

# WELLNESS MATTERS

*A newsletter from your Sunnybrook Wellbeing Committee*



Team Spotlight:

## ORRS WELLBEING COMMITTEE

The Operating Room and Related Services (ORRS) Wellbeing Committee was launched in early 2022 to support a culture of wellbeing and psychological safety for all groups within. They are driven by values of diversity, equity, inclusion, and accessibility.

The Committee has carried out several initiatives. The monthly "Steps to Wellness Challenge" team competition has encouraged ORRS Sunnybrookers to reach step counts in the millions. The "Random Acts of Kindness", spearheaded by Dr. Vincent Lin, has led to good deeds such as surprise snacks for staff. Most recently, their annual Summer Olympics in Sunnybrook Park was expanded to include all ORRS members and their families, all of whom had a blast. Despite their busy schedules, Committee members are always looking for new and creative ways to bring wellness to the vast ORRS team!

Wellbeing Committee Chairs are Soyeon Jung & Marie Dandal, who are supported by the Director of ORRS Denyse Henry. Other members of the Committee include: Biddy Chang, Ingrid Daley, Hojat Galeh, Ellie Lee, Dr. Vincent Lin, Marina Lubyanski, Dina Pecchechia, Crystal Rahman, Dr. Jason Taam, Catherine Tyrell, Mark Vallelonga, Ilya Vilenkin, & Wei Zhang.

## UPCOMING EVENTS

(ongoing) STEADY Wellness Assessment: Complete it [here!](#)

### SEPTEMBER:

**Sat 17: RBC Race for the Kids** - join or donate to our team by searching for "Sunnybrook Wellness Racers"

**Thurs 29, 12:15 pm:** Sing Sunnybrook Sing! at Bayview Campus courtyard, hosted by the Music Therapy Team

### OCTOBER:

**Wed 26 - Fri 28:** Be Well Days brought to you by the Wellbeing Committee (stay tuned for more info)

**Thurs 27, 12:15 pm:** Sing Sunnybrook Sing! location TBD, hosted by the Music Therapy Team

### NOVEMBER:

**Tues 8, 7:00 - 8:30 pm:** SunnyBook Book Club for *Half-Blood Blues* by Esi Edugyan

**Wed 16, 8:30 am - 12:00 pm:** Peer Support Training (email [hazel.baillie@sunnybrook.ca](mailto:hazel.baillie@sunnybrook.ca) for more info)

**Thurs 24, 12:15 pm:** Sing Sunnybrook Sing! location TBD, hosted by the Music Therapy Team

### DECEMBER:

**Tues 13, 7:00 - 8:30 pm:** SunnyBook Book Club for *The Cellist of Sarajevo* by Steven Galloway

Have ideas for wellness-oriented events you want to see from the Sunnybrook Wellbeing Committee? We want to hear from you! Complete our survey here:

<https://forms.gle/AfSRVee26MPnJQDr9>

## Occupational Health & Safety Wellness Tip:

### DO IT NOW!



Don't wait! Health is important whether you are a child, youth, adult, or senior. Don't overwhelm yourself. Any healthy practice is better than none, so get started!

## COMING SOON: JOIN US AT SUNNYBOOK!

This social-justice-focused book club, based on the Amnesty International book club, is a safe way for Sunnybrookers to interact through reading and dialogue. Each month, the group will discuss a book and its author, as well as the relevant history, geography, language, music, art, and calls for action. Virtual meetings will be held on the second Tuesday of each month from 19:00 to 20:30, starting on **November 8th, 2022**. Everyone is welcome! Visit Sunnynet for more details or email [sara.abumiddin@sunnybrook.ca](mailto:sara.abumiddin@sunnybrook.ca) to arrange to borrow the book (hard copy, e-book, audio, & large print available).

Our first read will be *Half-Blood Blues* by Esi Edugyan.

SunnyBook brought to you through collaboration of PART (Presidential Anti-Racism Taskforce) & the Wellbeing Committee.

