

## Newsletter – November 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 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.

### Your Feedback Matters!

Hello, NYTHP, it is time to make your voice heard! The OHT wants to gain a better understanding of your wellness needs and identify how to improve the wellness program. **Please take a moment to fill out the NYTHP “Your Wellness Matters” General Feedback Form. All answers will be collected anonymously. [CLICK HERE](#) to complete the form.**

### Happy Gut, Happy Mind

Join us for a virtual discussion on gut health **on Tuesday, November 22<sup>nd</sup> from 2pm to 3pm**. Gut health has an impact on the health of your entire body, with increasing evidence suggesting a healthy gut microbiome is important for mental health, as well as an effective immune system. Mary Wu, a Registered Nutritional Health Specialist from the Toronto Metabolic Clinic, will go through practical ways in which you can promote a healthy gut, and in turn, a healthy mind.

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

# YOUR WELLNESS MATTERS

NYTHP Pandemic Staff Wellness Program



## Your Wellness Matters Recipe Book

Take a look at our new online recipe book! We've compiled all of the Simple & Healthy Recipes featured in the newsletter from March to October. The recipe book is available on the [Wellness Section](#) of the NYTHP website.

## 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

## November Holidays and Observances

Movember

Fall Prevention Month

All Saints' Day – Tuesday, November 1<sup>st</sup>

Veterans Week – November 5<sup>th</sup> – 11<sup>th</sup>

Indigenous Veterans Day – Tuesday, November 8<sup>th</sup>

Remembrance Day – Friday, November 11<sup>th</sup>

## Wellness conversation starters:

- ♥ What is 1 thing you want to accomplish before the end of the year?
- ♥ List 3 ways you can put yourself first this month

## Cooking and Kitchen Skills – Miniseries

Take a look at our 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 instruction for each recipe is found in the video description.

Smoothie Recipe: [CLICK HERE](#) for the demo.

Tahini Chocolate Chip Cookies: [CLICK HERE](#) for the demo.

Vegan Cesar Salad Dressing: [CLICK HERE](#) for the demo.

Vegetarian Pasta Sauce: [CLICK HERE](#) for the demo

Egg Bites: [CLICK HERE](#) for the demo.

Want to watch the demos all in one place? [CLICK HERE](#) to watch the entire playlist.

## Simple & Healthy Recipe: Pumpkin Quinoa Granola



Looking for a new pumkin floavored treat? Try this recipe from Simply Quinoa! [CLICK HERE](#) for details. Share a picture of this recipe to be featured in our next newsletter! Submit **1 picture** to [csassa@betterlivinghealth.org](mailto:csassa@betterlivinghealth.org) by **Wednesday, November 23<sup>rd</sup>.**

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

*Image from Simply Quinoa*

### Ingredients

- |                                |                                   |
|--------------------------------|-----------------------------------|
| ♥ 4 cups gluten-free oats      | ♥ ½ cup pure maple syrup          |
| ♥ 1 cup quinoa flakes          | ♥ ½ cup almond butter             |
| ♥ 1 brown rice crisps          | ♥ 1 cup pumpkin puree             |
| ♥ 2 teaspoon pumpkin pie spice | ♥ ½ cup raw pepitas/pumpkin seeds |
| ♥ Pinch of sea salt            | ♥ ½ cup raw pecans chopped        |

### Instructions

- ♥ 1. Preheat the oven to 350° F.
- ♥ 2. In a bowl, mix the oats, quinoa flakes, cereal, and spices.
- ♥ 3. In a small saucepan. Melt the maple syrup, pumpkin, and almond butter. When melted, pour entire mixture over the dry ingredients, and stir to combine.
- ♥ 4. Transfer ingredients to a baking sheet. Bake on center rack for 30 minutes, stirring every 10-15 minutes. Remove from the oven and stir in pumpkin seeds and pecans. Return to the oven and bake for another 15 minutes until the nuts are golden brown.
- ♥ 5. When browned, remove from the oven, and let cool completely before storing.

## Movement in the Workplace: Office Yoga Series

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

Increase energy levels, relieve tension, and improve your overall health by trying the following yoga poses.



### Tree Pose

1. Take a moment to feel both your feet root into the floor, your weight distributed equally on all four corners of each foot.
2. Begin to shift your weight into your right foot, lifting your left foot off the floor. Keep your right leg straight but don't lock the knee.
3. Bend your left knee and bring the sole of your left foot high onto your inner right thigh.
4. Press your foot into your thigh and your thigh back into your foot with equal pressure. This will help you keep both hips squared toward the front, so your right hip doesn't jut out.
5. Focus your gaze on something that doesn't move to help you keep your balance. Take 5 to 10 breaths, then lower your left foot to the floor and do the other side.
6. This pose is great for working on your balance and posture. This pose can be modified by placing one of your hands on a wall for support



## Triangle Pose

1. Engage your right thigh muscles and draw your right femur into its socket.
2. Extend your right hand toward the front of the room, keeping your right hip tucked.
3. Lower your right hand down, onto your shin or ankle. If you are more open, bring your right hand to the floor on the inside or on the right foot. Do whichever one feels most comfortable.
4. The left shoulder stacks on top of the right one as you open your chest, reaching your left fingertips toward the ceiling while keeping your left shoulder rooted in its socket.
5. Turn your head to take your gaze up toward your left fingertips. If this is uncomfortable for your neck, it's also fine to keep the head in a more neutral position.
6. Continue to draw your right thigh muscles upward, deepening the crease in your right hip. Soften your right knee slightly to prevent hyperextension. Stay for at least 5 breaths. Repeat the pose with your left leg forward.

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## Past Wellness Events

### Financial Literacy Webinar

The recording for this webinar is now available on the [Wellness Section](#) of the NYTHP website.

To learn more about Carolyn and her work as a financial coach, visit her website linked [HERE](#)

## Sneak Peak: December Wellness Events

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

### Winter Activities in North York

### Action for Happiness Calendar – Do Good December

# YOUR WELLNESS MATTERS

NYTHP Pandemic Staff Wellness Program



## 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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