

Newsletter – July 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 quarterly and includes upcoming wellness events, challenges, and activities.

Your Wellness Matters – New Program Changes

There will be new program changes to the Your Wellness Matters initiative. The wellness newsletter will take a pause in August and re-launch in September. Starting in September, the program will transition from monthly to quarterly newsletters and wellness events. If you have any questions about the program changes, please email egravesande@betterlivinghealth.org

Recap: Spring Staff Step Challenge

The NYTHP Spring Staff Step Challenge ran from May 8th to June 5th. We had 90 employees from different agencies in the OHT participate in the challenge. This 4-week-long event encouraged staff to stay active not only for their physical well-being, but also for the chance to win prizes throughout the challenge! Congratulations to all who participated!

Certificate of participation

The Your Wellness Matters program is now offering digital certificates of participation for attending our wellness webinars. If you'd like to receive a certificate for any past webinar(s) you attended, or would like further information on the certificates, please contact egravesande@betterlivinghealth.org

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.

Events Happening in Toronto



During summer, Toronto transforms into a vibrant hub for free outdoor movie nights. Parks and communities across the city set up large screens where you can spread out blankets, pack picnics, and enjoy classic movies under the open sky.

- [CLICK HERE](#) for Downsview Park Friday Night Lights
- [CLICK HERE](#) for the schedule of shows playing at Christie Pitts Park

Escape the city and find solace in the Toronto Music Garden, a peaceful oasis that combines nature and music, offering a rejuvenating experience amidst tranquil surroundings. [CLICK HERE](#) for event's schedule.

Enjoy captivating Shakespeare performances by the Canadian Stage Company in Toronto's High Park. Secure your spot in advance for a fee or attend for free by showing up in person, immersing yourself in enchanting summer evenings at 7:30 PM amidst the park's scenic beauty. [CLICK HERE](#) for to buy your tickets and for more information on shows.

Caribana 2023 promises to be an exhilarating celebration of Caribbean culture and heritage in Toronto. Get ready for a vibrant parade, pulsating music, vibrant costumes, and an unforgettable fusion of Caribbean flavors, showcasing the richness and diversity of the Caribbean community. [CLICK HERE](#) for more information.

Summer Wellness: Nurturing Parents & Coping Strategies

During the summer months when kids are home from school, prioritizing wellness and managing feelings of being overwhelmed is crucial for parents. Maintaining a balanced routine, practicing self-care activities, and seeking support from others are essential coping strategies. Also taking time for yourself, engaging in physical activity, and openly communicating with your children can help create a harmonious and enjoyable summer experience for the whole family. Remember, finding moments of relaxation amidst the chaos and embracing the joys of summer can contribute to overall well-being and make the most of this special time together. [Click here](#) for more tips and information.

Heat Hazards Awareness



Extremely hot weather can be difficult for everyone, but spending excess time outdoors travelling from home to home in the community in hot and humid conditions can put extra stress on your body. To be prepared and limit the risk for heat-related illness, please review these prevention tips:

- stay hydrated by drinking water regularly throughout the day
- wear light, loose clothing that allows for the evaporation of sweat
- wear sunscreen with a good SPF to prevent sunburns
- take breaks as needed, especially after completing a physical demanding task and if the client's home does not have air conditioning
- stick your hands under a tap with cold water, this will help to cool down your body temperature
- find shelter when you have a break in your schedule. Spending time in an air-conditioned cooling center is the best way to escape high temperatures. The City of Toronto has a number of established cooling centers for the summer season. [Click Here](#) for the link to find the location near you.

Simple & Healthy Recipe: Refreshing Detox Water



Indulge in the delightful taste of this refreshing detox water that not only satisfies your palate but also offers numerous health benefits. This revitalizing blend of hydrating cucumber, digestion-aiding lemon, soothing mint leaves, and inflammation-fighting ginger promotes hydration, aids digestion, and supports your body's detoxification process, making it a flavorful and nourishing alternative to sugary beverages.

Ingredients

- ♥ 1 cucumber, sliced
- ♥ 1 lemon, sliced
- ♥ 10-12 fresh mint leaves
- ♥ 1-inch piece of ginger, peeled and thinly sliced
- ♥ 4 cups of filtered water
- ♥ Ice cubes (optional)

Instructions

- ♥ 1. Wash the cucumber, lemon, mint leaves, and ginger thoroughly.
- ♥ 2. Slice the cucumber and lemon into thin rounds.
- ♥ 3. Thinly slice the ginger
- ♥ 4. In a large pitcher, pour the water then add the cucumber slices, lemon slices, mint leaves and ginger slices to the water
- ♥ 5. Place the pitcher in the refrigerator for at least 2 hours or overnight to allow the flavours to meld together.
- ♥ 6. If desired, add the ice cubes into glasses and garnish with additional cucumber slices or mint leaves.
- ♥ 7. Sip and enjoy the refreshing and hydrating detox water throughout the day.

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

July Holidays and Observances

Canada Day – July 1

National Injury Prevention Day – July 5th

Muharram/Islamic New Year (Tentative Day) – July 19

International Self-Care Day – July 24th

Tisha B'Av – July 26

International Day of the World's Indigenous People – August 9

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

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 egravesande@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 egravesande@betterlivinghealth.org for inquiries.
