

WELLNESS QUARTERLY

well-being news, advice, and opinions from christie gardens staff and residents

Winter 2022



Mona Babb: Happy New Year

As we move past the holiday season and step into the new year I hope many of you have had the opportunity to visit and connect with loved ones. We are committed to acknowledging the challenges of socially distancing and the toll it has on our mental and physical well-being of our community. This year our focus is on continuity of service, placing high priority on safety protocols in order for all to enjoy their daily activities and social lives.

I would also like to share some positive developments in our Health and Wellness team. In this newsletter you will be introduced to our newest physician, Dr. Lucy Chung and our newly hired Nurse Practitioner, Saad Rahman.

We have also included introductions to Namratha Kuruvilla, our new pharmacist and Robert Loomis, our audiologist.

Mental health continues to be of great importance and our goal of well-being at home and work includes self care; like visits to Antonia for foot and hand care and our Salon for personal grooming and treatments; Jeff and the fitness team encourage daily fitness; and our Chaplains John and James, who provide a listening ear or words of encouragement and grief support.

While we maintain our safe environment by continuing to practice physical distancing, proper mask usage and frequent hand hygiene, we should strive to be kind to one another in these uncertain times and unite in the knowledge that our community is resilient.

Hoping with you for a better year ahead.
Once again, Happy New Year.

Mona Babb, RN
Director of Health and Wellness

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Physician

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Profile: Dr. Lucy Chung

Tell us a bit about yourself

I finished my undergraduate degree in Chemistry at Western University (UWO) and obtained my Master of Science at University of Toronto in Polymer and Material Chemistry. I then returned to my home of London, ON and received my Doctor of Medicine in 2015 and residency in Family Medicine in 2017.

My main interest is in complex elderly care. It can take longer to get to know patients in this group; they have richer life experiences, medical and surgical histories, complex lists of medications with higher chances of interactions. I enjoy navigating through difficult medical scenarios with patience. I value the opportunities to listen to patients and understand them as whole people. I find it incredibly gratifying when I can help each patient achieve their best quality of life.

What brought you to Christie Gardens?

All my work since finishing residency has been in London, Ontario, which is where I live. I wanted to discover potential opportunities in the GTA to expand my horizons and saw Christie Gardens' posting. It was everything I was looking for, especially the emphasis on allowing physicians to spend more time with patients, and work in a collaborative team-based environment.

What do you like about medicine?

Life-long learning, working with evidence-based facts, sharing them, and caring for others are deeply rooted in me. Medicine allows me to practice all of the above.

What is your philosophy of care?

Every patient has different values and what they define as their desired quality of life. I believe in working with the patients and their loved ones as a team to help achieve that. I enjoy explaining rationales behind suggestions and treatments in easy-to-understand terms, so they understand some of the medicine, too. I find that patients feel empowered by the knowledge and more in charge of their health.

What do you enjoy most about Christie Gardens so far?

Every staff member and patient has been so welcoming. Work is easier when every member of a team excels, and this has been the case with all the administrative staff members, nurses, and support workers that I've encountered at Wellness Centre and Courtyard. The positive energy, professionalism, and the collective drive to keep the patients safe during this COVID-19 pandemic are a plus, too.

What do you like to do in your free time?

I love traveling and seeking out critically acclaimed restaurants around the world. Edinburgh, Isle of Skye, Dublin, London UK, Boston, and Chicago hold special places in my heart. I find cooking therapeutic when I am at home. My go-to recipes are simple ones by celebrity chefs like Ina Garten and Gordon Ramsay.

I also love watching movies and shows of various genres. My favourites are British crime shows.

What do you want residents to know?

Our medical visits are enhanced when you are able to share more more information with me. You are more than welcome to bring your PoA/family member to the clinic or have them on the phone during our visits if you feel that they will also help to provide valuable information.

If you are not with CareRx as your pharmacy, please bring all of your medication bottles with you to your appointments. This helps me to make sure we minimize any medication side effects and drug interactions.



Dr. Lucy Chung, MD
Physician

Profile: Saad Rahman

Tell us a bit about yourself

I love adventure. When I was eight, I intentionally took an alternate route home from school in hopes that I would get lost and discover a new neighbourhood. Needless to say, my mother was not too pleased when I arrived two hours late.

Today, as an adult, I still enjoy all kinds of spontaneous travel by road, air, and sea. I enjoy being active, and voluntarily busy. When I'm not playing ice hockey, rock climbing, hiking, cooking, home remodelling, furniture repurposing, eating, creating, painting a picture, volunteering, working out, reading, watching a movie, sewing, playing board games, spending time with family, and praying; you can find me asleep.

I also love animals. I have a cat named Bilbo. He is a two-year-old Silver chinchilla British shorthair and his best quality is forgiveness. He has not done so well adapting to my active lifestyle - he sleeps most of the day.

My healthcare journey began early on in childhood when I developed a sense of how fragile life is, and how gratifying it is to care for those in need. I quickly developed a passion for the medical field and began my professional career. My journey was bumpy and full of hurdles, and I am grateful for everything.

Prior to Christie Gardens, my professional experience involved general medicine, cardiology, critical care, mental health, and work as an educator. I have worked in areas all across the GTA involving many diverse groups and cultures and the experience has been enriching.

What brought you to Christie Gardens?

My continuous pursuit to evolve as a diverse Nurse Practitioner with a special interest for elder care led me to discover Christie Gardens. I was looking for an organization that truly emphasized the meaning of holistic care. The unconventional and unique interview process was instantly telling of how much importance is given to knowing the person as a whole. After meeting various disciplines, it quickly became apparent that this was a place I could feel proud to devote my efforts. It was also refreshing to note that many positions such as resident advocates, managers, directors, and CEO; were held by strong and empowered women, just like my mother.

What do you like about nursing?

What I like about nursing is simply how limitless and profound its effects are. It encompasses the body, mind, and soul. My role at Christie Gardens is a small gear that works in tandem with a variety of others to ensure that all residents receive the best possible care and management of their health.

What is your philosophy of care?

The heart decides what the mind cannot decipher, so beat with compassion, and the rest will flow to flourish efforts that garnish optimal quality of life.

What do you enjoy most about Christie Gardens?

I enjoy the overall atmosphere, especially the seamless comradery amongst all professional disciplines. The friendly and genuine care provided to all residents is truly reassuring.

What do you want residents to know?

Thank you for having me in your home. As a Nurse Practitioner, I am here to attend to your medical needs in collaboration with your physicians. I am committed to working together to ensure that we maintain the best quality of life for you. My priority is your well-being.



Saad Rahman
Nurse Practitioner

Profile: Namratha Kuruvilla

Tell us a bit about yourself

I graduated from McMaster University, and after my bachelors in Science I decided to move to England to complete my Masters in Pharmacy. Living in England was an amazing experience. I got to study and travel all across Europe at affordable prices.

I recently moved back to Toronto during the pandemic. Prior to that I lived in New Jersey and worked in New York City for three years. I have been lucky to work in various pharmacy settings, I did retail pharmacy in Markham Ontario for six years, then mail order pharmacy for one year in New York, and then three years in hospital pharmacy in New York City.

I loved all my roles as I got to learn so much and meet so many wonderful people.

I have a 15-month-old son and another baby boy on his way this year!

My husband and I are excited for a wild 2022 with two little ones. Hoping for this pandemic to be done soon, so we can resume travelling in ease.

What brought you to Christie Gardens?

I had joined CareRx in September 2021 and had to shadow my manager, Andrea, for the week, and Christie Gardens was the first home I had visited.

My first day on the job and being at Christie Gardens was a very nice experience.

Everyone seemed friendly and that really calmed my nerves.

When Andrea was leaving she asked me if I would like to take over and since I had such a good first experience, I thought: "why not?"

What do you like about your role at Christie Gardens?

I love being part of such a good community, staff, and residents together. I am big on teamwork and I feel the staff at Christie Gardens work so well together, so I know I am going to feel at home here.

What is your philosophy of care?

To always go beyond what is asked and to be the hope that someone may be in need of.

What do you enjoy most about Christie Gardens?

I am excited to meet the residents and get to know everyone.

So far, all the staff members I have talked with and interacted with have been amazing! I really enjoy being around positive people like that.

What do you like to do in your free time?

Free time seems to be a lost concept since I have a VERY busy toddler who never runs out of energy. But when I do have some time, I enjoy online shopping and finding the best deals.

I also love reality TV shows, which I definitely try to sneak into my day as well.

I am always looking to plan my next adventure!

What do you want residents to know?

I definitely am a little quiet in the beginning, but as time goes on I enjoy building strong solid relationships with all of my patients. I would like for residents to be able to reach me if anything is needed, and I will always do my best to help you out.



Namratha Kuruvilla
Pharmacist



Interview with Robert Loomis, AuD. Doctor of Audiology, Canadian Hearing Services

TELL US A BIT ABOUT YOURSELF

I have been an audiologist for over 40 years, both in the United States and Canada, having moved to Canada from Florida in 2011. In addition to my doctorate in Audiology, I hold degrees in Psychology and Data Processing.

WHAT BROUGHT YOU TO CHRISTIE GARDENS?

Canadian Hearing Services has provided audiology support to Christie Gardens since 2013. We have an excellent collaborative relationship and are proud to be part of Christie Gardens family of care providers.

WHAT DO YOU LIKE ABOUT YOUR ROLE AT CHRISTIE GARDENS?

I am appreciative of the opportunity to bring my many years of experience to Christie Gardens and provide residents with help for their hearing problems.

WHAT IS YOUR PHILOSOPHY OF CARE?

Canadian Hearing Services follows a philosophy of family and client-centred care. As such, we believe that each client has the right to actively participate in their hearing healthcare planning. We view our client as the ultimate decision-maker in this process, with the audiologist there to provide education and guidance for making informed decisions.

WHAT DO YOU ENJOY MOST ABOUT CHRISTIE GARDENS?

Christie Gardens has the friendliest and most pleasant residents and staff. I feel like I am working with friends rather than colleagues or patients.

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

In my spare time, I am an avid reader and home chef.

WHAT DO YOU WANT RESIDENTS TO KNOW?

Hearing loss is often a very gradually progressing condition and clients may not appreciate the extent of the problem themselves until the condition is relatively pronounced. Often, it is the communication partners who notice the effects of hearing loss first. If you have any indication that you may have difficulty hearing based either on your own impression, or observations noted by others, arrange for an appointment for a free hearing test through the Wellness Centre.

CANADIAN HEARING SERVICES' AUDIOLOGY SERVICES INCLUDE:

- Hearing tests
- Hearing aid evaluations, sales and comprehensive hearing aid follow-up services
- Hearing aid batteries, maintenance products and Bluetooth accessories
- Tinnitus consultations and Tinnitus Retraining Therapy (TRT)
- Ear wax (cerumen) management
- Earmolds, swim molds and noise protection
- Workshops and classes
- Aural rehabilitation sessions

For more information:

Visit **CHS.ca**
or call **1-866-518-0000**



**CANADIAN[™]
HEARING
SERVICES**

Body Mechanics: Fitness Classes

Residents come to us with the goals of improving energy, increasing mobility and strength, improving balance, and decreasing joint pain.

We have developed the classes above in order to address these needs.

Visit the Wellness Centre to pick up our Class Schedule.



STRETCH & STRENGTHEN

VERY MILD

Regardless of your level of fitness, this class is designed to achieve peace and relaxation. The focused breathing component enriches the participants' experience enabling clarity of thought and improved concentration.

LEVEL 1

MILD

Gain basic strength and mobility throughout the body. Using weighted exercise balls, this slower-paced class is from a seated position.

LEVEL 2

MODERATE

For residents who have concerns with balance, mobility, and leg strength; most of the workout is from a seated position, but does involve standing leg exercises and balance.

LEVEL 3

ADVANCED

For the mobile and active; gain additional strength and balance while improving confidence in stairwells and outdoors. Combination of seated and standing exercises.

LEVEL 4

VERY ADVANCED

For the confident and independent; take your balance and strength to new heights in this faster-paced class.

LEVEL 5

ELITE

This is our most challenging and dynamic class; it focuses on strength and core, while also enhancing your cardiovascular conditioning.



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Winter 2022

Volume 8, Issue 1

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