

Newsletter – June 2023

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.

Certificate of participation

The Your Wellness Matters program is now offering digital certificates of participation for attending our wellness webinars. If you'd like to receive a certificate for any past webinar(s) you attended, or would like further information on the certificates, please contact csassa@betterlivinghealth.org

Communicate Calmly and Confidently in any Situation – Webinar



Join us for a virtual discussion on **Tuesday, June 13th from 1pm to 2pm** hosted by Jasmine Tsang from *Reflections Therapy*. “We will explore how to effectively communicate your needs and boundaries, while also considering the needs of others. You will

learn strategies for expressing yourself clearly, calmly, and confidently in challenging situations, as well as how to recognize and manage your emotions during difficult conversations. By the end of the webinar, you will have practical skills and tools that can be applied immediately in both personal and professional settings.” – Jasmine Tsang.

Please [REGISTER HERE](#) for this webinar.

Bike For Brain Health



On Sunday, June 4th, join the Mattamy Homes Bike for Brain Health event! Thousands of riders, volunteers and supporters will gather for this charity cycling event along parts of the Gardiner Expressway and the DVP. The mission is to raise funds to promote research, innovation, care, and education in the field of aging and brain health, in support of Baycrest. [CLICK HERE](#) for more information.

The Human Library

The Human Library is, in the true sense of the word, a library of people. They host



events where readers can borrow human beings serving as open books and have conversations, they would not normally have access to. Every human book from their bookshelf represents a group in our society that is often subjected to prejudice, stigmatization or discrimination because of their lifestyle, diagnosis, belief, disability, social status, ethnic origin etc.

[REGISTER HERE](#) for the next virtual event hosted by the Human Library on Wednesday, June 28th from 9am to 11:30am [CLICK HERE](#) for more information about The Human Library.

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.

June Holidays and Observances

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

National Indigenous History Month

Italian Heritage Month

Filipino Heritage Month

Portuguese Heritage Month

Pride Month

ALS Awareness Month

Canadian Men's Health Month

Bike Month

Thyroid Month

National Play Outside Month

Trinity Sunday – June 4th

Corpus Christi – June 8th

World Elder Abuse Awareness Day – June 15th

Father's Day – June 18th

World Sickle Cell Day – June 19th

June Solstice – June 21st

International Day Against Drug Abuse and Illicit Trafficking – June 26th

Eid al-Adha – June 28th to June 29th

National Indigenous People Day – June 21st

National Day of Remembrance for Victims of Terrorism – June 23rd

Canadian Multiculturalism Day – June 27th

Simple & Healthy Recipe: *Caprese Salad Kabobs*



Trade in the usual veggie platter for these fun kabobs! [CLICK HERE](#) for details.

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

Ingredients

- ♥ 24 grape tomatoes
- ♥ 12 cherry-sized fresh mozzarella cheese balls
- ♥ 24 fresh basil leaves
- ♥ 2 tablespoons olive oil
- ♥ 2 teaspoons balsamic vinegar

Instructions

- ♥ 1. On 1 appetizer skewer, alternately thread 2 tomatoes, 1 cheese ball and 2 basil leaves. Recipe make 12 kabobs.
- ♥ 2. Whisk olive oil and vinegar; drizzle over kabobs

Blog Submission: Healthy Summer Wellness Tip - Get Your Vitamin D



Vitamin D is an essential nutrient needed to support proper bodily functioning—everything, from immunity, to mood, to defending cells against cancer! Though most of the nutrients our body needs are available via the food we eat, vitamin D is actually primarily obtained via sun exposure.

Unfortunately, for various reasons (including indoor lifestyles and the invention of sunscreen), vitamin D is one of the most common nutrient deficiencies in modern society. The link below describes the symptoms of vitamin D deficiency and how lack of sun exposure can also lead to Seasonal Affective Disorder in the winter months.

<https://fourwellness.co/blog/do-you-need-a-vitamin-d-supplement>

Especially in higher latitude climates that have less sun exposure in the winter, summertime sun exposure is an important way to “store” vitamin D for the less sunny wintery months. (Fortunately, the body can store vitamin D for months, so sufficient sun exposure during the summer can help get us through less sun exposure in the winter.)

- **Article provided by Kai Svirida, Health, Safety, and Wellness Specialist, Circle of Care**

QR CODES

Get easier access to all of our wellness events with these QR codes! Feel free to print this page of the newsletter and post it **only in staff circulated areas** of your agency.

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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!
