

Under Chef's Hat: Serious about Cereals



Joseph Stephens
Chef

We are reminded that spring has already sprung when we see tulip bulbs sprouting and some other perennial wild shoots appearing. Being a warm blooded creature I am pleased and delighted that Spring is here. Since we all strive to be healthier and want to have extra energy to go about our daily business with ease and as little discomfort as possible, we should look at cereals, legumes, and pulses. In this column, we will discuss cereals.

Grains can be defined as small, hard seeds consumed by humans and animals. Grains are categorized into 5 groups. They are: cereal grains, pseudo-cereals, pulses, whole grains, and oil seeds.

Cereals are grasses that belong to the monocot families poaceae or gramineae and are cultivated widely to obtain the edible components of their fruit seeds. Botanically, these fruits are called 'caryopsis' and are structurally divided into endosperm, germ, and bran. Cereal grains are cultivated in huge quantities and provide more food energy than any other type of crop, therefore they are known as staple crops.

These staple crops are rich in macronutrients (carbohydrates, fats, oils, and protein) and micronutrients (vitamins and minerals) as well as phytochemicals (polyphenols, flavonoids, anthocyanin, carotenoid, etc.)

Types of cereals include: rice, maize, corn, ragi, bajra, wheat, barley, rye, sorghum, millet, buckwheat, triticale, fonio, teff, wild rice, amaranth, quinoa, and oats.

Maize, rice, and wheat together make up 87% of total grain production all over the world.

The health benefits of cereals are many, here are just a few:

Source of Energy: cereals are considered as perhaps the greatest source of energy for humans, providing almost 30% of total calories in a North American diet.

Prevents Constipation: cereals have both insoluble and soluble fibres like cellulose, pectin, and hemicellulose. These fibres are present in the bran but are not present in processed grains, so it is advisable to consume whole cereals.

Maintains Blood Sugar Level: the fibre content in cereals decreases the speed of glucose secretion from food, thereby maintaining sugar levels in the blood.

Provides Protein: proteins are present in every tissue of the cereal grain.

Here at Christie we use red beans, bengal gram, black beans, garbanzo beans, corn, pigeon peas, azuki, kidney beans, green split peas, red lentils, lima beans, oats, navy beans, wheat, couscous, quinoa, etc. We endeavour to use soya beans, buckwheat, millet, etc. to serve our vegetarian residents even more.

Next time we will discuss pulses and legumes.

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

Body Mechanics: The Single-Legged Reach

If you are searching for a new exercise that helps to improve hip stability and strength while focusing on your balance, look no further! The Single-Legged Reach is an excellent exercise that will challenge you in those areas.

The movement in the single-legged reach is controlled, which activates the glute muscles and forces them to work harder than usual. This is important as the glutes tend to get weak, leading to tight hamstrings and lower back muscles.

Jeff Dubé, BSc, PTS, ATC
Fitness Program Coordinator



- 1 Position yourself beside a solid chair with one hand on the chair.
- 2 Reach forward with the other hand, tilt at the hip and extend the opposite leg back. Be sure to maintain a slight bend to the knee of the stationary leg while performing this movement.
- 3 Return to the neutral, upright position. Repeat 10 times. Switch legs.



600 Melita Crescent
Toronto, Ontario M6G 3Z4
(416) 530-1330
www.christiegardens.org

WELLNESS QUARTERLY

wellbeing news, advice, and opinions from christie gardens staff and residents spring 2017

Volume 3, Issue 1

Editor-in-Chief:
Heather Janes

Design and Production:
Diana and Jim Sweatman

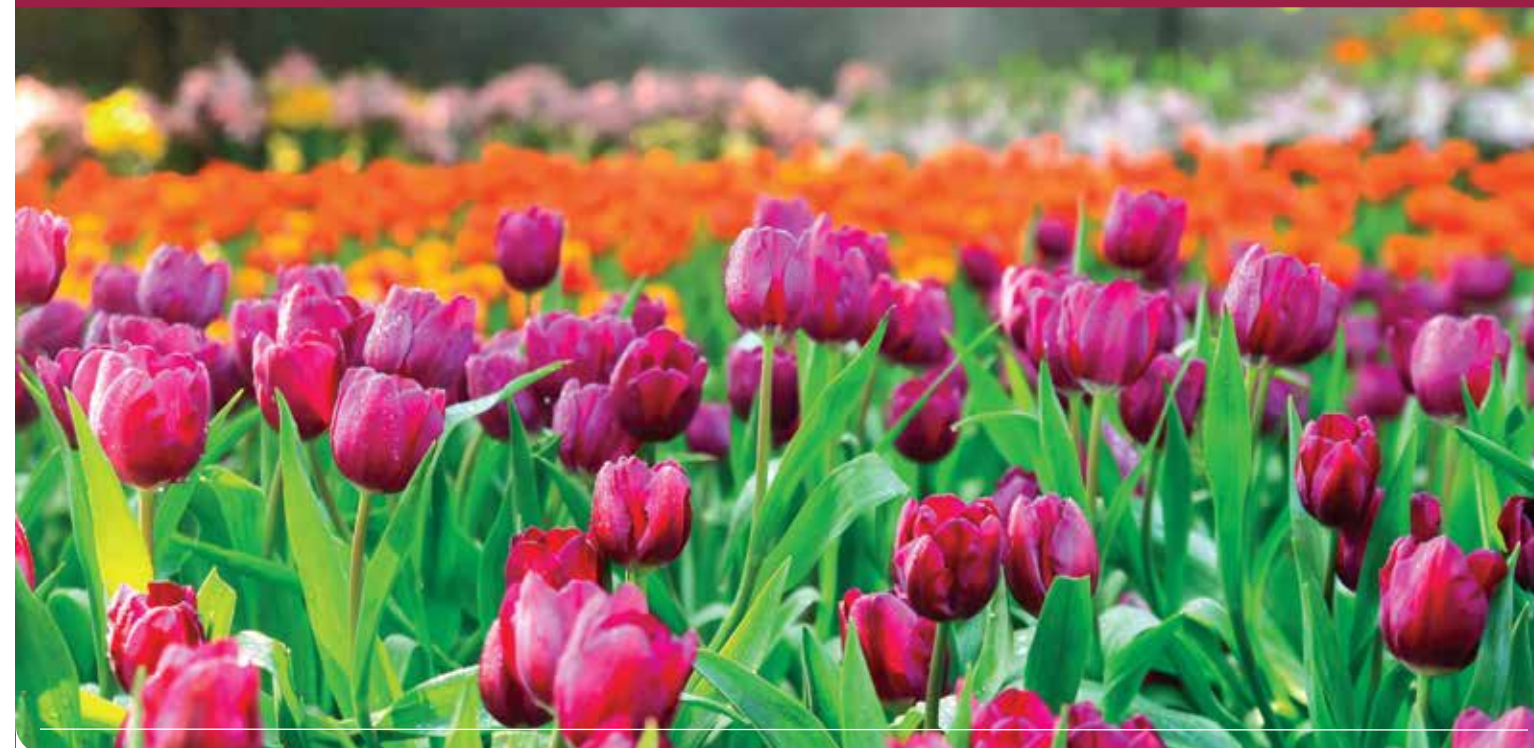
Contributors:

Jocelyn Alves, Jeff Dubé, Kavitha Poirier, Diana Sweatman, Jim Sweatman, Joseph Stephens, and Kate Wiersma.

WELLNESS QUARTERLY

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

christie
30 gardens
years a community you can have faith in
spring 2017



2017 Healthy Living Fair



Diana Sweatman
Director of
Community Life

Friday, May 12, 2017 – 10:00am to 2:00pm

Please mark your calendars and plan to join us for another Healthy Living Fair!

Join us and enjoy the opportunity to ask questions of our physiotherapists, pharmacist, and other service providers from our community.

- Meet Christie Gardens' Wellness Team.
- Have your blood pressure checked.
- Attend a seminar.
- Explore new and healthy ways to get active.

We hope to see you there!



in this issue ...

Health:

My Acute Care Adventure

Body Mechanics:

The Single-Legged Reach

Interview:

Kavitha Poirier, RPN

Under Chef's Hat:

Serious about Cereals

christie
30 gardens
years a community you can have faith in

HIGHLIGHTS FROM 2016 EDEN WARMTH SURVEY

Based on the results of our 2016 Courtyard family and resident surveys, there are high levels of optimism, trust, and generosity within the Christie family. The following percentages, taken directly from the surveys, reflect this fact:

84%
OPTIMISM

95%
TRUST

78%
GENEROSITY

Interview: Kavitha Poirier



Kavitha Poirier
Wellness Team Leader

Can you tell us a bit about yourself?

I was born in India, abandoned at 5 months old but then adopted by a French Canadian family from the Gaspé coast of Quebec. I arrived in Canada when I was 18 months old. I am a mother of 4 children and a grandmother of almost 2. I moved to Toronto in 1992 and finished my education in English which makes me completely bilingual. I joined Christie Gardens in January of 2017, and look forward to meeting everyone who lives here.

Can you tell us about your background in nursing and why you got into this field?

As a child my dream was to become a Paediatrician. In 2001, I decided to become a personal support worker. I registered at Seneca and in the middle of the programme an instructor approached me and asked if I had ever thought about doing nursing. I registered with George Brown College in 2002 for the practical nursing program. It was a huge decision: commuting, being a mom of three little ones, working part time as a personal support worker, and being a full time student ... but I am happy to have made that choice. I became a Registered Practical Nurse in 2004, and I have never regretted one day. I have a desire to learn and help people, knowing that I can help someone feel better is gratifying. I go home every day and reflect on my day because someone I crossed paths with made a difference, it may not be huge but always meaningful. I have always worked with seniors and enjoy it! So I believe that nursing was my destiny, and I am grateful for the opportunity.

What is your philosophy of care?

My philosophy of care is to recognize that it is my privilege for someone to allow me to enter their world and to always remember that each resident had a life that they designed, everything was done according to their personal wishes, they made their own rules. So care for them like you understand that, take the time to be empathetic and understand that fear, anxiety, and uncertainty are absolutely normal. If we can remember that every time a new resident enters our world we have already made a big difference. It's not them joining us it is us joining them.

Why work at Christie Gardens?

Well, in the short time that I have been here, it has been an absolute amazing working experience. I have joined a team where there is collaboration, communication, and we all have the same vision: to give these residents the life they deserve. Christie Gardens is a beautiful facility, the people make it better, you feel this the moment you walk through those front doors.

What does dignity mean to you?

Dignity to me means having empathy, by that I mean that if you don't have empathy, it is impossible to understand dignity. Empathy is defined as "experiencing the feelings, thoughts, or attitudes of another", this is so important when providing care when you understand that dignity is "the state or quality of being worthy of honour or respect".

There and Back Again: My Acute Care Adventure



Jocelyn Alves
Director of Health
and Wellness

As many of you may know, for the month of February I was in Edmonton, Alberta, completing my acute care clinical placement as another stepping stone to achieving my Bachelor of Nursing degree. While working full-time at Christie Gardens I have been slowly but surely completing one course at a time online through Athabasca University, towards my goal of becoming a registered nurse. However, when the

time comes to complete my clinical hours, I must venture off to Alberta, as this is where the university is located. I have previously completed clinical hours in mental health as well as community nursing. Now was the time for my acute care placement.

I was most nervous about this course because my experience working in the hospital is extremely limited and I knew I would have a steep learning curve no matter how prepared I was.

When I arrived on the surgical unit, I sensed the intensity and felt the weight of responsibility on my shoulders ...

When I arrived on the surgical unit, I sensed the intensity and felt the weight of responsibility on my shoulders. Many of my fellow students had years of experience in the hospital setting and were inside their comfort zone, while I was obviously not. I was nervous, intimidated and wanted the floor to open up and swallow me oh so badly....

I was assigned my first patient and was quickly reminded of the fact that there was a human attached to all of those tubes and monitors! My next thought was, hey, I know how to work with people! It didn't take long for me to trust my listening and observation skills as well as my critical thinking in order to complete my assessments and care. This little bit of confidence allowed me to overcome my fears and learn the technical skills I needed to care for my

patients. By the end of the first week I thought I might even be able to survive this acute care placement.

Once I became a little more comfortable in the hospital setting I started to notice the differences between how nurses interacted with their patients and how our care team builds relationships with residents at Christie Gardens. Many times I observed conversations that started off on the wrong foot, leading both parties to become upset and patients being unofficially labelled as 'difficult'. I would volunteer to be assigned 'difficult' patients as I did not find them difficult at all, they just needed to be listened to and cared for no matter how upset or demanding they were. As a student, I had more time to meet the non-medical needs of my patients and I chose to get to know them better as I believe knowing more about someone can only enhance my ability to care for them.

And I believe it did.

When the time came for one of my patients to be discharged home, I quickly realized why acute care nursing may not be for me. I felt sad that I would not see this person again and would never know how he made out at home – would he remember all of the details of his health teaching I provided? Would he be able to call for help if he needed it? How would his batch of homemade jam turn out this year? I never realized before how much I've become invested in resident and staff lives here at Christie Gardens. Not only did I learn that the hospital setting may not be for me, I also learned more about myself by experiencing the two settings. I really value all of the skills I learned during my clinical placement, and I am proud of myself for accomplishing another milestone on this journey towards my nursing degree. However, what I have learned about myself and how I have grown as a person, I value even more.

... I started to notice the differences between how nurses interacted with their patients and how our care team builds relationships with residents at Christie Gardens ...