut Studios)

*Dr. Debra Morgan: “Over 850 patients and their families have been seen in the specialist Rural and Remote Memory Clinic located within the Canadian Centre for Rural and Agricultural Health at the University of Saskatchewan.”*

**RaDAR rural primary care memory clinics** are an ongoing collaboration with Saskatchewan Health Authority primary health care teams in 7 southeast communities: Kipling, Weyburn, Bengough, Carlyle, Maryfield, Lampman, and Esterhazy. Local one-day team-based memory clinics are intended to reduce travel and wait times for specialist appointments, providing coordinated care and support for patients and families in their home communities.

To support people living with dementia, care partners, families, and friends across the province, **the Alzheimer Society of Saskatchewan offers information, programs, and services.** If you have questions about dementia, call the Dementia Helpline at 1-877-949-4141 or email [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca). More information about programs and learning opportunities is available at [www.alzheimer.ca/sk](http://www.alzheimer.ca/sk).

## 10 ways to reduce your risk of dementia Alzheimer Society



**Be physically active each day**  
Get moving! Any physical activity is better than none at all.



**Protect and support your hearing**  
Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – they help reduce that risk.



**Stay socially active**  
Stay connected and engaged with your family, friends and community. Social isolation in later life can increase dementia risk by an average of 60%.



**Manage your medical conditions**  
In collaboration with your health-care provider, try to manage complex conditions such as diabetes and obesity as best you can.



**Quit smoking**  
Get support in quitting or reducing smoking. Even in later life, these steps can improve your brain health and reduce your dementia risk.



**Seek support for depression**  
Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning.



**Drink less alcohol**  
Drinking more than 12 standard drinks a week in midlife increases dementia risk by an average of 20%. If you need help in quitting or limiting alcohol, speak with your health-care provider.



**Protect your heart**  
Working with your health-care provider, monitor and manage your blood pressure and heart health. What’s good for the heart is also good for the brain!



**Avoid concussion and traumatic brain injury**  
Steer clear of activities where you might put your brain at risk of harm. Play, travel and work safe!



**Aim to get quality sleep**  
Work toward sleeping well for 6 to 8 hours each night. If you experience sleep apnea or other sleep issues, talk to your health-care provider for treatment options.

**The more actions you take, the better! Learn more at [alzheimer.ca/ReduceYourRisk](http://alzheimer.ca/ReduceYourRisk).**  
© June 2023, Alzheimer Society of Canada.

# SaskAgMatters Mental Health Network

Supported by research from the  
Saskatchewan Farmer and Rancher Mental Health (FARMh) Initiative



## SUPPORTING THE PEOPLE WHO FEED US

The goal of the SaskAgMatters Mental Health Network is to provide agriculture producers across Saskatchewan with free and accessible mental health resources that they feel comfortable turning to.

## OUR SERVICES

- FREE mental health support
- Each individual is eligible for six free one-hour sessions
- Paired with a trained and registered mental health professional who understands farming

## ELIGIBILITY CRITERIA

- ✓ Must be an agriculture producer or their support person
- ✓ From Saskatchewan

GET STARTED



SCAN ME

<https://www.saskagmatters.ca/>

Contact Us

saskagmatters@gmail.com  
1-306-371-7644





## CAUGHT IN A SWATHER REEL: Ernie Penney and lessons in farm safety

Interview by: Merle Massie, PhD, Professional Research Associate

### Ernie Penney had no idea that Friday July 20th 2001 would change his life. But it did.

Penney, who operates a mixed farm near Moose Jaw, had been fighting with a new-to-him used swather, trying to cut his hay. The swather kept plugging, again and again. And again. Frustrated but with no real options, Penney kept at it: stopping the swather, going around front, and reaching in to free the jammed knives and table. He'd likely done it at least twenty times the day before.

But not this time.

Penney explained: "It was an old piece of equipment and you never have the best batteries, so you just shut the equipment off but leave the motor running." That, he said, was a huge mistake.

On his hands and knees in front of the swather, Penney recounted: "It was windy, and the lever was rattling. I guess the lever popped over enough to engage everything." The reel engaged and thumped Penney straight into the jammed swather teeth, chest first.

### "All I can think in my mind is, what the hell's happening?"

Penney, somehow, was able to push back against the reel long enough to pull his chest off the teeth. The reel booted him onto the canvasses and he was somehow able to jump off.

He has no memory of shutting off the swather. But he remembers holding his arm tight across his chest on the drive back to the farm, getting his wallet, calling his wife, getting to hospital, and telling the doctor: "I was in a farming accident. I need some stitches."

Not just 'some'. Over the next five hours, and with Penney awake through the whole thing, the doctor on call sewed him back together. His right thigh, hip bone, and left armpit all had to be put together like puzzle pieces from terrible gashes, cuts, and rips.

Then there was his chest. Penney reported, "I could have bled out in the field. The doctor said he could see the aorta of my heart." Several ribs had been ripped off his sternum, so the patch job meant pushing the ribs back to where they should be before sewing him all back together, one layer at a time.

### "The stitch count just on my chest alone was 65 stitches on the outside."



Penney told the doctor: "I was in a farming accident. I need some stitches."

**"It was an old piece of equipment and you never have the best batteries, so you just shut the equipment off but leave the motor running. That, was a huge mistake."**



Photo on the right:  
Penney with his doctor at the hospital. >>

## **The incident led Penney to change some everyday farming practices.**

Penney reflects: "I'm very fortunate that I lived through it. It's entrenched in my mind every day. There hasn't been a day since 2001, that you know it's not burnt into my brain, that it's something I don't think about, it's always there, right. And that's my story."

The rehabilitation process was long. The injury happened in July. Physio waited until September when the scabs had healed. He didn't drive until October. He returned to work at the beef plant the following June part time, and then full time the following January, a year and a half after the injury.

That's a long time for a farmer to not be at full capacity.

The incident led Penney to change some everyday farming practices. Penney makes sure the swather table and reels are fully lifted before doing any work. He stocks up on new batteries as a safety precaution. A farmer is more likely to shut machinery off to work on it if you trust it will start again.

**"I'm always teaching safety. You know if a piece of equipment starts acting up, shut it off and walk away. We'll figure it out later. Don't put yourself in harm's way. I don't take the risks like I used to take. Like I'll sit back and watch a piece of equipment fly apart before I go in there to try to shut it off."**

"If something is stressing you out you're better to walk away from it. You're only given one chance in life," he says.

And the swather? Penney kept it. His fondest wish is that the air force base will come by with their big double-bladed helicopter and tie onto the swather. Lift it up into the sky so high that he can't even see it. Then drop it.

**"If something is stressing you out, you're better to walk away from it.  
You're only given one chance in life." (Ernie Penney)**



# Saskatchewan's Famous Will:

*Article by: Merle Massie, PhD, Professional Research Associate*

Seventy-five years ago, on June 8th, 1948, Cecil George Harris of the McGee district of Saskatchewan went out farming after lunch with a pocketknife in his pants pocket.

It's a good thing he did.

Harris planned to spend the afternoon and evening discing in a field over a mile from home, with his Model C Case tractor and a one-way plough. He told his wife Bessie May not to expect him until dark, after 10pm.

So no one worried. Until he didn't come home.

What Bessie May found when she drove out to find him was every farm's nightmare. Cecil George Harris was trapped and terribly injured. But alive.

## Cecil George Harris was trapped and terribly injured. But alive.

While he stood behind it, the tractor engaged and rolled backwards. In a flash, the massive steel wheel caught his boot and rolled over his leg, crushing Harris right up to the hip. The one-way stopped the tractor and Harris was pinned, sitting, behind the tractor wheel and in front of the one-way.

### No one could see him. No one could hear him.

He spent the entire day and evening, helpless and bleeding, until Bessie May found him and frantically started the rescue mission. With neighbors helping and fighting a raging summer storm, the rescuers got Harris to Rosetown hospital after midnight.

Sadly, his injuries were too much. Cecil George Harris died in hospital the next afternoon. But Harris left something important behind, something that would go down in history.

Pinned, hot sun shining on the fender, Harris reached into his pocket and pulled out his knife. And using the knife as a pen, the tractor fender became his paper.



He wrote, in cursive, and signed it:

**"In case I die in this mess I leave all to the wife.**

**Cecil Geo. Harris"**



# A Lesson in Farm Safety



That tractor fender became, on his death, Cecil George Harris' holographic will. It was cut off the tractor and used as evidence in court, along with the pocket knife. Within weeks of his death, Harris' estate passed uncontested to his wife.

The will on the tractor fender went down as perhaps the strangest and most unique legal document in Saskatchewan history. It's still taught in law school, written about in legal texts, and even made *Ripley's Believe it or Not*.

The Case fender, and the knife Harris used to scratch out his will, are now held in the collection of the College of Law at the University of Saskatchewan, on display for everyone to see.



But the real story is this: the tractor fender will is, at its core, a chilling lesson in farm safety. A normal work day can go from routine to nightmare in the blink of an eye.

In the 75 years since Harris' death from a farm injury, the statistics have hardly changed. **Farming remains Canada's fourth most hazardous industry, and the single most dangerous industry in terms of absolute number of deaths.**

Machinery incidents (rollovers and runovers, like Harris) account for about 70% of farm injuries. An average of 85 Canadians die every year on the farm. And when the farm's main operator dies, chances are high that the farm business will not long survive the death of its owner.

These statistics have been captured by the Canadian Agricultural Injury Reporting (CAIR) project. The Saskatchewan data, collected by the Canadian Centre for Rural and Agricultural Health at the University of Saskatchewan, is similar.

**Between 1990 and 2019 in Saskatchewan, there were 132 farm fatalities related to tractors. In about 10% of those incidents, the dismantled operator was run over by the unmanned machine.**

We all remember Cecil Harris and the will scratched into the tractor fender 75 years ago.

But let's also remember the reason why he had to write it.

**DON'T TAKE CHANCES.  
COME HOME SAFE.**

**SASKATCHEWAN ASSOCIATION OF RURAL MUNICIPALITIES  
90TH ANNIVERSARY STUDENT SCHOLARSHIP**



**2 STUDENT SCHOLARSHIPS**  
**\$1500** IN AGRICULTURAL SAFETY &  
RURAL HEALTH

**TOPICS:**

- **The importance of Safety and Health on Our Farm**
- **Safety and Health Hazards on Our Farm**

**ARE YOU ...**

**HIGHSCHOOL**

- Enrolled in Grade 12 for the 2023-2024 school year?
- Planning on studying at a post secondary school in the fall of 2024? You can be studying out of province if the course is not offered in Saskatchewan

**DO YOU ...**

- Have a farming background and live in a rural area?
- Have parents/guardians who own/rent land and pay taxes to a Rural Municipality?

**HAVE YOU ...**

- Completed the last two years of high school in Saskatchewan?

**IF YOU ANSWERED "YES" TO ALL OF ABOVE QUESTIONS:**

1. Complete an application form.
2. Write an essay on either topic
3. E-mail your application & essay by January 16, 2024 before midnight (CST)

**THE 2022-2023 SCHOLARSHIP WINNERS WERE:**



Kira Wignes of  
Viscount, RM of  
Viscount No. 341



Caleb Reeve of  
Wynyard, RM of  
Big Quill No. 308

**SUBMIT APPLICATION FORM AND  
ESSAY TO:**

[sueli.bizetto@usask.ca](mailto:sueli.bizetto@usask.ca)

**SCAN FOR:**

- (A) Scholarship history
- (B) General conditions governing awards
- (C) Application form
- (D) More information

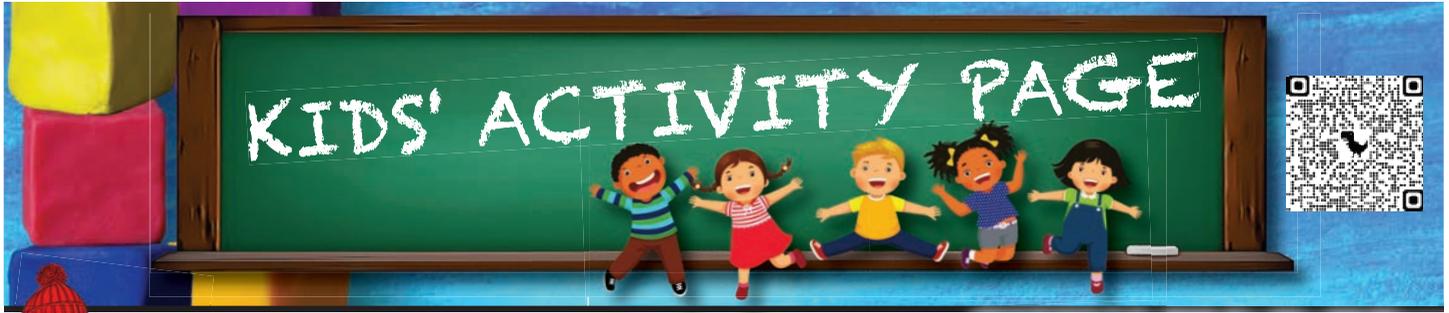


**SARM**



UNIVERSITY OF SASKATCHEWAN  
Canadian Centre for Rural  
and Agricultural Health  
CCOHA.CCUSA.USASK.CA

**BE WHAT THE WORLD NEEDS**



**Hey Kids! Places we know on the farm look different in the winter. The snow could be covering hidden dangers. Always check with an adult to see what areas are off limits!**

This is **Todd**, he is the official safety advisor of the Discovery Days program. Discovery Days is an outreach program of the Agricultural Health and Safety Network that raises awareness among Saskatchewan farm children of hazards on the farm and how to recognize and avoid risks. For more information on the program go to [aghealth.usask.ca](http://aghealth.usask.ca) and click on the activities tab.

**Make sure ice is 15cm or 6 inches thick for walking or skating or 20cm or 8 inches for skating parties or games.**

## Winter Safety - DECODE THE MESSAGE

Decode the following sentence and try to figure out the Winter Safety Message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4			12	14	2			1			19				7			10		26				5	

I	F	Y	U	A	E	U	S	I	D	E	A	D	Y	U											
1	2	5	25	26	4	16	14	25	26	9	10	1	12	14	4	18	12	5	25	26					
S	A					S	I	E			E		E												
10	9	4	16	9	9	10	1	11	14	16	22	14	20	25	6	14									
F	U	S	E	D	A	E	D	I	F	F	I	U	L	Y											
20	25	18	2	26	10	14	12	15	4	11	14	12	1	2	1	20	26	19	9	5					
S	P	E	A	I	E	E	S	L	E	E	P	Y													
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A	E	S	I	F	F	U	S	L	E	S	E	A	D	I	S	I	D	E							
15	4	11	14	10	9	1	2	2	6	26	10	20	19	14	10	15	14	4	12	1	18	10	1	12	14
A	S	S	A	S	P	S	S	I	L	E	Y	U	A	Y											
4	10	10	25	25	18	4	10	7	25	10	10	1	22	19	14	5	25	26	6	4	5				
A	E	Y	P	E	I	A																			
15	4	11	14	15	5	7	25	9	15	14	16	6	1	4											

## QUESTION:

What do you call a snowman on rollerblades?



**ANSWERS:**  
All the answers can be found on the back cover.



## Tips for Staying Warm This Winter

1. Bundle up! Dress in layers to help keep warm on cold days.
2. Remember a hat that covers your ears and a scarf – almost half of your body heat is lost through your head and neck!
3. Take lots of breaks to go warm up.
4. Keep an eye on the weather knowing what to expect can help you be prepared for the conditions.

Recommended Minimum Ice Thickness	
7 cm (3") or less <b>STAY OFF!</b>	
10 cm (4") Ice fishing, walking, cross-country skiing, hockey	
12 cm (5") Snomobile ATV	
20 - 30 cm (8 - 12") Car or small pick-up truck	
20 - 30 cm (8 - 12") Medium pick-up truck	
50+ cm (20"+) Large pick-up truck or small tractor	



## SAFETY:

# Kids and Youth on the Farm

Think back to those good old days when you were a kid on the farm — when you stole eggs from the happy hens, rode with dad on the tractor and broke up bales of hay for the cows. What do you remember most? You were not being safe all the time but then as a young kid, that probably never occurred to you. Right? I wonder if today's young kids are any different.

Do our children really know what it means to be safe on the farm? Children living on farms are exposed to many dangers in their environment through play activities and while accompanying adults in their work on the farm.

▶ **THE INCIDENCE OF FATAL INJURIES TO CHILDREN, AGED ONE TO SIX YEARS, LIVING ON CANADIAN FARMS IS NEARLY TWICE THAT OF THE GENERAL POPULATION.**

**It is crucial to prioritize safety when children are on a farm.  
Here are some KEY POINTS to help ensure their SAFETY.**

<b>UNDERSTANDING HAZARDS</b>	Educate children about the various hazards present on the farm. Explain that farms can be dangerous places and help them recognize potential risks such as machinery, livestock, chemicals, and uneven terrain.
<b>AGE-APPROPRIATE TASKS</b>	Assign tasks that are appropriate for the child's age, development, and physical abilities. Younger children should have simpler, less dangerous tasks, while older children can handle more responsibility.
<b>SUPERVISION</b>	Ensure that children are always supervised when on the farm. This supervision is essential not only when they are actively working but also when they are playing or simply present in the farm environment.
<b>COMMUNICATION</b>	Regularly communicate with children about farm safety. Discuss what makes specific areas or activities dangerous and ask for their input on how to stay safe. Encourage them to ask questions and voice concerns.
<b>MACHINERY SAFETY</b>	Emphasize the dangers of farm machinery and equipment. Children should be taught never to approach or play near running machinery. Only allow children to operate machinery when they are of appropriate age and have received proper training and supervision.
<b>LIVESTOCK SAFETY</b>	Teach children how to handle and approach livestock safely. Make them aware of the potential for sudden movements or reactions from animals. Always supervise interactions between children and animals.

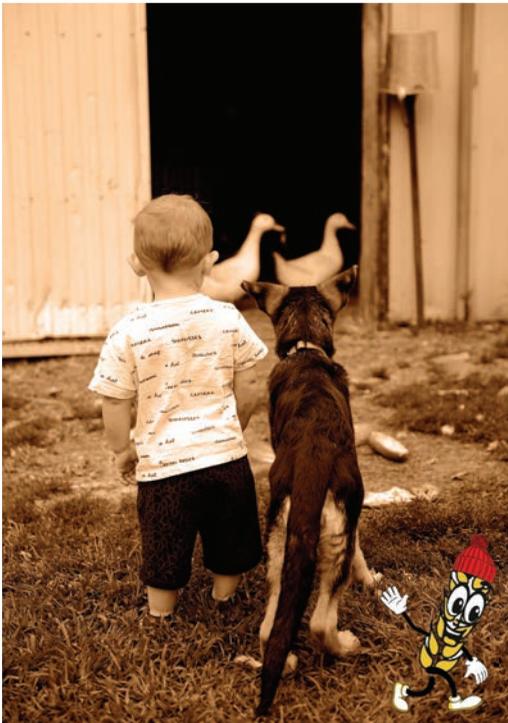
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Article by:  
Marie McKeivitt, Network Discovery Days Presenter



<b>GRAIN BINS AND SILOS</b>	Explain the dangers associated with grain bins and silos, such as entrapment and suffocation. Keep children away from these areas unless they are older and have been trained in safe procedures.
<b>CHEMICAL SAFETY</b>	Inform children about the hazards of farm chemicals and pesticides. Stress the importance of not touching or ingesting any chemicals and keeping a safe distance from areas where chemicals are stored or used.
<b>SAFETY GEAR</b>	Ensure that children wear appropriate safety gear when necessary. This may include helmets, gloves, goggles, masks, or protective clothing, depending on the task.
<b>EMERGENCY PROCEDURES</b>	Teach children what to do in case of an emergency, including how to contact adults or call for help.
<b>REGULAR SAFETY REVIEWS</b>	Conduct regular safety meetings or reviews with children to reinforce their understanding of farm safety practices.
<b>LEAD BY EXAMPLE</b>	Be a role model for farm safety. Children are more likely to follow safety rules if they see adults consistently practicing safe behaviors.

**REMEMBER** that farm safety is an ongoing process, and it's essential to adapt your approach as children grow and develop. By taking these precautions and maintaining open communication about safety, you can help ensure that children have a safe and positive experience on the farm.



# Healthy for the Holidays

Article by: Brady Johnson, Encompass Fitness

With the holidays around the corner, it's a good reminder to get into a healthy routine now that the crops are in the bin, and before New Year's resolutions and seeding roll around. We've got 3 tips to stay healthy over the holiday season.

## 1 Move More

While rural life is often an active life, it doesn't always include all of the important aspects of movement. Sure, it might be active, but are you checking the boxes for daily movement, resistance or strength training, and mobility? While being active is important, incorporating each of these facets will improve:

- Overall body composition and health
- Increase metabolism
- Prolong the breakdown of muscle due to age
- Reduce aches and pains while increasing the range of motion

Get out of your comfort zone and commit to trying some intentional movement at least 2-3 days a week for 12 weeks to really see and feel a difference. Try one of the following beneficial ways to incorporate purposeful movement into your life:

- Walking or running
- Strength training – remember that even body weight exercises can be a form of strength training!
- Stretching, mobility work or yoga
- Curling, skating, cross-country skiing or other outdoor activities

Being sedentary increases the risk of disease, but getting up and moving for even a few minutes an hour can reduce the risk of diabetes, heart disease, and cardiovascular diseases.



## 2 Pick Protein

When preparing for holiday gatherings, social outings, and parties, it's easy to want to take appetizers and dishes laden with cream cheese goodness and excessive calories. Meanwhile, you've likely got a freezer full of beef and game.

Ideas for protein-packed appetizers:

- Meatballs
- Ribs
- Sausages
- Deviled eggs

Protein-based snacks aid in helping maintain a healthy weight, building lean muscle and preventing muscle loss, and remaining satiated which means fewer cravings for sugar and fat-filled party foods.

## 3 Stay Social!

Loneliness and disconnection are now a greater risk to your health than smoking 15 cigarettes per day. In this day and age, we are the most connected via technology, but the most disconnected relationally. While winter is often quieter socially, be sure to connect with others:

- Plan regular social outings
- Unplug from social media and technology to be present with those around you
- Invite someone who may be alone over for dinner
- Be more intentional about getting together with those who are important in your life

We hope that you are just as intentional with your own maintenance and health as you are with the health of your machinery and equipment this holiday season, and wish you health, happiness, and prosperity in the New Year.

# DID YOU GROW UP ON A FARM?

JOIN US WHILE WE SHARE OUR ORAL HISTORY!  
CELEBRATE OUR COMMON STORIES THROUGH FARM REMINISCING

**BACK BY POPULAR DEMAND!**  
**FREE WEEKLY PHONE SESSIONS ON WEDNESDAYS**  
**JANUARY 17-MARCH 6, 2024, AT 10AM-11AM OR**  
**1:30PM-2:30PM**  
**FOR 8 WEEKS**

- ✓ An interactive **phone-based** social program for adults **over the age of 60.**
- ✓ No computer or internet required!
- ✓ All supplies will be mailed to you free of charge.



**REGISTRATION REQUIRED.**  
**PHONE OR EMAIL BY DECEMBER 29TH, 2023**



☎ **306-631-4357 (no texts please)**  
 ✉ [scwwsask2019@gmail.com](mailto:scwwsask2019@gmail.com)  
 🌐 [www.scwwmoosejaw.com](http://www.scwwmoosejaw.com)

Hosted by Seniors Centre Without Walls Moose Jaw - a trusted source of social connection for Saskatchewan seniors since 2019!

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board (Approval ID #3745)

# YOU ARE NOT ALONE. HELP STARTS WITH 211



**2-1-1** Connects and supports Saskatchewan residents to resources within your community 365 days a year, 24/7.

#HelpStartsHere

**2-1-1** is free, confidential, and available to call, text, live chat.

The **sk.211.ca** website contains a searchable repository of over 6,000 listings of social, community, non-clinical health, and government services across the province.



Text 2-1-1



Call 2-1-1



sk.211.ca

## KIDS' ACTIVITY PAGE ANSWERS

### DECODED MESSAGE:

If you are outside and you start to shiver, become confused, have difficulty speaking, become sleepy, or have stiff muscles, head inside as soon as possible. You may have hypothermia.

### ANSWER TO QUESTION:

A Snowmobile

**DO YOU HAVE A FARM HEALTH OR SAFETY STORY TO SHARE WITH OTHER FARM FAMILIES? OR HAVE YOU DEVELOPED A FARM SAFETY INNOVATION?**

If so we would love to hear about it!  
Contact us with your story.



### Need more information?

There are a variety of resources available online at:  
[agsafety.usask.ca](http://agsafety.usask.ca)

From the Editors: Send your ideas, comments and suggestions to the Network News



Agricultural Health and Safety Network  
Canadian Centre for Rural and Agricultural Health  
University of Saskatchewan  
104 Clinic Place PO Box 23, Saskatoon, Saskatchewan S7N 2Z4  
Phone: 306-966-6644

Thank You to the Following Organizations for Supporting the Network News:



A Better Place For You®



**IF YOU ARE EXPERIENCING SYMPTOMS OF STRESS, THE FARM STRESS LINE IS AVAILABLE 24/7 AT 1-800-667-4442**



Saskatchewan



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### Moved? Retired? Not Farming?

To remove your name from our mailing list call (306) 966-6644 or contact the editor.

Would you like regular email updates from the Network?

If so, email us at [aghealthandsafety@usask.ca](mailto:aghealthandsafety@usask.ca)