

Newsletter – January 2023

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.

Staff Spotlight: Favourite Healthy Hobby

Healthy Hobbies are a great way to improve mental and physical wellbeing. Healthy Hobbies include reading, exercise, drawing, and much more! Share a picture of your favourite healthy hobby and a brief description of why this hobby is important to you for a chance to win a prize or be featured in our next newsletter. Send **1 submission to** csassa@betterlivinghealth.org by **Wednesday, January 25th**.

Coffee with NYTHP Doctors

Join us for a virtual discussion with the OHT Primary Care Leadership on **Friday, January 27th from 8am to 9am**. Dr. Eisen, Dr. Manis, Dr. Muraca, and Dr. Stoller will discuss mental health and burnout, as well as updates on RSV, the rhinovirus, the flu, 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.



Dr. David Eisen



Dr. Danielle Manis



Dr. Rebecca Stoller



Dr. Maria Muraca

Wellness Webinar: Fitness & Mental Health



Join us **Friday, January 20th from 10:15am to 11am** for a wellness webinar hosted by Sharna Florence from *Right Way Fitness & Wellness Inc.* Sharna is a fitness specialist, nutritionist, and lifestyle coach. During the webinar she will teach exercise tips to build confidence and connection in your mind and body, as well as tips for movement, posture, and balance.

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

For more information on Sharna's work, visit the *Right Way Fitness & Wellness Inc.* website [LINKED HERE](#) .

January Holidays and Observances

**Disclaimer: All holidays and observances may not be listed. Staff are invited to email csassa@betterlivinghealth.org with any observances that were missed. Missing observances will be listed in the next newsletter.

Tamil Heritage Month

New Year's Day – Sunday, January 1st

World Braille Day – Wednesday, January 4th

Epiphany – Friday, January 6th

Orthodox Christmas Day – Saturday, January 7th

Orthodox New Year – Saturday, January 14th

Martin Luther King Jr. Day – Monday, January 16th

Lunar New Year – Sunday, January 22nd

World Day for African and Afro descendant Culture – Tuesday, January 24th

Bell Let's Talk Day – Wednesday, January 25th

Holocaust Remembrance Day – Friday, January 27th

National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia – Sunday, January 29th

Wellness conversation starters:

- ♥ What are 3 ways you deal with burnout?
- ♥ How do you take care of your mental health?

Simple & Healthy Recipe: Apple Cinnamon Muffins



Image from All Recipes

Looking for a simple treat? Try this recipe by All Recipes! [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, January 25th**.

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

Ingredients for Muffins

- ♥ 1 ½ cups all-purpose flour
- ♥ ¾ cup white sugar
- ♥ 2 teaspoons baking powder
- ♥ 1 teaspoon ground cinnamon
- ♥ ½ teaspoon salt
- ♥ 1 egg
- ♥ ⅓ cup vegetable oil
- ♥ ⅓ cup milk
- ♥ 2 apples - peeled, cored and chopped

Ingredients for Topping

- ♥ ½ cup white sugar
- ♥ ½ cup butter, cubed
- ♥ ⅓ cup all-purpose flour
- ♥ 1 ½ teaspoons ground cinnamon

Instructions

- ♥ 1. Preheat the oven to 400 degrees F (200 degrees C). Grease 6 large muffin cups or line with paper muffin liners
- ♥ 2. Make muffins: Stir together flour, sugar, baking powder, cinnamon, and salt in a large bowl. Mix in egg, oil, and milk. Fold in chopped apples. Spoon batter into the prepared muffin cups, filling just below the rim.
- ♥ 3. Make topping: Place sugar, butter, flour, and cinnamon into a small bowl; mash mixture with a fork and sprinkle over unbaked muffins.
- ♥ 4. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes

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.



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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!
