

Newsletter – June 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.

Financial Wellness Webinar: Transform your Relationship with Money!

“Join us as we walk through 5 steps that can help get you on track to reaching your personal financial goals. This webinar will get you thinking about what you are spending your money on, demonstrate techniques on setting goals, and provide practical tips on creating and staying on track with your budget. It will be a fun and interactive way to give you a jump start to improving your financial health.” – Carolyn Jones, The Financial Moment.

We look forward to having you join us **Friday, June 17th from 1:30pm to 2:30 pm.**

Please [REGISTER HERE](#) for this workshop

NYTHP and the Pride Parade

The NYTHP is participating in the Pride Parade this year! Pride Toronto is a non-profit organization that supports the 2SLGBTQ+ communities of our city and beyond. After 2 years of COVID, Pride Toronto is happy to announce the return of the annual Pride Parade. This year’s Pride Parade is on Sunday, June 26th. Want to participate? Fill out an Expression of Interest Form by **Friday, June 3rd**. [CLICK HERE](#) to fill out the form.

June Holidays and Observances

National Indigenous History Month

Filipino Heritage Month

Portuguese Heritage Month

Pride Month

Shavuot – Sunday, June 5th

Father's Day – Sunday, June 19th

National Indigenous Peoples Day – Tuesday, June 21st

Wellness conversation starters:

- ♥ *What is your favourite thing about the summertime?*
- ♥ *What is something that you would like to learn?*

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 first recipe of this miniseries is Tahini Chocolate Chip Cookies [CLICK HERE](#) to watch the demo! The written recipe is also available in the video description.

RECIPE (makes 10-12 cookies)

Ingredients

- ♥ 2 ripe bananas – the browner the better
- ♥ ½ cup tahini (or almond or any nut butter)
- ♥ 1 tbsp cocoa powder
- ♥ 1 tsp cinnamon
- ♥ 2 cups whole oats
- ♥ Pinch of salt 1/4 cup chocolate chips (optional)

Instructions

- ♥ 1. Preheat oven to 350 degrees. Line baking sheet with parchment paper
- ♥ 2. In a large bowl combine the bananas and tahini (or almond butter). Mix/mash well.
- ♥ 3. Add all other ingredients and combine well.
- ♥ 4. Scoop 2 tbsp worth of batter and form into balls on tray. You can flatten or not. It depends if you want a crispy or chewy cookie. ****Note, there is no gluten or baking powder in this recipe so the cookies will not expand while baking.**
- ♥ 5. Bake for 12-14 minutes. Let them cool fully before removing from tray. They need to solidify.
- ♥ 6. Store in fridge in air tight container for 1 week or freeze.

Simple & Healthy Recipe: *Spicy Salmon Cakes*



Image from EatingWell Magazine

Do you love spicy food? Try this recipe from *EatingWell Magazine*! [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, June 22nd**.

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

Ingredients

- ♥ 1 ½ cups flaked cooked salmon
- ♥ 2 eggs, lightly beaten
- ♥ ¼ cup finely chopped red onion
- ♥ ¼ cup chopped fresh cilantro
- ♥ 1 tablespoon chili-garlic sauce
- ♥ 1 tablespoon low-sodium soy sauce
- ♥ 1 teaspoon Chinese five-spice powder
- ♥ 1 cup panko breadcrumbs
- ♥ ¼ cup canola oil

Instructions

- ♥ 1. Combine salmon, eggs, onion, cilantro, chili-garlic sauce, soy sauce and five-spice powder in a large bowl. Fold in breadcrumbs. Form into four 3-inch-wide patties
- ♥ 2. Heat oil in a medium nonstick skillet over medium-high heat. Add the salmon cakes and cook, turning once, until browned on both sides. 4 to 6 minutes total.

Movement in the Workplace: Office Stretches Series

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

Try these four offices stretches to promote movement throughout the workday! [CLICK HERE](#) to view stretch animations.

Lat Twist



Neck stretch



Calf Stretch



Forearm Stretch



Wellness Blog: “My Natural Healing Journey with Chinese Medicine”

My challenges with ‘Long Covid’ began long before Covid went by such a name. For nearly a decade every viral illness would bring days or weeks of fatigue, shortness of breath, palpitations, and dizziness. After little investigation my family doctor attributed this to a weak heart due to the presence of an audible murmur and encouraged rest and slow rehabilitation.

It was no surprise that when Covid finally reached me three vaccines were not enough to keep the illness at bay. Weeks became months of the most severe symptoms of this phenomenon I have experienced to date. Palpitations became more frequent than not. Light household activities, walking, and even holding a conversation, would leave me short of breath and dizzy near fainting.

I reached out to my doctor and test after test nothing could be found. I was losing hope when I heard that these symptoms did fit a well-known and long treated diagnosis, just not one known to Western Medicine. It was suggested that I meet with a Chinese Medicine practitioner, ‘Yee-Si’ Boaz Lee. After a detailed assessment Mr. Lee was able to determine the root of my problem and develop a treatment plan of acupuncture and herbal medicine focused on probiotics to enhance immune health...

([CLICK HERE](#) to read the full blog)

- Cassandra Hyler,
Home and Community Care Support Services

Wellness Blog: “Introduction to Satin and Flannel”

I recently injured my knee and was not impressed. It was not my fault...it was just an accident, but it wasn't fair. The constant pain kept me from doing all the things I wanted to do and even those things I could do...I was not able to do them the way I wanted. As a senior, experience has helped me to understand that we do not bounce back the way we used to.

Over time the knee pain subsided for the most part and I found myself forgetting about the injury...until I moved in that certain way that would trigger pain even more intense than the original pain. This cycle of “pain-free – trigger – more intense pain” continued over and over, hindering the healing process, and perhaps even doing more damage.

I wonder if pain can be a reminder that something has happened that needs to be addressed. I wonder if it is important to take the “good with the bad”?...

([CLICK HERE](#) to read the full blog)

- Audry Barton,
Addictions Services Central Ontario

Past Wellness Events

Spring Staff Step Challenge

The NYTHP Spring Staff Step Challenge ran from April 19th to May 17th. We had 74 employees from different agencies in the OHT participate in the challenge. This 4-week-long event encouraged staff to stay active not only for physical wellness, but also for the chance to win prizes at the end of the challenge! Congratulations to all who participated!

Favourite Healthy Hobby Submissions

Here are last month's Favourite Healthy Hobby Submissions from NYTHP staff!



Submission from Alisha Alladina,
VHA Home Health Care

Favourite Healthy Hobby:
"Birdwatching"



Submission from Karine Silverberg,
VHA Home Health Care

Favourite Healthy Hobby: *"Going on
a hike with my son"*

Sneak Peak: July Wellness Events

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

Art in the Park

Walking Trails in North York Neighbourhoods

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!
