

Sept/Oct 2017



**We will be
closed on
Monday
September
4th and
Monday
October
9th, 2017**

**Stay
tuned for
a new
contest in
Oct/Nov
for our
new
t-shirt!**

Lunch and Learn

Sept 21st Join Lisa Campbell from Osteoporosis Canada. Lisa will discuss next steps after you receive your diagnosis of Osteoporosis. Different options for treatment and the management of Osteoporosis.

Oct 19th Join the Canadian Cancer Society for this informative talk on making healthy choices, the risk factors of Cancer, food choices to reduce your risk factors, looking after yourself, sun safety and screening for cancer.

Talk takes place in the Auditorium of St. Joseph's Villa
from 11:30am - 1pm



Call 905-627-3541 ext 2109 or
email s.i.mgym@sjv.on.ca to reserve your spot

Did you know?

If you volunteer at St. Joseph's Villa your membership is \$30 per month! Ask staff for details!

Thank you for taking the time to fill out the survey!
We will be reviewing them and taking your input into consideration for the S.I.M GYM.

Super food of the month - apples



An apple a day keeps the doctor away...is there any truth to that statement?

The first printed mention of this saying can be found in the February 1866 issue of the publication "Notes and Queries." The publication printed the proverb like this: "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." Nearly 150 years later, variations of this adage are still quoted. It's unlikely that the saying would have maintained such popularity if there wasn't some truth to it, right? With that in mind, let's consider some of the apple's components and their effect on our health:

Pectin ~ Pectin is a form of soluble fiber that lowers both blood pressure and glucose levels. It can also lower the levels of LDL, or "bad" cholesterol in the body. Pectin, like other forms of fiber, helps maintain the health of the digestive system. Apples are an excellent source of pectin.

Boron ~ A nutrient found in abundance in apples, boron supports strong bones and a healthy brain.

Quercetin ~ A flavonoid, this nutrient shows promise for reducing the risk of various cancers, including cancers in the lungs and breast. It may also reduce free radical damage. Free radicals develop when atoms in the body's cells have unpaired electrons, which can lead to damage to different parts of the cell, including DNA. Quercetin may neutralize free radical damage, which has been implicated in a variety of age-related health problems, including Alzheimer's disease.

Vitamin C ~ Vitamin C boosts immunity, which helps maintain overall health.

Phytonutrients ~ Apples are rich in a variety of phytonutrients, including vitamins A and E and beta carotene. These compounds fight damage from free radicals and can have a profound effect on health, including reducing the risk of heart disease, diabetes and asthma.

Apples also act as a toothbrush, cleaning teeth and killing bacteria in the mouth, which may reduce the risk of tooth decay. They're also low in calorie density, one of the trademarks of a healthy food. When a food is low in calorie density you can eat good size portions of the food for relatively few calories. In addition, apples are affordable and readily available. With all of this information, it's easy to see that, yes, an apple has its health benefits but not enough to keep the doctor away.

www.health.howstuffworks.com

Apple Crisp

Filling

6 medium baking apples
1/4 to 1/2 cup sugar, depending on tartness of apples
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

Topping

3/4 cup all-purpose flour
3/4 cup old-fashioned rolled oats
1/2 cup sugar, option: combine 1/4 cup brown sugar + 1/4 cup granulated sugar
1/2 cup margarine, melted
1/8 teaspoon kosher salt

Heat oven to 350 degrees F. Grease a 9-inch square baking dish.

To make the filling - Core apples then cut into 3/4-inch pieces. Add apples to a large bowl with sugar, cinnamon and nutmeg. Stir then add to baking dish.

To make the topping - Combine flour, oats, sugar and the salt in a medium bowl. Add the melted margarine then stir until all the flour has been moistened by the margarine and topping is crumbly. Sprinkle over apple filling.

Bake 1 hour to 1 hour and 30 minutes or until juices are thickened, the apples are tender and the topping has turned light golden brown.