

Newsletter – September 2022

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 monthly and includes upcoming wellness events, challenges, and activities.

Body + Soul Fitness Webinars

Join us for 2 free virtual discussions hosted by Body + Soul Fitness this month:

How To Get Back In Shape After The Pandemic

Join us as we talk through how to rebuild a healthy lifestyle in a post-pandemic world. **We look forward to having you join us on Tuesday, September 20th from 2:30pm to 3:30pm. [CLICK HERE](#) to register for the webinar.**

Q&A With A Personal Trainer

Need advice on how to stick to a workout routine? Looking for ways to stay motivated when you don't feel like exercising? We are here to help! **Join us on Monday, September 26th from 12:30pm to 1:30pm** for a Q&A with a professional personal trainer from Body + Soul Fitness. NYTHP staff are invited to submit health and fitness questions they want answered during the webinar. **Submit your questions to csassa@betterlivinghealth.org by Wednesday, September 14th. [CLICK HERE](#) to register for the webinar.**

“Self-Care September” – Actions for Happiness Calendar

“Self-care isn’t selfish, it’s essential.” Actions for Happiness is a registered charity and a movement of people taking action to create a happier and kinder world. Take a look at their “Self-Care September” Calendar to see how you can prioritize your self-care every day this month!

[CLICK HERE](#) to access the calendar.

[CLICK HERE](#) to learn more about Actions for Happiness.

Join a Terry Fox Run!

The annual Terry Fox Run has become a fall tradition in Canada, with over 650 communities fundraising for cancer research.

This year’s Run is on Sunday, September 18th.

Want to join the Run? [CLICK HERE](#) to find a Run site near you!

[CLICK HERE](#) to learn more about The Terry Fox Foundation.

Body + Soul Fitness

As part of our program, Body + Soul Fitness is offering complimentary, custom health and fitness programs for all NYTHP members. The programs are designed to provide a convenient way to access their resources and expertise. [CLICK HERE](#) for more information

September Holidays and Observances

Labour Day – Monday, September 5th

Terry Fox Run – Sunday, September 18th

Rosh Hashana – Monday, September 26th

National Day for Truth and Reconciliation – Friday, September 30th

Wellness conversation starters:

♥ *What is your favourite about autumn?*

♥ *Describe 2 things that you are grateful for this month.*

Cooking and Kitchen Skills – Miniseries

Take a look at our new cooking miniseries hosted by Alison Burke from *Nourish to You!* Alison is a certified culinary nutrition and expert. In this miniseries, she guides us through 5 simple and healthy recipes for all to enjoy!

The fourth recipe of this miniseries is Vegetarian Pasta Sauce. [CLICK HERE](#) to watch the demo! The written recipe is also available in the video description.

RECIPE

Ingredients

- ♥ 1 lemon – half for dressing and half for kale
- ♥ ¼ cup Dijon mustard (not grainy)
- ♥ ¼ cup humus
- ♥ 2 cloves garlic
- ♥ 1 tbsp soy sauce or tamari
- ♥ 1 tbsp maple syrup
- ♥ 1-3 tbsp water – optional

Instructions

- ♥ 1. Combine all ingredients into a blender or food processor. Omit water. Water can be added at the end in order to get desired consistency.
- ♥ 2. Taste and adjust as you see fit.

In case you missed it....

Take a look at the previous recipes:

Smoothie Recipe: [CLICK HERE](#) for the demo.

Tahini Chocolate Chip Cookies: [CLICK HERE](#) for the demo.

Vegan Cesar Salad Dressing: [CLICK HERE](#) for the demo

Simple & Healthy Recipe: *Pineapple Fried Rice*



Image from BBC GoodFood

Looking for a new family dinner meal? Try this recipe from BBC GoodFood! [CLICK HERE](#) for details. Share a picture of this recipe to be featured in our next newsletter! Submit **1 picture** to csassa@betterlivinghealth.org by **Wednesday, September 21st**.

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 ½ tbsp sunflower oil or vegetable oil
- ♥ 2 eggs, beaten
- ♥ 2 garlic cloves, crushed
- ♥ Small bunch of spring onions, chopped
- ♥ ½ tsp Chinese five-spice powder
- ♥ 400g cooked long-grain rice
- ♥ 85g frozen peas
- ♥ 2 tsp sesame oil
- ♥ 2 tbsp low-salt soy sauce
- ♥ 400g fresh pineapple, roughly chopped into chunks (about ½ medium pineapple)

Instructions

- ♥ 1. Heat 1 tbsp oil in a wok. Add the eggs, swirling them up the sides, to make a thin omelette. Once cooked through, roll the omelette onto a chopping board and cut into ribbons.
- ♥ 2. Heat the remaining oil. Add the garlic, onions and five-spice. Stir-fry until sizzling, then add the rice, peas, sesame oil and soy. Cook over a high heat until the rice is hot, then stir through the pineapple and omelette ribbons.

Movement in the Workplace: Office Yoga Series

- Contribution from Shath Suthanthirajah, Yee Hong Centre for Geriatric Care

Increase energy levels, relieve tension, and improve your overall health by trying the following yoga poses.

Eagle Arms

Sit tall and place your arms at a 90-degree angle in front of you. Cross one arm over the other, interlocking them and placing your palms together. Lift your elbows and stretch your fingers upwards. Stay in this pose for 3-5 breaths before switching sides. You can add to the pose by crossing the legs and interlocking one foot behind the other.

Eagle pose is a good preventative for carpal tunnel syndrome. It also strengthens the triceps, back and shoulder muscles.



Seated Back Bend Pose

Sit tall at the front edge of your chair, placing your feet on the floor. Your back should be off the chair, and your spine should be straight, not curved. Lean forward and reach your arms back behind you grabbing the back of the chair. Work to keep your elbows as straight as you can. Pull your shoulder blades back and inhale, noticing how your shoulders relax into the pose. When you're ready, release the pose and sit up straight.



Past Wellness Events

Summer Staff Contest

Last month, the NYTHP “Your Wellness Matters” program invited staff to submit a photo of their favourite summer wellness activity for the chance to win a prize, and be featured in the September newsletter. Here are last month's Summer Staff Contest submissions!



Submission from Tara Walter,
Margaret Bahen Hospice

Summer wellness activity:
“Horseback riding”



Submission from Jennifer D'Onofrio,
VHA Home Health Care

Summer wellness activity:
“Crocheting”

Sneak Peak: October Wellness Events

Take a look at the wellness events scheduled for October. More details will be available in the October newsletter.

Financial Literacy Webinar – Debt

Delicious Thanksgiving Recipes

Fun Fall Activities

Call out to all NYTHP Agencies!

Is your agency hosting any wellness activities or events? Share them with the NYTHP Your Wellness Matters Program! Email csassa@betterlivinghealth.org for details.

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 csassa@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!
