

Under Chef's Hat: Seasonal and Local Fruits



Joseph Stephens
Chef

We welcome Summer with open arms as there is more sunshine and so much more activities that can be pursued with less layers of attire.

Our Gardens are up and running with colourful vegetables and some fruits. The topic of seasonal local fruits is indeed a vast subject to cover. So here in a few paragraphs we will try to zoom in on a couple of simple and general basic thoughts.

We all know that fresh fruits in general are absolutely vital and necessary in our daily diet for everybody in every age group. Although we are blessed with great supermarkets and produce chains that import dozens of varieties of fruits from all parts of the world to fill the fruit stands and fruit aisles to the gills, it is wise to support the local growers and capitalize on the fact that fruits are local they are plucked closer to maturity, and that is when the nutrients are at their fullest potential and packed with flavour, taste, vitamins, minerals, and antioxidants, which are absolutely vital for good health and wellbeing.

Summer brings us a plethora of fruits like apples, apricots, blueberries, cranberries, currants, gooseberries, grapes, nectarines, peaches, plums, raspberries, Saskatoon berries, strawberries, watermelon, and many more.

The best way to increase your fruit consumption is to eat whole fruit which gives you the added benefit of fiber. The general consensus is that 2 to 3 servings of fruit per day along with the intake of nuts, vegetables, and some protein is proven to reduce diabetes, and also helps reduce the risk of heart disease and stroke, while helping in lowering blood pressure.

So let us make it a priority to eat local fruits and when possible, organic is the best way to go.

Here at Christie we use a ton of fruits daily, like apples, peaches, pears, bananas, berries, pineapple, melons, grapes, kiwi, oranges, and cherries to name a few.

In addition to the local fruits there are dozens and dozens of fruits available and often varieties of the same fruit. Eat fruits intentionally and with a purpose as in salads, dressings, dessert and as a snack. You will reap the benefits.

Eat More Fruit and Live Longer!
Enjoy a Fruity Summer!

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

WELLNESS QUARTERLY

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

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

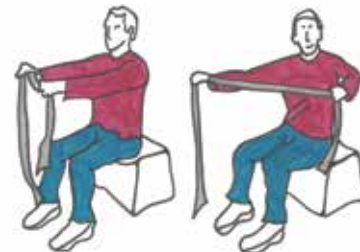


Body Mechanics: The Bow and Arrow

The Bow and Arrow is an ideal exercise for strengthening our mid-back muscles, lats and shoulders. Keeping the back muscles strong is quite important as they are essential in everyday life. Examples include pulling a door open as well as lifting an item off the floor.

Plus, if you are an archery fan this exercise is right up your alley!

Jeff Dubé, BSc, PTS, ATC
Fitness Program Coordinator



- 1 Begin by holding an exercise band in both hands with a narrow grip directly in front of you. Draw one arm all of the way back, bending the elbow and sliding it behind. The other arm remains extended in front.
- 2 Once you have pulled to a full range of motion, hold for a second and return to neutral. Repeat 10 times per arm.

Beat the Heat – Stay Hydrated!

Our body is made of up to 70% water. We lose water by sweating, breathing, and getting rid of waste. If you lose more fluid than you take in, you become dehydrated.

Young children and seniors are at higher risk of becoming dehydrated. They need to drink fluids throughout the day, especially in the hot summer months.

Water is a healthy, calorie-free way of staying hydrated.

Water helps your body work in a number of ways:

- 💧 maintains your body temperature
- 💧 helps break down food so that your body can absorb the nutrients
- 💧 helps get rid of waste
- 💧 acts as a cushion between cells, muscles, and joints
- 💧 keeps your bowels "regular"

Drinking water regularly will help you stay hydrated. You should drink more water in warm weather and when you are physically active. If you feel thirsty, you are already dehydrated.

Make water your beverage of choice! Choose it instead of beverages that are high in calories, sugar, and fat.

Remember that coffee, tea, and alcohol are diuretics that cause you to void more fluids than you consumed in the drink.

- 💧 Vegetables and fruit contain lots of water.
- 💧 Drink water with your meals. Keep a pitcher of water on the table for easy access.
- 💧 Carry a water bottle with you throughout the day.
- 💧 For variety, add lemon, lime, orange, or cucumber slices to your water.

Jocelyn Alves
Director of Health and Wellness

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BLUEBERRIES
protect
the heart

BANANAS
boost
energy

CHERRIES
calm
nervous system

KIWIS
increase
bone mass

PINEAPPLE
fight
arthritis

GRAPES
relax
blood vessels

WATERMELON
control
heart rate

Profile: Ruth Budd

CG: Can you tell us a little bit about yourself and the journey that lead you to become a musician?

I was born in Winnipeg, Manitoba and was the third of four children. My dad, a portrait photographer, had a little studio in the attic of our house, where he spent time doing extra work. He had made a short wave radio on which he could pick up concerts. I don't understand how, but he could pick up Andres Segovia – an incredible musician who played the classical guitar. After I was put to bed, I used to sneak up the stairs, sit very close to my dad, keep very quiet and listen while he was working. I think it was at that time that music became something so special to me.

I used to love looking through the Eaton's catalogues and decided that I needed a mandolin.

I was given one for Christmas when I was seven. Twice a week I would go to the Ukrainian Hall where music lessons were free. My brother played the violin so he taught me as he was being taught. We had no television or electronic devices, so this is what we did! Even our telephone was a shared three party line.

During my high school years, almost every school had an orchestra and choir, and would put on a Gilbert & Sullivan opera every year as well as enter into the Kiwanis Festival. When I was sixteen and still playing the violin, we had about a month before it was our turn to play at the festival. The boy who was playing the bass broke his arm.

I volunteered to play the bass and the conductor who was a very rigid type said "don't be ridiculous, a girl can't play the bass". Of course, I was not buying that and it made me more determined.

I took the bass home, got an instruction book, and found a teacher. We came first in our class in the festival and the adjudicator gave me special mention saying that he had never seen a female bass player before. I really enjoyed that!

I went to British Columbia to the School of Pharmacy and Science as my mother wanted me to become a pharmacist, rather than a professional musician. I was miserable there and knew that it could not work for me. It's a good thing for the medical world that I became a musician!

During the war, I got a job in a huge shipyard. I could now afford to pay for lessons with the principal bass of the Vancouver Symphony – I also joined the Junior Symphony. While at the shipyards I thought there must be many other people there, who like me, might have something to do with music. My supervisor gave me permission to put up notices. I discovered enough people and a choir master to form a glee club, an eight piece jazz band, a fire eater, a magician, several guitar players, singers, and dancers. It was all great fun – we raised a ton of money for war bonds by putting on lunch hour concerts.

When the war ended, I applied for and was awarded a scholarship to study at the Royal Conservatory in Toronto. Now all I had to do was find a way to get there.

I joined an all-girls travelling band and set out across the country on tour, heading towards Toronto. I was a real snob then. The other women in the band wore Can-Can outfits and I refused to wear one. Professional musicians wore long black gowns, and that is what I insisted on wearing. I went as far as Winnipeg with them and used the fare provided to go onto Toronto.

Once in Toronto I got a job at MacLean-Hunter. I would practice early in the morning, go to work, and go to school in the afternoon.

At the age of 23 I auditioned for the Toronto Symphony Orchestra and became the first professional woman bassist in Canada.

CG: Why did you start the Christie Chorale?

I was pretty unhappy when I first came to Christie Gardens. I knew about Christie Gardens because I played in a quartet there on several occasions. I wanted to move only once after

being in the same house for 43 years. I realized it wasn't the place that made me unhappy, it was me. I was having major struggles adjusting to being a retired person.

I thought I was a really well-adjusted person, but discovered I was not! I realized there was no way I would be happy without making music in my community.

I was in the Mandolin Orchestra and was doing school shows in a quartet or duo, but I still needed something more. I thought to myself there is no way to create an orchestra at Christie Gardens, but probably some people will have sung in a church choir, so I should try to start a choir (not that I knew anything about choirs!). I talked with Connie and Terry Gardner, residents who had already had well attended sing-a-longs. They thought it was a great idea. I put a notice on the board asking people if they wanted to sing in a choir with an eclectic repertoire. 29 people signed up. What to do? I had no money, no music, no conductor. The Choral Society suggested advertising on the internet. Within 15 minutes I had three responses and Dr. Paul Jessen was my choice. We love him and he is still with us after 10 years.

CG: How does being part of the Christie Chorale relate to your health?

I can tell you there are many benefits to your health when you're involved in a choir. It keeps your brain very active as well as developing eye-brain coordination. You're constantly watching the conductor, reading music, reading words, listening to the piano, and fitting in. Breathing also improves. I thought of my breathing as my bass bow, you have to control it and use it bit by bit so that you have enough to do the whole phrase and with that your breathing improves.

Your concentration significantly improves as well. Most choir members are suffering from severe aches and pains and with the amount of concentration it takes in the hour of rehearsal, you experience almost total freedom from pain. As soon as rehearsal is over, the knees hurt again, but it gives one a needed break.

CG: What benefits do you see from having the choir at Christie Gardens?

We develop such a deep, almost palpable camaraderie when we belong to a group. We genuinely care about each other.

We are like a small village within the village of Christie Gardens. Being together has taught us all how to listen better, follow instructions, and work well with other people.

We are happy to give back to our larger community! Even if you don't sing, you can still attend and enjoy the music. We ultimately try to satisfy the musical needs of everyone. For that hour and a half of rehearsal every Tuesday for the last 10 years, we have built up a repertoire of over 100 pieces, actually singing not more than an hour per week. What this group has achieved is amazing.

Ten years ago, I did all the work. Now we have a dedicated music librarian and several helpers who set up chairs and deliver notices – they do all the work. I think I have become the warm glue that holds everything together.

Over the years I've learned that I love to organize and that I'm good at it. I like to look around a community and see what riches are there – and we do have many riches around Christie Gardens. As well, I've learned not to fear failure, but to look at so called failure as a learning experience.



EAT
YOUR WATER

PINEAPPLE
87%

WATERMELON
92%

STRAWBERRIES
92%

GRAPEFRUIT
91%

CANTELOUPE
90%

ORANGE
87%

RASPBERRIES
87%