

## Newsletter – May 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](mailto:csassa@betterlivinghealth.org)

### Mental Health Awareness Week – Webinar



Join us for a virtual discussion on **Tuesday, May 2<sup>nd</sup> from 12pm to 1pm** hosted by **Circle of Care**. Mental Health Awareness Week is celebrated from May 1-7, and this webinar will focus on the importance of mental health. The webinar will also focus on understanding, recognizing, and

coping with key mental health conditions that are prominent in the health care sector, such as burnout, secondary traumatic stress, compassion fatigue and moral injury. **There is no registration for this event, the hyperlink will bring you straight to the Zoom webinar.** Please [CLICK HERE](#) to join the webinar on May 2<sup>nd</sup>.

## Work Resilience – Webinar

Join us for a virtual discussion on work resilience on **Wednesday, May 17<sup>th</sup> from 11 am to 12pm**. The Your Health Space organization, from CMHA Ontario, will discuss dealing with transitions and managing workplace stress. Please [REGISTER HERE](#) for this webinar.

## Stretching Break – Webinar



Join us for a virtual stretching break on **Thursday, May 18<sup>th</sup> from 12pm to 12:30pm**. May is National Physiotherapy Month, and the Canadian Physiotherapy Association's focus for 2023 is non-pharmacological pain management. Stretching is often recommended to reduce pain by increasing blood flow to the area, improving the affected joint's range of motion, and enabling one to use their muscles more effectively. Stretching can

be done anytime, anywhere! It is also beneficial in decreasing one's risk of injury. **Please join Orah Rosenberg (Nurse Team Leader of Occupational Health & Safety at Baycrest) in a midday stretching break session that can be done from the comfort of your home, office, or anywhere you might be.** Please [REGISTER HERE](#) for this webinar.

## Get to know Kid's Help Phone with NYGH! – Recording

This year for Mental Health Awareness, get to know the Kid's Help Phone service with The North York General Hospital! Watch this webinar recording with Kids Help Phone representative Jamieson Scott to learn how this vital service is supporting mental for all ages, not just kids. [CLICK HERE](#) to watch the recording.



## Spring Staff Step Challenge



Let's get moving! **The Step Challenge will run from Monday, May 8<sup>th</sup> to Monday, June 5<sup>th</sup>.** Registration for the step challenge is now closed, follow-up with our progress in the June newsletter! All staff who've registered received an email regarding all the details about the challenge. Please ensure that you have read the email carefully and get ready to step!

## Bike For Brain Health



**On Sunday, June 4<sup>th</sup>,** 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.

## May Holidays and Observances

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

Asian Heritage Month

Canadian Jewish heritage Month

Brain Tumour Awareness Month

National Physiotherapy Month

Sexual Violence Prevention Month

Mental Health Week – May 1<sup>st</sup> to 7<sup>th</sup>

World Ovarian Cancer Day – May 8<sup>th</sup>

Lag BaOmer – sundown on May 8<sup>th</sup> to sundown on May 9<sup>th</sup>

National Nursing Week – May 10<sup>th</sup> to 16<sup>th</sup>

Mother's Day – May 14<sup>th</sup>

International Day Against Homophobia, Transphobia, and Biphobia – May 17<sup>th</sup>

Ascension Day – May 18<sup>th</sup>

National Bike to Work Day – May 19<sup>th</sup>

Victoria Day – May 22<sup>nd</sup>

Shavuot – sundown on May 25<sup>th</sup> to sundown May 27<sup>th</sup>

Pentecost – May 28<sup>th</sup>

World No Tobacco Day – May 31<sup>st</sup>

## Healthy Recipe Contest Submission: *Kale-Quinoa Salad*



Thank you **Kai Svirida from Circle of Care** for your Healthy Recipe submission!

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

### Ingredients

- ♥ 1 chicken breast
- ♥ 1 ½ cups chopped kale
- ♥ ½ cup cooked quinoa
- ♥ ½ cup feta cheese
- ♥ ¼ cup shredded carrots
- ♥ ¼ cup red grapes
- ♥ ¼ cup sunflower seed
- ♥ ¼ cup olive oil
- ♥ 1 tbsp red wine vinegar
- ♥ ¼ tsp salt
- ♥ ¼ tsp pepper

### Instructions

- ♥ 1. Grill chicken breast in your favourite season (Cajun seasoning was used here), until cooked
- ♥ 2. Place kale into a large salad bowl. Add 1/8 cup olive oil, salt and pepper, and massage kale in the bowl for 2-3 minutes.
- ♥ 3. Add cooked quinoa to salad bowl.
- ♥ 4. Add feta, carrots, red grapes, and sunflower seeds to bowl.
- ♥ 5. Add red wine vinegar and remaining olive oil to salad bowl. Stir to combine.
- ♥ 6. Serve with chicken breast and enjoy!

## Blog Submission: Person Centered Care

*Person centered home care requires sensitivity to the character, identity, wishes and abilities of the person.*

*Much care provision is still overly focused on completing set tasks, on illness, "age" and the many risks posed by daily living. Person centered home care is dependent on close collaborative relationships sensitive to the person, their preferences, their social and emotional needs, and capacities.*

*Capacities include a person's mental, physical, spiritual, social, and emotional assets and their desire to express them through daily activities, interests, social networks, and community. At Mosaic we emphasize what we can do to help the person express independence and control and to live meaningfully in their home and community.*

*Best practices should look at opportunities to develop and maintain physical ability, creative skillsets, and social networks at levels meaningful to the person. One important way to do this is to incorporate simple strength and balance exercises into daily life. Research shows that exercises emphasizing basic physical strength can support independence and reduce the need for home care support.*

*We would also emphasize the importance of providing opportunities to continue to do things that might otherwise be done unnecessarily by care providers. Care services should also look to engage family, friends, and community, in keeping with the person's wishes and preferences.*

*While professional providers of home care services must be aware of medical needs and circumstances to safely provide care, we believe that we have to engage from the person up in order to give voice to and actualize the capacities and identities of persons living in our communities. Home care is not about the loss of identity but the continued support of its expression in daily life.*

- **Article provided by Jane Teasdale, Principal Co-Owner of Mosaic Home Care Services & Community Resource Centre**

## 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!

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

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## NYTHP Website – Wellness Section!

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

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## Contribute to the Newsletter!

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*Want to contribute to the monthly wellness newsletter? Email [csassa@betterlivinghealth.org](mailto:csassa@betterlivinghealth.org) for inquiries.*

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## Subscribe to the Newsletter!

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

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