

Newsletter – October 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.

Coffee with NYTHP Doctors – Discussion on COVID-19

Join us for a virtual discussion with the OHT Primary Care Leadership on **Friday, October 28th from 8am to 9am**. Dr. Eisen, Dr. Manis, Dr. Muraca, and Dr. Stoller will present up to date information on COVID, as well as updates on vaccines, safety precautions and more. There will also be an opportunity for staff to ask questions at the end of the presentation. Please [REGISTER HERE](#) for this webinar.

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Financial Literacy Webinar – Managing Debt

“Financial health begins with being aware of where your money is going. Unfortunately, many people turn to credit cards for financial stress relief, which is demonstrated in the rise of consumer debt. In this webinar we will discuss actionable ways to avoid debt and discuss repayment strategies. Join us for this informative session, as we tackle this important topic!

As a bonus for attending, we will be giving away a debt repayment tool, that helps you prioritize and focus on your goals.” – Carolyn Jones, The Financial Moment

We look forward to having you join us **Monday, October 24th from 12:30pm to 1:30pm**. Please [REGISTER HERE](#) for this webinar.

Fun Fall Activities:

Halloween Costume Contest

Team up with your agency this spooky season! NYTHP agencies are invited to submit a group photo of staff in their Halloween costumes for the chance to be featured in the next newsletter! Pictures can be submitted as video call screenshots or regular photo images.

Submit 1 picture to csassa@betterlivinghealth.org by Wednesday, November 2nd.

Thanksgiving Recipe Contest

What 's on the menu this Thanksgiving? NYTHP staff are invited to share their favourite Thanksgiving recipe for the chance win a prize and be featured in the next newsletter! Submitted photos and recipes

Submit 1 picture and the written recipe to csassa@betterlivinghealth.org by Wednesday, October 19th.

October Holidays and Observances

Breast Cancer Awareness Month

Canadian Islamic History Month

Women's History Month

National Seniors Day – Saturday, October 1st

Yom Kippur – Wednesday, October 4th

Eid Milad un-Nabi (Mawlid) – Saturday, October 8th

Thanksgiving Day – Monday, October 10th

Diwali – Monday, October 24th

Halloween – Monday, October 31st

Wellness conversation starters:

- ♥ *What is your favourite thing to do on Thanksgiving?*
- ♥ *What is your go-to Thanksgiving dessert?*

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

RECIPE

Ingredients

- ♥ Cooking spray to grease muffin tins (no grease needed if using silicone tins)
- ♥ 6 eggs
- ♥ 1 ¼ cups egg whites
- ♥ ½ cup milk or non-dairy mil alternative
- ♥ 1 tsp salt
- ♥ 1 tsp oil
- ♥ ½ cup of any of the following ingredients: spinach, red pepper, cheese, onion, mushrooms, tomato, sundried tomato, ham, turkey, green pepper, lox, zucchini, etc.
- ♥ ¼ cup fresh dill chopped, chives, cilantro, or any dry spices - to taste!

Instructions

- ♥ 1. Preheat oven to 350 degrees Fahrenheit. Grease muffin tins with cooking spray.
- ♥ 2. Pick combo of veggies and dice into very small pieces.
- ♥ 3. Once veggies are dices, heat frypan with 1 tsp oil. Stir fry veggies until soft.
- ♥ 4. Crack and add eggs to large glass bowl and mix with egg white and milk.
- ♥ 5. Ladle the mixture into the muffin tins. Fill halfway. Then add addition veggies or herbs/spices on top. Bake for 15 minutes.
- ♥ 6. Once done baking, let cool. Use a knife to cut around muffins and carefully take them out of the tins.

** Egg bites can be stores in the fridge and be warmed as needed for up to 5 days**

In case you missed it...

Take a look at the previous recipes:

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.

Simple & Healthy Recipe: *Fall Chopped Salad*



Image from EatingWell

Looking for a new addition to your Thanksgiving menu? Try this recipe from *EatingWell*! [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, October 19th**.

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

Ingredients

- ♥ 1 small butternut squash, peeled and cut into ½ inch dice
- ♥ 2 cloves garlic, minced
- ♥ 3 tablespoons extra-virgin olive oil, divided
- ♥ ½ teaspoon salt, divided
- ♥ ½ teaspoon ground pepper, divided
- ♥ 2 tablespoons balsamic vinegar
- ♥ 1 teaspoon maple syrup
- ♥ 2 teaspoons Dijon mustard
- ♥ 8 cups packed baby spinach, roughly chopped
- ♥ 1 medium Honeycrisp apple, diced
- ♥ ½ cup diced sharp Cheddar cheese
- ♥ ½ cup toasted chopped pecans

Instructions

- ♥ 1. Stir squash, garlic, 1 tablespoon oil, 1/4 teaspoon salt and 1/4 teaspoon pepper together in a large bowl. Spread on a large, rimmed baking sheet and roast, stirring once, until tender, about 20 minutes.
- ♥ 2. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, maple syrup, mustard and the remaining 1/4 teaspoon each salt and pepper in the large bowl. Add spinach, the roasted squash, apples, cheese, and pecans. Toss to coat.

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.

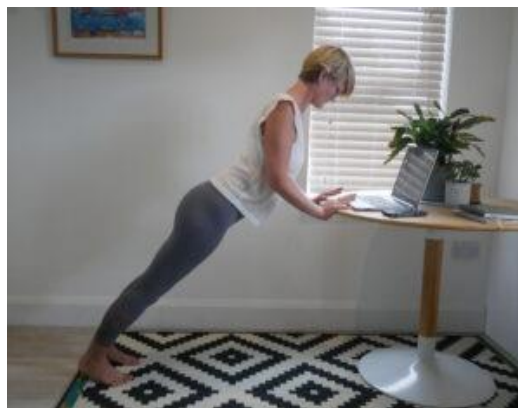
Sit and Stand Chair Pose

Begin in a seated position with your feet flat on the floor and your knees at a 90-degree angle. Pressing down with your heels and using your legs and glutes only, make your way to standing. Sit back down slowly, again solely using your leg muscles without shifting the hips from side to side. This pose can help awaken the hamstring and glute muscles that become weakened over time from sitting in a desk chair.



Elevated Push up

Begin in a standing position for this pose. Place your hands roughly shoulder-width apart on the edge of a sturdy desk, engage the abdominal muscles, then walk the feet backwards until your chest is a diagonal line to the floor. Inhale as you lower into the push up position (trunk in line with legs), hugging the elbows to the ribs as they reach the 90-degree angle. Exhale as you press back up to the starting position. Repeat 8-12 times to awaken your arm muscles, whilst helping the muscles around your neck relax. Alternatively, you can try this on a yoga mat on the floor to challenge your chest, shoulders, and core muscles.



Past Wellness Events

Body + Soul: How to get back in shape after the pandemic

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

Body + Soul: Q&A with a personal trainer

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

Sneak Peak: November Wellness Events

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

Your Wellness Matters - Online Recipe Book

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!
