

Newsletter – May 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.

Mental Health Week Checklist

This year’s Mental Health Week – May 2nd to May 8th, 2022 – is all about empathy! In honour of this, try the “Mental Health Week Checklist: All About Empathy” activity. Complete these actions during Mental Health Week and throughout the month of May. Submit your completed sheet to csassa@betterlivinghealth.org by **Friday, June 3rd** for a chance to win a prize. [CLICK HERE](#) for the activity.

[CLICK HERE](#) for Mental Health Week information from the Canadian Mental Health Association.

Simple & Healthy Recipe: Cooking Contest

Share a picture of a recipe from one of our newsletters for a chance to win a prize or be featured in our next newsletter! Submit **1 picture** to csassa@betterlivinghealth.org by **Wednesday, May 25th**.



Staff Spotlight: Favourite Healthy Hobby

Healthy Hobbies are a great way to improve mental and physical wellbeing. Share a picture of your favourite Healthy Hobby for a chance to win a prize or be featured in our next newsletter! Healthy Hobbies include reading, exercise, drawing, and much more! Those participating in the step challenge are also invited to submit a picture of you going on a walk, a hike, etc. Submit **1 picture** to csassa@betterlivinghealth.org by **Wednesday, May 25th**.

World No Tobacco Day

The World Health Organization (WHO) created World No Tobacco Day on May 31st, 1987, to draw global attention to the tobacco epidemic and the preventable death and disease it causes. This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

The Smokers' Helpline provides tools to help you be smoke-free for good! [CLICK HERE](#) for details.

Toronto Public Health provides tips and resources on how to quite smoking! [CLICK HERE](#) for details.

- Contribution from Emily Doxtator, North York General Hospital

May Holidays

Eid al-Fitr - sundown of Monday, May 2nd to sundown of Tuesday, May 3rd

Cinco de Mayo – Thursday, May 5th

Mother's Day – Sunday, May 8th

Bike-to-Work Day – Friday, May 20th

Victoria Day – Monday, May 23rd

World No Tobacco Day – Tuesday, May 31st

Wellness conversation starters:

- ♥ *What is your favourite outdoor activity?*
- ♥ *Describe two things you are thankful for this week.*

Simple & Healthy Recipe: *Ras Malai*



Image from @anisgrams/Instagram

Do you have a sweet tooth? Try this dessert recipe from *Cook With Anika!* [CLICK HERE](#) for details and to watch the video. Share a picture of this recipe to be featured in our next newsletter! Submit **1 picture** to csassa@betterlivinghealth.org by **Wednesday, May 25th**.

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

Ingredients

- ♥ 1 litre of milk
- ♥ 1 cup of milk powder
- ♥ ½ cup of sugar
- ♥ ¼ cup of double cream
- ♥ 1 egg (room temperature, lightly beaten)
- ♥ ½ tsp baking powder
- ♥ 1 tsp of plain flour
- ♥ 3 tbsp or coarsely chopped almonds and pistachios
- ♥ ½ tsp cardamom powder

Instructions

- ♥ 1. Add milk, cream, sugar, and cardamom powder to a wide pan
- ♥ 2. Let it simmer on a low heat, stirring occasionally to ensure it doesn't burn
- ♥ 3. For the Ras Malai dough, place milk powder, baking powder and plain flour in a bowl
- ♥ 4. Add beaten egg to make the dough - it should be very soft and make 15 balls
- ♥ 5. Add the dough balls slowly to the milk and simmer for 10 - 12 minutes, turning the Ras Malai over in between so they cook evenly
- ♥ 6. You will notice that the dough balls will expand.
- ♥ 7. Once they're done put them in the fridge to chill for 3 hours
- ♥ 8. Garnish with chopped pistachios and almonds

Movement in the Workplace: Office Stretches Series

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

Try these three offices stretches to promote movement throughout the workday! [CLICK HERE](#) to view stretch animations.

Standing Lat Stretch



Seated Twists



Piriformis Stretch



Past Wellness Events

Spring Staff Step Challenge

The challenge officially began on Tuesday, April 19th. To all who are participating: keep up the great work! Try to find fun and creative ways to reach your step goal. Every step counts! The challenge will end later this month on Tuesday, May 17th.

Body + Soul Fitness Sleep Webinar

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

Collective Care to Foster Worker Resilience Webinar

The resources from this webinar will be available on the [Wellness Section](#) of the NYTHP website.

Wellness Webinar: Workplace Wellness

The resources from this webinar, provided by the Canadian Mental Health Association, are available on the [Wellness Section](#) of the NYTHP website.

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!
