

WELLNESS QUARTERLY

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

Summer 2022



Mona Babb: Getting Back Outside

The spring brought us all hopes of our favourite activities opening up again, such as the well-attended Healthy Living Fair that I hope you all enjoyed.

Summer is finally here. With the warmer weather comes opportunities to venture out and enjoy the beauty of the blooming colours of the flowers, community gardens, patio chats with friends and family, and possibly that time to wander far from home.

These are some of the things that we have missed and gradually welcoming back in our lives with a focus on our wellbeing and adapting new habits that promote living well.

Preventative lifestyle interventions have shown to promote and improve elderly persons' physical and mental abilities and the ability to remain independent.

This quarterly will focus on some of the areas that can improve your wellbeing such as care during the hot weather including maintaining hydration, skin care, exercises, incontinence management, caregiver stress management, and managing and building relationships through active listening and empathy.

The Health and Wellness team continues to explore services that promote wellbeing and living well while maintaining one's independence. Later this summer we will be introducing two new programs to facilitate this: Vision Loss Rehabilitation and TENA clinics, so keep an eye on the monthly Wellness Calendar for these upcoming clinics.

Mona Babb, RN
Director of Health and Wellness

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Health and Wellness Team

The Health and Wellness Team is available to help you navigate the continuum of care and advice on the scope of services available at Christie Gardens.

Mona Babb (RN) is our Director of Health and Wellness

Mona oversees the Courtyard Community, Wellness Centre, Physiotherapy and Assisted Living teams. She leads our registered staff and works alongside the physicians and clinicians.

Alicia Christopher (RPN) is our Health and Wellness Team Leader

Alicia serves as an assistant to Mona in all Health and Wellness departments listed above. She is also available to help answer all of your questions should you require additional supports from our Assisted Living Team with daily living activities, medication management and other in-home care as outlined in the Health and Wellness Services Guide on page 14.

Ashley MacDonald is the Assisted Living Advocate

Ashley oversees the Assisted Living Team of Homemakers and resident's currently on the Assisted Living Program.

In-house Physicians

Here weekly and their schedule is contained in the monthly Wellness Calendar. They address the needs of residents who have made an appointment through the Wellness

Centre and they are on call in the case of any emergencies that have been brought to their attention by the nurse on duty.

Registered Staff (RPN - Registered Practical Nurses or RN -Registered Nurses)

Available 24/7 should an emergency arise such as a fall or a change in your general wellbeing. Assessments will be conducted within the privacy of your suite. Additional services provided by our registered staff are available by appointment booked through the Wellness Centre. These are: administration of some medications such as eye drops, B12 injections, blood pressure monitoring and wound care to name a few.

Amanda Pimentel is our Administrative Assistant

Amanda is located in the Wellness Centre and available to help you access the services in the Health and Wellness Services Guide by booking appointments and sending out appointment reminders. Amanda is just a phone call away and will direct you to the appropriate professional for assistance.

COVID-19 has changed how we interact in public spaces and this is also true in the Wellness Centre.

Christie Gardens is committed to ensuring our home remains a safe environment and therefore we ask that you only visit the Wellness Centre if you have an appointment booked.

Caregiver Mental Health and Wellbeing

Are you a caregiver? Do you have difficulty sleeping? Do you feel trapped in your situation?

Caregiving can be stressful and knowing what to do about your mental health and well-being can sometimes feel overwhelming.

Taking care of yourself is as important as caring for someone else.

Here are some strategies that can bring you peace, comfort, and motivation:

*Laughing
Music
Counselling
Meditation
Journaling
and many more...*

But what if these strategies are not enough? What if the things that once brought you joy no longer do? Then it may be time to seek out professional support.

The Ontario Caregiver Organization is here to help!

Our Caregiver Helpline is a one-stop resource connecting caregivers to support.

Call our 24/7 helpline at
1-833-416-2273 (CARE) to speak to
a specialist or visit our website:
<https://ontariocaregiver.ca/> for
more information



THE ONTARIO

caregiver
ORGANIZATION

Note from our Dining Team: Waste Reduction

870 million people go hungry every day; even in our prosperous country 1 in 8 Canadians face food insecurity. And yet, globally a full third of the food produced for human consumption goes to waste.

Reducing food loss and waste is how we can ensure there is enough food for everyone.

Climate change is already affecting weather patterns and causing damage to communities across the globe. If food waste were a country, it would be the third largest emitter of greenhouse gases in the world.

Along with reducing methane emissions from landfills, efficiencies across the supply chain reduce the use of fossil fuels, electricity, and food packaging.



Sodexo has begun a trial with a program called "Leanpath". At this time we are actively monitoring kitchen wastage. We weigh and record daily to understand when, how much, and why.

In order to truly make a difference reducing potential waste, we are committed to this program and will be measuring the effects and sharing what we learn over time.

Our dietary team is grateful and thankful to all the residents helping us achieve positive results going forward.

Peter Schneider
Director of Dining Services

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Body Mechanics: Enjoying the Outdoors

Now that the weather is improving, there are great opportunities to get outside and enjoy nature, the fresh air, and explore the city. For some this involves lots of walking, and that can be quite a challenge as we have spent most of our winter indoors, with limited access to exercise. Fortunately our bodies have the amazing capacity to adapt to challenges, and with that in mind we can re-engage the body and prepare it for our summer adventures.

Our fitness classes focus on strength, balance, coordination, range of motion, and agility. What the classes do not target however is our endurance, otherwise known as cardiovascular conditioning, or "cardio" for short. Cardio has to do with the relationship between our heart, lungs and muscles, and can be improved with regular walking.

So if your goal is to walk further, the first step is to simply go outside and see what you can do. Consider that first walk as your baseline. For the next two weeks seek to gradually improve on your distance. You may also want to increase the frequency

of your walks; instead of 2 to 3 times per week, build up to 4 to 6 times. With these small changes your cardio capacity will vastly increase. Once you have increased both your walking frequency and distance, it is time to try to increase your speed and work effort. A handy way of doing that is to either use walking poles or even do some hill climbing up Christie street. Both options are ideal as they will force the body to activate more muscle, and therefore challenge the heart and lungs to work harder.

Working on our cardio conditioning during the spring and summer has so many benefits aside from merely improving our energy. It can provide us with so much joy as we walk through the variety of parks and beautifully designed city spaces of interest. You can take a trip to one of Toronto's islands, go for a walk in the distillery district, hit a nice downtown Café, go for lunch with a friend, go to Sugar Beach, or Graffiti Alley. It all starts with that first walk outdoors and seeing where it takes you.

Don't forget to bring along some water!

Alfie and I are here to help and provide guidance with regards to all of your fitness goals. We would gladly spend time sitting down with you in order to develop a plan for success.

We look forward to hearing from you and moving forward on your next adventure.

Jeff Dubé, BSc, PTS, ATC
Fitness Program Coordinator



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