

Newsletter – April 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.

Physical Activity & Movement Education – Webinar

Join us for a virtual discussion on **Wednesday, April 19th from 1:30pm to 2:30pm hosted by Jonathan Ho**, from *JHO Fitness*. *“Exercise is one of the most versatile and effective tools for improving almost all aspects of health and wellness and is a potent tool for preventing and fighting countless diseases. Despite understanding this, many people do not know where to start off. In this webinar, I will touch upon the various benefits of physical activity & movement, and give practical tips and tools that can be implemented to set you on the path to success”* – Jonathan Ho
Please [REGISTER HERE](#) for this webinar.

Spring Staff Step Challenge

Join us for our second Spring Staff Step Challenge! This challenge is a great way to incorporate more movement into the workday and an opportunity to win prizes for your efforts. **The Step Challenge will run from Monday, May 8th to Monday, June 5th**. To participate please [REGISTER HERE](#) – **the last day to register is Friday, April 21st**. The first 10 people to register will receive a prize so sign up quickly! All registrants will receive an email with details and instructions for the Step Challenge.

April Wellness Resources

National Caregiver Day

National Caregiver Day is an initiative by the Canadian Home Care Association and Carers Canada. It aims to recognize the work, dedication and compassion caregivers show every day across the country. [CLICK HERE](#) for more information and resources.



“Active April” – Action for Happiness Calendar

Action 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 “Active April” Calendar to see how you can stay active and healthy this month!

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

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



April 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.

Sikh Heritage Month

April Fool's Day – April 1st

Palm Sunday – April 2nd

World Autism Awareness Day – April 2nd

National Caregiver Day – April 4th

First Day of Passover – April 5th at sundown

Good Friday – April 7th

Green Shirt Day – April 7th

World Health Day – April 7th

Easter Sunday – April 10th

International Day of Pink – April 12th

Last Day of Passover – April 13th at sundown

Orthodox Good Friday – April 14th

Orthodox Easter – April 16th

Laylatul al-Qadr – April 17th

Yom HaShoah (Holocaust Remembrance Day) – April 17th at sundown to April 18th at sundown

Eid al Fitr – April 21st at sundown to April 22nd at sundown

Earth Day – April 22nd

Yom HaAtzmaut – April 25th at sundown to April 26th at sundown

Healthy Recipe Contest Submission: *Chickpea Cookie Dough Dip*



Thank you **Audrey Letouzé from VHA Home Healthcare** for your Healthy Recipe submission! Try the recipe from *Chocolate Covered Katie*. [CLICK HERE](#) for details.

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

Ingredients

- ♥ 1/2 cups chickpeas or white beans (1 can, drained and rinsed very well) (250g after draining)
- ♥ 1/8 tsp plus 1/16 tsp salt
- ♥ Just over 1/8 tsp baking soda
- ♥ 2 tsp pure vanilla extract
- ♥ 1/4 cup nut butter of choice, or allergy friendly sub
- ♥ Up to 1/4 cup milk of choice, only if needed
- ♥ Sweetener of choice (see note below)
- ♥ 1/3 cup chocolate chips or sugar free chocolate chips
- ♥ 2-3 tbsp oats, flax meal, or almond flour as needed to thicken

Instructions

- ♥ 1. Sweetener Notes: "I used 2/3 cup brown sugar when I first made this for the party. Liquid sweeteners (agave, maple, etc.) are fine as well. You can get away with less sugar - some people will be perfectly fine with just 3 tbsp for the whole recipe!" – *Chocolate Covered Katie*
- ♥ 2. Add all ingredients (except for chocolate chips) to a good food processor, and process until very smooth. Then mix in the chocolate chips. (Some commenters have had success with a blender, but I did not. Try that at your own risk and know the results will be better in a high-quality food processor such as a Cuisinart.) If made correctly and blended long enough, this should have the exact texture of real cookie dough!

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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Past Wellness Event: Hormonal Imbalance in Women

The recording for this webinar is now available on the Wellness Section of the NYTHP website. [CLICK HERE](#) to visit the website or scan the QR code.

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!
