

Newsletter – Winter 2024

As members of the North York Toronto Health Partners (NYTHP) OHT, we invite you to participate in the staff wellness program organized for you!

“Your Wellness Matters” is a NYTHP staff resilience initiative that provides wellness information and resources across the NYTHP network. This collaborative approach helps NYTHP share tools and resources related to mindfulness, physical activity, nutrition, and psychological support. This newsletter is sent out quarterly and includes upcoming wellness events, challenges, and activities.

Tax Season is Coming!



As Tax Season approaches in Canada, it's time to ensure you're prepared for the annual financial check-up. With the deadline for filing personal income tax returns typically falling on April 30th, Canadians have a few months to gather their documents and tackle their tax obligations.

This year, there are some notable updates to be aware of, including Advance Canada Workers Benefits, Multigenerational Home Renovation Tax Credit and Working from home, employees need to follow the detailed method to make these claims.

Additionally, there are new tax credits and deductions to consider, such as the Digital News Subscription Tax Credit and the Climate Action Incentive. To make the process smoother, here are some tips: keep organized records of your income and expenses, take advantage of tax-filing software or seek assistance from a professional if needed, and be mindful of key dates, such as the **deadline for RRSP contributions**, which is typically **March 1st**. While February 19 is when you can start filing your taxes online, you have until **April 30, 2024 to file** to avoid potential delays to your refund, benefit and credit payments. For those who are self-employed you have until June 15, 2024 to file your tax returns.

While there are some who like to file the old-fashion way on paper and snail mail, some might take advantage of the digital services and electronic filing. Last year alone, 92% filed electronically. Remember, staying informed and proactive can help alleviate stress and maximize your tax return.

Budgeting Tips for a Healthier Financial Future

Budgeting is a crucial aspect of financial wellness, providing a clear picture of your financial health. Here are actionable tips to get you started:

Create a Monthly Budget: List your income sources and allocate funds for essential expenses.

Establish an Emergency Fund: Aim for three to six months' worth of living expenses.

Track Your Spending: Utilize budgeting apps or spreadsheets to monitor and identify areas for potential savings.

Set Financial Goals: Define short-term and long-term financial goals for motivation.

A great and recommended budgeting app is the *Mint* app. It is a free app that connects to all your financial accounts and automatically tracks your spending and saving. It also offers alerts, tips, and goals to help you optimize your finances.

Challenge: National Day of Unplugging – March 1



National Day of Unplugging is an annual event that challenges individuals to disconnect from their digital devices and reconnect with the world around them. March 1st, serves as a reminder to take a break from constant connectivity, reduce screen time, and focus on meaningful offline activities such as spending time with loved ones, enjoying nature, or pursuing hobbies. Join the

challenge by unplugging for a day and embracing the opportunity to recharge, reflect, and cultivate a healthier relationship with technology.

The Importance of a Humidifier

A humidifier is crucial during the winter months for several reasons:

1. **Skin Health:** Winter air is dry, and indoor heating worsens it. A humidifier adds moisture, preventing dry skin and chapped lips.
2. **Respiratory Relief:** Dry air aggravates respiratory issues like asthma and allergies. A humidifier moistens the air, soothing airways and reducing coughing.
3. **Preserving Wood:** Low humidity can damage wooden furniture and floors. A humidifier helps maintain optimal levels, preventing cracks and warping.
4. **Better Sleep:** Dry air can disrupt sleep by causing discomfort and congestion. A humidifier creates a more comfortable sleeping environment.
5. **Static Reduction:** Low humidity leads to static electricity buildup. A humidifier balances moisture levels, reducing annoying shocks.
6. **Plant Health:** Many houseplants thrive in humid environments. A humidifier helps maintain moisture levels, supporting plant growth and health.



In summary, a humidifier plays a vital role in maintaining a healthy and comfortable indoor environment during the winter months by alleviating dry air-related issues, promoting well-being, and preserving the condition of your home and belongings.

What Do Different Colors Mean for Your Health?

Choosing a variety of fruits and veggies is important because each color offers unique benefits:

- Red:** Packed with vitamin C, A, potassium, and antioxidants.
- Yellow/orange:** Boost immunity, improve vision, and offer vitamin-rich options.
- White:** Promote heart health and help control cholesterol.
- Green:** Provide potassium, vitamin K, antioxidants, and support heart and vision health.
- Blue/purple:** Enhance urinary tract health, memory function, and promote healthy aging.

Creamy Mushroom Risotto

Ingredients:

- 1 ½ cups Arborio rice
- 4 cups vegetable or chicken broth
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 8 oz mushrooms (such as cremini or button), sliced
- ½ cup dry white wine (optional)
- ½ cup grated Parmesan cheese
- 2 tablespoons unsalted butter
- Salt and pepper to taste
- Fresh chopped parsley for garnish (optional)



Instructions:

In a saucepan, heat the broth over low heat until warm. Keep it warm while you prepare the risotto.

In a large skillet or saucepan, heat the olive oil over medium heat. Add the chopped onion and cook until softened, about 3-4 minutes. Add the minced garlic and cook for an additional minute until fragrant.

Add the sliced mushrooms to the skillet and cook until they release their moisture and become golden brown, about 5-6 minutes.

Stir in the Arborio rice and cook for 1-2 minutes, stirring constantly, until the rice is coated with oil and slightly translucent.

If using, pour in the white wine and cook until it has mostly evaporated, stirring occasionally.

Begin adding the warm broth to the skillet, one ladleful at a time, stirring frequently and allowing the rice to absorb the liquid before adding more. Continue this process until the rice is creamy and tender, about 20-25 minutes. You may not need to use all of the broth.

Once the risotto is cooked to your desired consistency, stir in the grated Parmesan cheese and unsalted butter until melted and creamy. Season with salt and pepper to taste - garnished with fresh chopped parsley if desired.

March & April Holidays and Observances

**Disclaimer: All holidays and observances may not be listed. Staff are invited to email egravesande@betterlivinghealth.org with any observances that were missed. Missing observances will be listed in the next newsletter.

March – Sleep Awareness Month

Employee Appreciation Day – March 1

National Day of Unplugging – March 1

Zero Discrimination Day – March 1

World Teen Mental Wellness Day – March 2

International Women's Day – March 8

First Day of Ramadan – March 10

Daylight Saving Time Starts – March 10

Canadian Women Physicians Day – Mar 10

St. Patrick's Day – March 17

World Social Work Day – March 19

Spring Equinox – March 20

World Down Syndrome Day – March 21

Palm Sunday – March 24

Good Friday – March 29

Earth Hour – March 30

Easter Sunday – March 31

April

Easter Monday – April 1

Autism Awareness Day – April 2

Eid al-Adha – April 4

World Health Day – April 7

Eid al-Fitr – April 9

Last of Ramadan – April 9

National Siblings Day – April 10

FND Awareness Day – April 13

Admin Professionals Day – April 17

World Hemophilia Day – April 17

Earth Day – April 22

International Guide Dog Day – April 24

National DNA Day – April 25

Parental Alienation Awareness Day – April 25

World Day for Safety and Health at Work –

April 28

NYTHP Website – Wellness Section!

Visit the [Wellness Section](#) of the NYTHP website to view past wellness webinars, resources, and newsletters.

Contribute to the Newsletter!

Want to contribute to the monthly wellness newsletter? Email egravesande@betterlivinghealth.org for inquiries.

Subscribe to the Newsletter!

[CLICK HERE](#) to subscribe to the monthly wellness newsletter and receive updates on upcoming events and activities!
