

Newsletter – August 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 will help NYTHP share tools and resources related to mindfulness, physical activity, nutrition, and psychological support. This newsletter will be sent out monthly and will include upcoming wellness events, challenges, and activities.

August Festivals in Toronto

Toronto will be packed with festivals happening all over the city this month! [CLICK HERE](#) to find a list of all the festivals.

- Toronto Vegandale Festival – August 6th
- Waterfront Night Market – August 12th to 14th
- Canadian National Exhibition – August 19th to September 5th
- Panamerican Food & Music Festival – August 20th to 21st

Honouring your Journey – Healing and Self-Care Workshop

Saje Natural Wellness is hosting a healing and self-care workshop on **Sunday, August 28th** at Fairview Mall. Trauma-informed facilitator, Janine Berridge-Paul, will be sharing her own healing journey and some of the tools and techniques she has used to move trauma, grief, and anxiety. *Saje* and Janine will share the healing power of plants, and how essential oils can be used to elevate anyone's wellness. [CLICK HERE](#) for more information about the workshop.

Gardening at Kimbourne

The “Garden @ Kimbourne” is a volunteer led, charitable community garden. Each year, their volunteer team plans and cares for their numerous raised beds, fruit trees, herb and pollinator gardens, native plants, and food forest. They donate half of the harvest to a local food bank, and the other half is distributed among their dedicated volunteers. [CLICK HERE](#) for more information about the project and to join the volunteer team.

Staff Summer Contest

Submit one photo of you doing a summer wellness activity for the chance to win a prize and be featured in the September newsletter! The wellness activities can be an event, recipe, or yoga pose promoted in the August newsletter, or any activity of your choosing! Submit your photo to csassa@betterlivinghealth.org by **Wednesday, August 24th**.

August Holidays and Observances

Civic Holiday – Monday, August 1st

Emancipation Day – Monday, August 1st

Tisha B' Av – Sunday, August 7th

Ashura – Monday, August 8th

International Youth Day – Friday, August 12th

Assumption of Mary – Monday, August 15th

World Humanitarian Day – Friday, August 19th

Wellness conversation starters:

- ♥ *What is your favourite vacation destination?*
- ♥ *Describe 3 ways that you showed love to others this week.*

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 third recipe of this miniseries is Vegan Cesar Salad Dressing. [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.

Simple & Healthy Recipe: 3-Ingredient Ice Cream



Image from Homemade Mastery

Need a snack to help you cool off? Try this recipe from *Homemade Mastery*! [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, August 24th**.

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

Ingredients

- ♥ 1 ½ cup frozen strawberries
- ♥ 1 small frozen banana
- ♥ 1/2 cup milk of choice

Instructions

- ♥ 1. Add all ingredients to your high-speed blender or let the fruit defrost for a bit and blend with an immersion blender. Blend until there are no chunks of fruit left.
- ♥ 2. You can experiment and add less milk to make the ice cream thicker, but this is perfect for serving immediately.
- ♥ 3. Top with your favorite toppings and enjoy!

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.

Seated Crescent Moon Pose

Sitting in your desk chair, lift your arms over your head, and place your palms together. Lean to the right and hold this pose for two to three breaths before switching sides.



Seated Figure Four Pose

Begin by resting your outer left ankle on your right thigh. Holding your left ankle with your right hand and placing your left hand on your left knee, release an exhale. As you do, lean forward from your hip joints as far as you comfortably can, remembering to keep a straight spine.

Hold for 30 to 60 seconds, then switch sides.



Past Wellness Events

Art in the Park

Audry Barton from Addictions Services Central Ontario taught an art class at Earl Bales Park. NYTHP staff painted birch trees using acrylic paint, string, and creativity!



Body + Soul Fitness Healthy Eating Webinar

Amanda Morch from Body + Soul Fitness hosted a webinar on how to build and implement a balanced diet into your lifestyle. The recording for this webinar is now available in the [Wellness Section](#) of the NYTHP website.

Sneak Peak: September Wellness Events

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

“Self-Care September” – Action for Happiness Calendar

Join a Terry Fox Run!

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!
