

# WELLNESS MATTERS

*A newsletter from your Sunnybrook Wellbeing Committee*

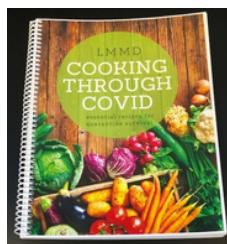


## Team Spotlight:

### LMMD SOCIAL COMMITTEE



The Laboratory Medicine and Molecular Diagnostics (LMMD) Social Committee strives to create a sense of community in their department. They especially wanted to bring their colleagues together during the difficult times of the pandemic. To address this, they invited all LMMD staff to submit recipes for a collective cookbook and to reflect on what made the dishes special to them. The cookbook that the Social Committee created, titled "Cooking Through COVID", was filled with recipe comments so that readers could both make a great meal and feel that they were enjoying it with friends and colleagues. All proceeds from the cookbook were donated to a food bank to further spread the good cheer and help others. Great initiative, LMMD Social Committee!



## Resource to Note:

### SUNNYBROOK WELLNESS CHALLENGE

You asked and we listened! The Wellness Challenge returns in February 2023, brought to you by the SRI Student Network and Wellbeing Committee. Registrants will be given daily wellness tasks to complete and an entry into a prize raffle for every task fulfilled. New this year, we'll also be awarding Team Prizes, so encourage your coworkers to sign up and motivate each other by completing tasks together along the way. Register for the Challenge [here](#) by January 27, 2023. If you have any questions or comments, please contact [studentnetwork@sri.utoronto.ca](mailto:studentnetwork@sri.utoronto.ca).

## UPCOMING EVENTS

**MULTIPLE DATES** (see *Sunnynet Events* for more info)

**Your Health Space Mental Health Support Program:** Workshops brought to you by CMHA - email [hazel.baillie@sunnybrook.ca](mailto:hazel.baillie@sunnybrook.ca) to register

**Weekly Homewood Health Lunch & Learns:** Email [natalie.poulias@sunnybrook.ca](mailto:natalie.poulias@sunnybrook.ca) to register

### DECEMBER

**Thurs 15, 12:15pm:** Sing Sunnybrook Sing! in the M6 Atrium

**Mon 19, 12-1pm:** Restorative Lunch Break - Preparing Your Home for the Holidays (register on Sunnynet)

### JANUARY

**Tues 10, 7pm:** SunnyBook Virtual Book Club - *What We All Long For* by Dionne Brand

**Thurs 26, 12:15pm:** Sing Sunnybrook Sing! in the M6 Atrium

### FEBRUARY

**Ongoing:** Sunnybrook Wellness Challenge (see below for more info)

**Tues 14, 7pm:** SunnyBook Virtual Book Club - *Fugitive Pieces* by Anne Michaels

**Wed 22, 12:30-4:30pm:** Peer Support Champion training - contact [hazel.baillie@sunnybrook.ca](mailto:hazel.baillie@sunnybrook.ca) for more info

**Thurs 24, 12:15pm:** Sing Sunnybrook Sing! in the M6 Atrium

### MARCH

**Tues 14, 7pm:** SunnyBook Virtual Book Club - *Fall on Your Knees* by Ann-Marie MacDonald

**Thurs 30, 12:15pm:** Sing Sunnybrook Sing! in the M6 Atrium

## Collaboration Recognition:

### VIRTUAL MEMORIAL SERVICE

On October 27th, 2022, a collaboration between Spiritual and Religious Care, Social Work, and Creative Arts Therapy facilitated a Virtual Memorial Service celebrating patients that have died in our care between December 2021 and June 2022. Family members of the deceased, patients, friends, and staff were invited to attend and remember their loved ones. A total of 57 participants attended and shared in the Memoriam through moments of reflection, silence, and lighting of candles that honoured their memory and life.

## Occupational Health & Safety Wellness Tip:

### EXPLORE RESOURCES

You don't need to be an expert to get started! Seek and use resources to learn information on posture, safe work practices, fitness and healthy living.

