

Under Chef's Hat: The Heart of the Matter



Joseph Stephens
Chef

Regarding the topic of heart smart foods there is a plethora of information available out there. In this segment we will look at a few snippets of information about sodium and cholesterol.

The Heart and Stroke Foundation is actively involved in developing blood pressure guidelines to control your blood pressure and reduce the risk of heart disease. They suggest that we are active for at least a few minutes daily and choose the following more often:

Vegetables, fruit, low-fat dairy or alternatives, whole grains, and protein from a variety of foods, such as beans, lentils, nuts, and seeds, lean meats, poultry, and of course fish. Limit or avoid entirely all "fast foods". Always remember canned or processed foods have more sodium.

1) Sodium:

Eat less salt by:

- Limiting your use of salt in cooking and at the table;
- Avoiding salty foods;
- Choosing fresh or plain frozen food;
- Avoiding canned or prepared foods that are high in salt;
- Reading the nutritional facts table on food packages for sodium content; and
- Using other seasonings such as herbs, spices, lemon juice and garlic during food preparation.

2) Cholesterol:

We need a small amount of fat in our diet for healthy functioning. Oils and fats supply calories. Essential fats help our bodies to absorb fat soluble vitamins such as A, D, E and K. The type of fat is more important for health than the total amount of fat consumed. That is why it is important to choose healthier unsaturated fats. Eating too much and the wrong kinds of fats, such as saturated and trans fat may raise unhealthy LDL cholesterol and lower healthy HDL Cholesterol. This imbalance can increase the risk of high blood pressure, narrowing of the arteries, heart attacks and stroke.

The Canada food guide recommends a small amount daily about 2 to 3 tablespoons of unsaturated fats each day (also known as mono- and polyunsaturated fat). That is why here at Christie Gardens use cholesterol free, omega rich and trans fat free oil. We also use olive oil that contains some saturated fat.

Allow me to list some Heart smart foods: almonds, apples, beans, corn, garlic, grapefruit, oats, olive oil, onions, oranges, brown rice, wild rice, salmon, soy, spinach, green or black tea. Here are some items that may surprise you: avocados, cheese, dark chocolate, clams, peanuts, and wine.

More to follow!

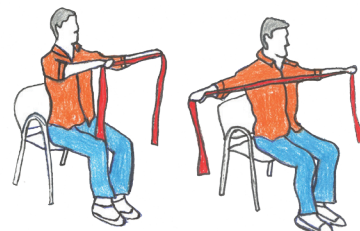
Please consult your doctor or dietician before you make any major changes to your diet! Eat well! Enjoy Life!

Body Mechanics: The Reverse Fly

The Reverse Fly is an excellent exercise that strengthens key postural muscles of the back: the rhomboids and the rear deltoids.

When the rhomboids are strong the shoulder blades position themselves more appropriately, drawing the shoulders back. Performing this exercise in conjunction with a daily chest stretch helps to improve overall posture. As a result we are less likely to develop shoulder issues.

Jeff Dubé, BSc, PTS, ATC
Fitness Program Coordinator



- 1 while sitting up straight, hold an exercise band in front of you at shoulder height, palms down.
- 2 Keeping the arms straight, pull wide until the band approaches the chest area. "Pinch" the shoulder blades together.
- 3 Return to neutral. Repeat 10 times.



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WELLNESS QUARTERLY

wellbeing news, advice, and opinions from christie gardens staff and residents

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The Eden Alternative



Jocelyn Alves
Director of Health
and Wellness

Over the past three and half years, Christie Gardens has worked to implement the Eden Alternative Philosophy of Care for our residents and their family members as well as all of our staff members.

This year, we have decided to take the next step on this journey towards culture change and pursue official registry with the Eden Alternative.

Many of the elements of this philosophy may seem like common sense, however, in Ontario, regulatory bodies for retirement and long-term care homes can be constraining and promote institutional models of care that limit the feeling of home that one should feel in the place where they live.

Christie Gardens is working every day to find a balance where the unique individuals who comprise our community are empowered to live life as they choose.

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christie
30 gardens
years
a community you can have faith in

THE BRAIN
STOPS
GROWING AT
AGE 18

IT TAKES
72
MUSCLES
TO PRODUCE
SPEECH

EXERCISE
COMBATS STRESS,
PROMOTES
BETTER SLEEP, AND
ACTIVATES
THE IMMUNE SYSTEM

ON AVERAGE,
WOMEN SPEAK
7,000
WORDS PER DAY
MEN SPEAK
JUST OVER
2,000

AIR FROM A
SNEEZE
CAN EXCEED
100 MPH

Profile: Reverend John Duyck



Reverend John Duyck
Chaplain

CG: Tell us a little bit about yourself. What do you like to do in your spare time?

JD: Spare time...??? My spare time does centre on family. My wife Judy has created a lovely yard at our house – flower beds and vegetable and berry patches. She has an artistic streak, but when plants are your medium, your artwork needs continual maintenance. So I'm a digger and weeder and trimmer. It gets me outdoors, which I like. We also have 2 married kids – Nathan and Liz. Grandkids? We have a 9 month old – I'm a new grandpa! – and one in the oven! Beyond family, I guess my hobby is enjoying "anything old". I once considered buying a '37 Oldsmobile that needed to be restored – God saved me from that – but I really enjoy cars from the 30's and 40's. And I like trains. Here I work beside the CPR and get to see them all the time! Unfortunately, I also enjoy collecting old stuff. We have a pump organ in our living room, a pre-World War II map from Judy's one-room school on the wall, my Oma's washboard, etc., etc. Unfortunately, collecting old things really fills up a house! So this penchant of mine could be described as just as much a "problem" as a "hobby".

CG: What led you to become a chaplain and to Christie Gardens?

JD: For 12 years I pastored a small church about 10 minutes from here. When I learned that my work there would end in 6 months, I was almost 60, and I had no idea what to do next. Really, I was at a loss. Continuing to work in a church did not look possible. So, I thought and prayed a lot and trusted God to lead. I had a teaching degree. Should I try substitute teaching? Deliver pizza? Chaplaincy was quite new to me until the previous chaplain here, Ed Clements, out of the blue invited me to lunch with Mrs. Sweatman. Long and short – mid-summer 2008, I finished at New Hope Community Church and next week started at Christie Gardens. Looking back, I can see how God prepared me. Growing up, I had a close relationship with the older generation in my family – around the dinner table with grandparents, great aunts, etc. And in the church there are many elderly. So, God was preparing me. And, of course, I like "anything old".

CG: What are some of your major roles as the chaplain at Christie Gardens?

JD: Visiting residents in hospital, leading worship services, overseeing chaplaincy-related programs, lining up chaplaincy volunteers, visiting residents who are ailing and at death connecting with their families – those are my major roles.

CG: What are your thoughts on aging?

JD: I once read, "Aging is a matter of the mind. If you don't mind, it doesn't matter." But I also heard a hero of mine (my youth leader many years ago) say as he faced dementia, "Getting old isn't for sissies". I've seen my grandparents and parents grow old and die. Observing them and others, has given me a lot of respect for those who find "aging" not at all easy. To watch these people take courage and faith, to see them serve others in ways they still can, to hear their gratitude and graciousness.... Like I said, I have gained a lot of respect – and affection – for those who are "aging". Unfortunately, as they become dependent on others and less capable of contributing like they did, many wonder why they're still alive. "I should be dead," is what I've heard said. Our culture feeds that kind of thinking. If you're not "useful", why are you around? But the Christian faith and others tell us that you and I are so, so precious to God and that every day we're on this earth, he has a purpose for us. It's our job to learn God's individual purpose for us because that will give meaning and joy to each day.

CG: What does it mean to be spiritually healthy?

JD: The word "spiritual" is used so widely today, it's lost its meaning. For some people, spiritual health has to do with connecting with nature, or connecting with yourself, or sensing your place in the universe. These things are important, but to me spiritual health goes beyond them to connecting with a God who loves me and helps me live his love with others. St. John said that if we know God, we will love our neighbour. Neither of these is simple, but worth all the effort.

CG: How might spiritual health affect your physical/emotional wellbeing?

JD: A doctor friend of mine works in a retirement residence. He told me that half his patients were not in his office for physical problems. That's why he recommended that the residence get a chaplain. We humans are holistic. If you carry resentments – emotional pain – it will eventually affect you physically. If you feel relationally abandoned – unloved – it will affect your whole well-being. A healthy spirituality will lead you to a God who will forgive, guide, and love you forever and help you love those who have wronged you. When you experience that, it's a big step towards total wellbeing.

The Eden Alternative

(... continued from cover)

The Eden Alternative is based on 10 Principles and guided by 7 Domains of Well-Being. Here, I will describe the 7 Domains of Well-Being:

Domains of Well-Being™

Well-being \ 'wel-'be-in\

n. A contented state of being

Well-being is the path to a life worth living. It is what we all desire. It is the ultimate outcome of a human life.

- 1 Identity** – being well-known; having personhood; individuality; wholeness; having a history
- 2 Growth** – development; enrichment; unfolding; expanding; evolving
- 3 Autonomy** – liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom
- 4 Security** – freedom from doubt, anxiety, or fear; safe, certain, and assured; having privacy, dignity, and respect
- 5 Connectedness** – state of being connected; alive; belonging; engaged; involved; not detached; connected to the past, present, and future; connected to personal possessions; connected to place; connected to nature
- 6 Meaning** – significance; heart; hope; import; value; purpose, reflection; sacred
- 7 Joy** – happiness; pleasure; delight; contentment; enjoyment

Christie Gardens is excited to achieve Eden Alternative registry; look out for more information about this process as we attain milestone markers along our journey. If you are interested in more information about the Eden Alternative, feel free to explore their website: <http://www.edenalt.org/>

Jocelyn Alves
Director of Health and Wellness