

Newsletter – Fall 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.

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.

Self-Care Tips to Embrace the Fall Season

The season we've been waiting for is here! The temperatures are gradually dropping, and the leaves are transforming into stunning hues of yellow, orange, and red. It's truly a magical time of year.

As a new season kicks in, there's often a shift in our daily routines causing some stress not only for adults but especially for children going back to school.

From eating a balanced diet, meditating outdoors to making a fall bucket list! [Click here](#) to read more on ideas for fall self-care.

Understanding stress is crucial, and recognizing that anxiety can manifest differently in children is essential. Your child may tell you that they are feeling fearful or overwhelmed. Or you may notice things like frequent headaches, trouble sleeping, irritability or emotional outbursts. Being watchful for signs of anxiety can help you to provide support early, before the problem worsens. [Click here](#) to watch a short clip on YouTube to explore strategies for parents to assist children in conquering their back-to-school anxiety.

Healthy Hobbies Challenge

Healthy Hobbies are a great way to improve mental and physical health and well-being. Share a picture of you participating in your favourite Healthy Hobby. Healthy Hobbies can include reading, taking a walk, running, bicycling, cooking, drawing and much more. To participate in the challenge, submit 1 photo of you participating in your favourite Healthy Hobby to egravesande@betterlivinghealth.org by November 1, 2023. Photo submissions will be shared in the next Your Wellness Matters Newsletter.

Step into Fall: Embrace the Colors and Boost Your Health with Walks

For some great locations to enjoy the fall colors while going for walks or hikes near Toronto [click here](#). Be sure to take pictures and submit it in our Healthy Hobbies Challenge!

Seasonal Fruits and Vegetables

With the changing of the season, many of us look forward to fresh fall produce. As per Canada's Food Guide, adults need between 7-8 (female) or 8-10 (male) servings of fruit and vegetables per day. This interactive guide from Foodland Ontario will show you which fruits and vegetables are in season during the fall months. In September, you'll want to enjoy blueberries, cranberries, beets and broccoli. In October, you'll want to enjoy grapes, crabapples, artichoke and green beans. In November, you'll want to enjoy pears, bok choy and Brussel sprouts.

September-November Holidays and Observances

**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.

September

Alzheimer's Awareness Month

Arthritis Awareness Month

Childhood Cancer Awareness Month

International Pain Awareness Month

Labour Day – September 4

World First Aid Day – September 9

World Suicide Prevention Day – September 10

Rosh Hashanah – September 16

Gender Equality Week – September 18

September Equinox – September 23

Yom Kippur – September 25

Miladun Nabi (Mawlid) – September 27

NYTHP Pandemic Staff Wellness Program

National Day for Truth and Reconciliation –
September 30

First Day of Sukkot – September 30

October

Disability Awareness Month

National ADHD Awareness Month

National Down Syndrome Awareness
Month

National Physical Therapy Month

Pregnancy & Infant Loss Awareness Month

Spina Bifida Awareness Month

SIDS Awareness Month

Islamic Heritage Month

National Seniors Day – October 1

World Mental Health Day (October 10)

November

American Diabetes Month

Bladder Health Month

Diabetic Eye Disease Month

Lung Cancer Awareness Month

National Epilepsy Awareness Month

National Healthy Skin Month

National Hospice Palliative Care Month

National Stomach Cancer Awareness Month

Pancreatic Cancer Awareness Month

Prematurity Awareness Month

Transgender Awareness Week (2nd week in
November)

World Pneumonia Day (November 12)

World Prematurity Day (November 17)

Subscribe to the Newsletter!

[CLICK HERE](#) to subscribe to the monthly wellness newsletter
and to receive updates on upcoming events and activities!

Contribute to the Newsletter!

Want to contribute to the monthly wellness newsletter? Email
egravesande@betterlivinghealth.org for inquiries.

NYTHP Website – Wellness Section!

Visit the [Wellness Section](#) of the NYTHP website to
View past wellness webinars, resources, and newsletters.

Simple & Healthy Recipe: Roast Winter Vegetable Quinoa Salad with Cider Vinaigrette



This recipe combines the earthy flavors of fall vegetables with nutty quinoa, creating a delicious and nutritious dish perfect for September!

[CLICK HERE FOR RECIPE](#) for details.

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

Ingredients

- ♥ Roasted Winter Vegetable Quinoa Salad:
- ♥ 1 cup quinoa
- ♥ 2 tbsps. Thrive Algae Oil
- ♥ 1 large carrot, peeled and chopped
- ♥ 1 large parsnip, peeled and chopped
- ♥ 1 small sweet potato, chopped
- ♥ 2 cups butternut squash, peeled and chopped
- ♥ 1.5 tsp sea salt, to taste
- ♥ 1/3 cup fresh parsley, chopped
- ♥ 1/3 cup walnuts, roasted and chopped

Cinnamon Maple-Cider Vinaigrette:

- ♥ 1/4 cup Thrive Algae Oil
- ♥ 3 tbsps. cider vinegar
- ♥ 1 tbsp. pure maple syrup
- ♥ 1 tsp ground cinnamon
- ♥ 1/4 tsp sea salt

Instructions

- ♥ 1. Preheat oven to 400°F. Spread veggies on a baking sheet, drizzle with algae oil, and sprinkle with sea salt. Toss to coat. Bake for 20-30 minutes until golden-brown and cooked to your liking.
- ♥ 2. Cook quinoa according to package instructions while the vegetables are roasting.
- ♥ 3. Add all ingredients for the cider vinaigrette to a small blender and blend until combined (note: if you don't have a small blender, no sweat: you can whisk the dressing in a bowl or measuring cup).
- ♥ 4. Transfer the cooked quinoa to a serving bowl along with the roasted winter vegetables. Add in all of the dressing, parsley, and roasted walnuts. Toss everything together until combined.
- ♥ 5. Taste salad for flavor and add more sea salt and/or cider vinegar to taste.