

# An Introduction to Vitamin C (continued)

Despite our familiarity with Vitamin C and the popularity of Vitamin C supplements, food intake of Vitamin C in North America by the average adult is not much higher than the Dietary Reference Intake (DRI) level. The daily average is approximately 96 milligrams per day for men and 82 milligrams for women (The DRI for these two groups are 90 milligrams and 75 milligrams respectively). So even though adults are averaging adequate intake of Vitamin C from their food, the amount is not as high as some people might expect given the widespread familiarity and interest in Vitamin C.

Our best sources of Vitamin C have something in common: they are all plant foods. Even though many animals make Vitamin C in their bodies, only plants make it to the degree that they provide a rich source of the nutrient when eaten.

## Excellent Sources:

Citrus fruits such as Orange, Grapefruit and Lemon. Many non-citrus fruits are highly rated sources as well, such as Papaya, Strawberries, Pineapple, Kiwi, and Cantaloupe.

## Other Sources:

Other fruits include Cranberries, Blueberries, Watermelon, Apples, Pears, and Bananas. Vegetables include Broccoli, Cabbage, Asparagus, Cauliflower, and of course Red Bell Peppers which have among the highest per serving content of Vitamin C.

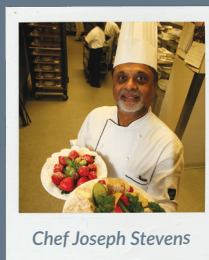
## We have just scratched the surface!

In the next chapter we will look at Collagen, Brain Health, Cooking, Storage, Processing, Dietary Deficiency, Toxicity, etc.

## Disclaimer:

Please consult your doctor or dietician before you make major changes to your diet!

Enjoy!  
Eat Well, Play!  
Have Fun and  
Enjoy 2016!



Chef Joseph Stevens

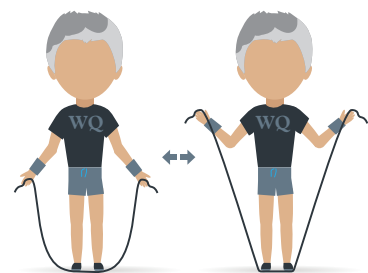
# Body Mechanics: The V Curl

The biceps are the upper arm muscles responsible for flexing the arm. As they contract the arm bends at the elbow allowing us to lift objects. This is a very busy muscle group, involved in most upper body activities.

So the next time you are lugging your groceries home from the store, be thankful that you have been practicing your V curls.

Cheers to your Health!

Jeff Dubé, BSc, PTS, ATC  
Fitness Program Coordinator



- 1 Grasp both ends of your exercise band and step onto the midpoint of the band. Stand tall with the back straight, arms straight and to the side, and palms facing the outside ...
- 2 Exhale, bending at the elbows while raising the hands to the side ...
- 3 Hold at the top for 2 seconds while flexing your bulging biceps, and slowly return to neutral.

# Wellness Quarterly

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Winter 2015/2016



# An Introduction to Vitamin C

Winter has officially arrived! In addition to the drop in temperature is an increase in common colds and flu-like symptoms. As we take precautionary measures to combat the cold, wind, and slippery conditions we try to adjust dietary habits. Personally, I double my intake of Vitamin C and try to consume more Vitamin C-rich foods.

Vitamin C may be the most familiar of all of the nutrients. Most, if asked, would be able name citrus fruits as being a good source of Vitamin C.

The first use of modern scientific methods to assess disease treatment was when the British Navy used foods containing Vitamin C to prevent scurvy among sailors. Although the vitamin itself would remain undiscovered for nearly two centuries.

A good case could be made that this nutrition experiment is among the most important scientific findings in human history.

(continued on back cover ...)

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## Wellness Quarterly

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## Did You Know?

→ most bears hibernate for 5 to 7 months  
**5-7**

→ the body can use up to 250mg of Vitamin C per day  
**250**

→ Recommended Daily Intake for Vitamin C for men is 90mg  
**90**

→ Recommended Daily Intake for Vitamin C for women is 75mg  
**75**

→ a raw red bell pepper contains 317% of your daily Vitamin C  
**317%**

→ there are 15,000 polar bears in Northern Canada  
**15,000**

→ coldest recorded temperature was -63°C in 1947 at Snag, Yukon  
**-63**

## Cold Climate Considerations

Winter is upon us! With the change in season comes the cold weather. Keep the following considerations in mind as you brave the cold this year.

### 1) Dress Appropriately!

Layers of clothing will help to keep your body heat close to you. Don't forget your hat, mittens and scarf when going outside. A good winter coat should keep you warm and protect you from the wind.

### 2) Be Aware of your Body!

Some medications and health conditions can make you more or less sensitive to the cold. If you notice you are shivering, move to a warmer place or add layers immediately. Moisturize your skin more often and protect yourself from the sun by applying sunscreen and wearing sunglasses on bright snowy days.

### 3) Monitor your Intake!

Consuming calories will help you to cope with the cold much better than on an empty stomach. You may feel less thirsty in the winter months, ensure you maintain your hydration and limit alcohol consumption.

### 4) Keep Safety in Mind!

Give yourself extra travel time and use caution walking on the ice and snow. If you use a space heater make sure it is in good working condition and is kept away from flammable materials.

### 5) Stay Rested!

The changing seasons are stressful to the body, by maintaining good sleep hygiene you will help boost your immune system in order to fight off cold and flu viruses.

Always remember that good preparation and adaptation to our environment will help to keep us healthy and allow for enjoyment of the outdoors all year round.

Jocelyn Alves RPN  
Director of Health and Wellness

## Profile: A Conversation with Ashley MacDonald



Ashley MacDonald

Ashley is an avid reader, tea drinker, and baseball fan. She is married, has three children, and was a stay-at-home mom who was quite involved with her kids' baseball teams and dance studio. Once Ashley's children were all in school, she decided to go back to school herself, and earned a PSW certificate. As such, she began her career at Christie Gardens as a care partner in

the Seaton Village Neighbourhood in the Courtyard Community. She fulfilled that role with excellence for two years before a co-worker encouraged her to apply for the new Advocate role, which she was subsequently hired for.

Ashley is the Advocate for both independent residents and those receiving assisted living services. Her role is multi-faceted and includes: Ongoing support for residents and their families; liaising between families and staff; helping to navigate changes in residents' health status; continual reassessment of assisted living services; and oversight and support to the Assisted Living Team. Ashley is also the first point of contact should you decide you are in need of more support and would like someone to speak to about it. Both residents and families are welcome to contact Ashley at any time.

We asked Ashley a few questions and are pleased to share her responses with you:

### What are some of your thoughts on aging?

*I greatly respect and appreciate the aging process. With age comes wisdom and knowledge. Some of the people I admire the most, I admire because they have a lifetime of knowledge and experience. There is so much to be learned from different people's experiences.*

**"There is so much to be learned from different people's experiences."**

### What does dignity mean to you?

*I believe dignity is something everyone is born with. It needs to be nurtured and supported. It is having a positive sense of one's self. With every accomplishment or moment of feeling fulfilled - it grows. Unfortunately, this can easily be damaged or destroyed, making one feel insignificant or unappreciated.*

### What is your philosophy on care?

*My philosophy on care is to try and honestly get to know the person I am caring for. Something as simple as trying to remember the small things they like, says a lot. To personalize care helps you have a better understanding of that person and better able to see when changes occur. When caring for someone it is important for them to feel like your time with them is focused only on them.*

### If you could provide one thing for someone's wellbeing, what would it be?

*Trust. This is huge for me in all aspects of my life. I want the people I care for to feel they can trust me and rely on me. I hope I show people that I am a dependable and trustworthy person. I hope they can feel safe and supported with me. I know that I also need to feel this from the people I care for. Once trust is established I find everything else seems to fall into place.*

### Why did you choose this career?

*I cannot express how much I love working with people particularly the elderly. It's a career I luckily fell into. I wanted to help people, but wasn't exactly sure how to go about that. After staying at home with my kids for 10 years I decided it was time to go back to school, and get into a field that worked with people very closely. During my time at placement I assisted and supported elderly people with a variety of abilities and needs. This was something I immediately knew I loved doing. Shortly after finishing school I became a care partner here at Christie Gardens. The connections and friendships I have made here are ones I will value forever. There's nothing like hearing the daily hellos from so many residents here. They brighten up my day.*

**"The connections and friendships I have made here are ones I will value forever."**

Ashley has already gotten to know many residents in her short time as Advocate, and is looking forward to meeting many more. To facilitate this, Ashley has established Drop-In Hours during which time she hopes you will pop in to see her, share a cup of tea, and ask any questions you may have. Drop-In Hours are on Tuesdays from 9:00 to 11:00am in room 227.

Claudia Osmond  
Director, Courtyard Community