

## Newsletter – December 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.**

### “Do Good December” – Action for Happiness Calendar

“The smallest act of kindness is worth more than the greatest intention” - Kahlil Gibran. 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 “Do Good December” Calendar to see how you can show acts of kindness this month!

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

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

## Winter Activities in North York

From outdoor activities to exploring the North York area, there are plenty of ways to have fun and stay active this winter:

- Ski and Snowboard Centre at Earl Bales Park
- Outdoor Skating at Otter Creek Centre, Mel Lastman Square and Ethennonnhawahstihnen' Park
- Tobogganing at Glendora Park and Burnett Park

[CLICK HERE](#) to visit the “Welcome TO Winter” website for more information on activities to do this winter.



## Seasonal Affective Disorder

- Contribution from Amy Chan, North York General Hospital and Kai Svrida, Circle of Care

Seasonal Affective Disorder (SAD) is a type of depression that occurs commonly in the fall or winter months. SAD can be caused by a reduction in the level of exposure to sunlight, coupled with colder days, resulting in feeling physically weighed down and emotionally sluggish. The Centre for Addiction and Mental Health (CAMH) offers many resources for dealing with SAD. [CLICK HERE](#) to visit the CAMH website for common symptoms of SAD and proactive ways in which you can boost your mood during the winter season.

## Winter Safety Tips

- Contribution from Chantel Brammer, North York General Hospital and Shath Suthanthirarajah, Yee Hong Centre for Geriatric Care

As winter approaches and the temperatures drop take precautions by following these simple tips:

- Keep a winter survival kit in your home and vehicle for emergencies
- Anticipate obstacles such as ice or puddles
- Shovel in small loads instead of big loads
- Avoid shoveling for longer than 15 minutes
- Wear appropriate footwear for the weather conditions
- Ensure you have working carbon monoxide detectors at home

[CLICK HERE](#) to learn more Winter Safety Tips recommended by the National Safety Council.

## December Holidays and Observances

World AIDS Day – Thursday, December 1<sup>st</sup>

Women's Brain Health Day – Friday, December 2<sup>nd</sup>

International Day of Persons with Disabilities – Saturday, December 3<sup>rd</sup>

National Day of Remembrance and Action on Violence Against Women – Tuesday, December 6<sup>th</sup>

Human Rights Day – Saturday, December 10<sup>th</sup>

Anti-Bullying Day – Saturday, December 17<sup>th</sup>

First Day of Hanukkah – Sundown of Sunday, December 18<sup>th</sup>

December Solstice – Wednesday, December 21<sup>st</sup>

Christmas Eve – Saturday, December 24<sup>th</sup>

Christmas Day – Sunday, December 25<sup>th</sup>

Last Day of Hanukkah – Monday, December 26<sup>th</sup>

First Day of Kwanzaa – Monday, December 26<sup>th</sup>

New Year's Eve – Saturday, December 31<sup>st</sup>

## Wellness conversation starters:

- ♥ *What is your go-to winter activity?*
- ♥ *List 3 things you are looking forward to this month*

## Simple & Healthy Recipe: *Chocolate Mousse Cups*



Image from Sheena Scott

Looking for a new dessert for the holidays? Try this recipe by Sheena Scott! [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, December 21<sup>st</sup>**.

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

### Ingredients for the chocolate

- ♥ ¼ cup raw honey or maple syrup
- ♥ ½ cup coconut oil
- ♥ ¼ tsp. of salt
- ♥ ¾ cup raw cacao powder

### Instructions

- ♥ 1. In a heat safe bowl set over a pan of simmering water, melt coconut oil, honey and salt. Stir until oil is melted. Remove from heat and whisk in cacao powder.
- ♥ 2. Line a 12-cup muffin pan with cups (I used silicone, but paper will work). Measure a tsp. of the liquid chocolate mixture into each cup and place in the fridge or freezer until firm, about 10min.
- ♥ 3. Meanwhile, combine all the mousse ingredients in a large bowl and mash with a fork until everything is well combined. Warming the coconut oil slightly, so that it's soft but not liquid will help if your oil is on the hard side.
- ♥ 4. Roll the mousse into 12 equal balls and press each into the chilled muffin cup. Top with the remaining liquid chocolate, about 1 ½ tsp. each. Sprinkle with cacao nibs and coconut flakes if using and chill in the fridge until firm.
- ♥ 5. Store in the refrigerator until ready to serve.

### Ingredients for the mousse

- ♥ ¾ cup nut milk
- ♥ ¼ cup raw cacao powder
- ♥ 1 tbsp. lucuma powder
- ♥ ¼ cup coconut oil
- ♥ ¼ cup coconut cream
- ♥ ¼ cup maple syrup
- ♥ ½ tsp. of salt

## 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.

### Warrior I

1. Start with your feet shoulder width apart.
2. Take a large but comfortable step forward so that your hips and toes point forward.
3. Bend your front knee 90 degree so that your thigh is parallel with the floor. Aim to stack the knee above the ankle.
4. Pivot your back heel to externally rotate the left hip.
5. As you inhale, raise your torso and reach up with your arms, palms facing together and look up at your thumbs. Hold for 5 – 10 breaths. Repeat on other side



### Warrior II

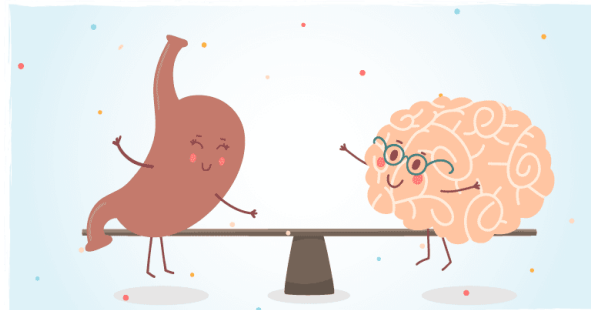
1. Unlike Warrior I where the hips face forward, in Warrior II the hips face the side.
2. Arms stretched out to the sides with feet parallel to each other in a wide stance. Turn your right foot, knee, and head to the right.
3. Turn your left toes slightly toward your right foot.
4. Bend your right knee and stack it over your right ankle.
5. Stack your head over your pelvis and shoulders over your hips.
6. Reach strongly through both arms toward and look past your right fingertips. Hold for 5 – 10 breaths.



## Past Wellness Events

### Happy Gut, Happy Mind! – Gut Health Webinar

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



## Sneak Peak: January Wellness Events

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

### Coffee with OHT Doctors



Dr. David Eisen



Dr. Danielle Manis



Dr. Rebecca Stroller



Dr. Maria Muraca

### Fitness Series



Sharna Florence, Fitness Specialist

## 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.



"Do Good December"  
Calendar



General Feedback Form



Winter Activities



Seasonal Affective Disorder



Winter Safety Tips

## 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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