

## Newsletter – July 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.

### Introduction to Forest Bathing in Earl Bales Park

*“Join us as we take time to slow down and connect with nature. For this session we will walk but not too far, the pace will be slow and there will be several invitations that allow you to engage your senses in the experience of being in the forest. We will have some time to share our experiences and tea at the end of the walk.”*

– Ru Henry, Nature's Alchemy – Forest Therapy.

There are 10 slots available for this session. The slots will be given to the first 10 staff to register. There will also be a waiting list in case of cancellations. The “Your Wellness Matters” program is paying for all 10 staff to attend. **We kindly ask attendees to contribute \$10** to this session. We look forward to having you join us **Wednesday, July 27<sup>th</sup> from 4:30pm to 6:15 pm in Earl Bales Park.**

Please [REGISTER HERE](#) by **Friday, July 15<sup>th</sup>**.

For more information on Ru Henry and her work in Forest Therapy, visit her website [LINKED HERE](#) .

## Walking Trails in North York Neighbourhoods

Take advantage of the warm weather to enjoy the many trails in our NYTHP neighbourhoods! Below are some popular trails to explore this summer:

- Moccasin Trail Part (55 Green Belt Drive)
- Betty Sutherland Trail Park (250 Duncan Mill Road)
- Don Mills Trail (38 Addison Crescent)
- West Don Parkland (165 Maxwell Street)

## Art in the Park

Join us for a **free in-person painting class** taught by Audry Barton from Addictions Services Central Ontario. There are 15 slots available for this class. The slots will be given to the first 15 staff to register. There will also be a waiting list in case of cancellations. We look forward to having you join us **Thursday, July 14<sup>th</sup> from 5:30pm to 6:30pm at Earl Bales Park.**

Please [REGISTER HERE](#) by **Friday, July 8<sup>th</sup>** for this class.



*"I have always been drawn to colour, design, and creativity, and people. I love working in groups. Over the past 40 years, my time has been divided between these areas while raising my 6 children. As an empty nester, I went back to school and have enjoyed a wonderful position at Addiction Services Central Ontario for the past 11 years.*

*My creative skills have been more fine tuned and developed in art over the past 20 years, as I spend time in my studio painting using a variety of mediums. I love working with groups of all ages and sizes. I have offered special classes for children's birthday parties, women's groups of up to 80 people and worked with residential rehab groups who all produced amazing art! Working one on one with individuals brings me great joy as well.*

*There are no mistakes in art, and you don't have to be an artist to paint!"*

- Audry Barton,  
Addictions Services Central Ontario

## Body + Soul Fitness Healthy Eating Webinar

Join us for a free virtual discussion on healthy eating – a workshop provided by Body + Soul Fitness. Learn how to build and implement a balanced diet into your lifestyle. Following a nutritious, balanced diet helps your body stay healthy, active, and well. We look forward to having you join us Monday, July 18th, from 1pm to 2pm. Please [REGISTER HERE](#) for this workshop.

## 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

## July Holidays and Observances

Canada Day – Friday, July 1<sup>st</sup>

Eid al-Adha – Sunday, July 11<sup>th</sup>

International Self-Care Day – Sunday, July 24<sup>th</sup>

## Wellness conversation starters:

- ♥ *What is your favourite self-care activity during the summer?*
- ♥ *What is your go-to summer snack?*

## 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 second recipe of this miniseries is a Smoothie recipe. [CLICK HERE](#) to watch the demo! The written recipe is also available in the video description.

### RECIPE

#### Ingredients

- ♥ ½ cup frozen mango or blueberries
- ♥ ½ banana
- ♥ 1 scoop vanilla protein powder
- ♥ ¼ avocado
- ♥ ½ cup frozen cauliflower
- ♥ 2-3 cups almond milk or oat milk or water

#### Instructions

- ♥ 1. Add all ingredients to your high-speed blender. Blend until smooth. If need be, add additional liquid. Enjoy!

## Simple & Healthy Recipe: *Cucumber and Hummus Boats*



Image from Taste of Home

Looking for a meatless snack? Try this recipe from *Taste of Home*! [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, July 20<sup>th</sup>**.

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

### Ingredients

- ♥ 1 cup quinoa
- ♥ 6 medium cucumbers
- ♥ 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- ♥ 1 cup cherry tomatoes, halved
- ♥ 1 packaged (4 ounces) crumbled tomato and basil feta cheese
- ♥ ½ cup pitted Greek olives, chopped
- ♥ ¼ cup lemon juice
- ♥ 3 tablespoons honey
- ♥ 2 tablespoons olive oil
- ♥ 2 garlic cloves, minced
- ♥ ¼ teaspoon pepper
- ♥ 1 carton (14 ounces) roasted garlic hummus
- ♥ Minced fresh basil (optional)

### Instructions

- ♥ 1. Cook quinoa according to package directions. Transfer to a large bowl; cool slightly
- ♥ 2. Meanwhile, cut cucumber in half lengthwise. Scoop out pulp, leaving a 1/4-in. shell.
- ♥ 3. Add garbanzo beans, tomatoes, cheese, and olives to quinoa.
- ♥ 4. In a small bowl, whisk lemon juice, honey, oil, garlic, and pepper until blended. Pour over quinoa mixture; gently toss to coat.
- ♥ 5. Spread about 2 tablespoons hummus inside each cucumber shell. Top each with about 1/3 cup quinoa mixture. Sprinkle with basil if desired.

## 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 Twist

Start by sitting tall in your chair with your back against the backrest. Take a deep breath in. As you exhale twist your body to the right, placing both hands on the right armrest for support. Sitting in an armless chair? Place your right hand on the seat, behind your pelvis, and place your left hand on your right thigh.

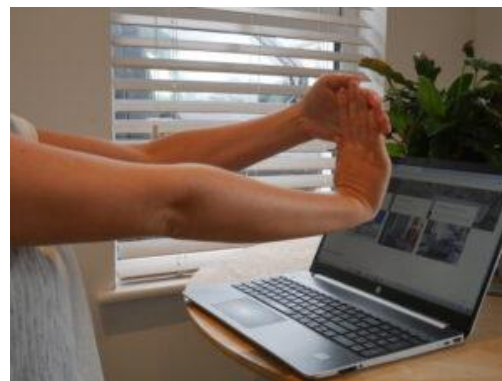
Lengthen your spine with every inhale, allowing your body to stretch deeper into the pose. Hold the pose on each side for up to 60 seconds, and then switch sides.



### Wrist and Finger Stretches

Begin by extending your arms overhead and drawing 5-10 circles inwards and outwards with the wrists. Follow this by quickly spreading the fingers and closing the fists, releasing excess tension. Finally, place your arms in front of you, with your palms up (wrist extension). Gently apply pressure on each palm to stretch the wrist on each arm. Flex the wrist and point fingers down for a counter-stretch of the forearms. Hold each stretch for 5-10 breaths.

Working at a desk can build up tension in the fingers, hands, and wrists, so these exercises should be done often throughout the day to increase the blood flow.



## Past Wellness Events

### **Financial Wellness Webinar: Transform your Relationship with Money!**

Last month, Carolyn Jones from “The Financial Moment” hosted a webinar on budgeting and reaching your personal financial goals. 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: August Wellness Events**

Take a look at the wellness events scheduled for August as well as the events happening in Toronto next month.

More details will be available in the August newsletter.

### **August Festivals in Toronto**

### **Honouring your Journey – Healing and Self-Care Workshop**

### **Wellness Workshop Series – Maintaining Gut Health**

### **Gardening at Kimbourne**



## 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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