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# Expand

## Expand: Knowledge, Compassion and Team Spirit

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MARCH 2021

### A Message from ED

I am writing to let you know that our AZ C19 vaccine pilot has been a huge success from many prospective. By the end of tomorrow, we will be delivering close to 480 doses to our patients and residents in the peel region. Our patients and providers have been very happy about this services and at same time we are also contributing to the collective effort to end the pandemic and get our life back in the process. I wanted to take a moment to thank all of you for your support and commitment to make it a success for our team.

These days you will find me thanking you all repeatedly. But you all deserve it. The last few weeks we have seen the tremendous support from everyone in putting up the COVID vaccination clinic in a short time and making sure a seamless operation of the clinic. We are all together for a cause. Once the COVID is over, when we sit back and reminisce the work we have done, we will be proud and realize that we have done our part in writing a history.

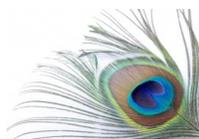


Once again we have two amazing employees joining our team. Josette Doucette and Maureen Mueller!

Welcome to the team!

### A Quote for the Month

A customer is the most important visitor on our premises, he is not dependent on us. We are dependent on him. He is not an interruption in our work. He is the purpose of it. He is not an outsider in our business. He is part of it. We are not doing him a favor by serving him. He is doing us a favor by giving us an opportunity to do so.  
Mahatma Gandhi



### Team CVFHT Expanded

Say hi to Josette Doucette, RD Francophone and Maureen Mueller, RN and give a warm welcome. Welcome on board both!



### Training & Development



Some resources to Expand your Wisdom:

- ⇒ <https://openwho.org/courses/COVID-19-and-work>
- ⇒ <https://www.mphonline.org/free-online-public-health-courses/>

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## Healthy Practices

### The Benefits of Spring Cleaning to Your Health



By: Jovelyn Ancheta, RN

Temperature is rising. Birds are singing. Geese are honking. Flowers are blooming. Late sun setting... Spring season had finally arrived! Welcoming the spring season is pretty much exciting. For some reason, spring stirs up something inside us. Spring also means that it is the time to tidy up our home. Some of us may hate it but surprisingly that tiring chore of spring-cleaning may have a big impact to our health and well-being.

#### 1. Improves air quality at home

Respiratory allergies such as allergic rhinitis affect 1 in 5 Canadians and 80% of people with asthma also suffer from allergic rhinitis or sinusitis (Asthma Canada, 2021). One of the risk factors of developing asthma is environmental exposure to inhaled substances and particles that may provoke allergic reactions such as indoor allergens (e.g. house dust mites in bedding, carpets and stuffed furniture, pollution and pet dander) (WHO, 2021).

Vacuuming every inch of the house and taking time to dust the furniture and top of cabinet and refrigerator where dust accumulate may help to eliminate asthma/allergy trigger. Shaking the carpets will remove those nasty stuff that are hiding in there. Washing and air-drying your pillows is also a good idea to get rid of dust mites.

#### 2. It burns calories and strengthen bones and muscles

According to the Heart and Stroke Foundation, doing activities twice a week such as yard work may contribute to muscle and bone strengthening and improve posture (2020). Household work are a great way to burn calories. If you love digging the garden, doing it for half an hour will

#### 3. Improves your mental health

Doing household chores not just improve your home but your mental health as well. According to a survey, housework can cut stress and anxiety by 20%. A decluttered and clean home helps relieve anxiety, stress and depression. Cleaning your home produces endorphins which reduces stress levels, improves your ability to sleep and improves your mood. A research that was done by the University of Southern California described that clutter served as a reminder of tasks and chores undone whereas cleaning gives people control over their environment. Hence, uncluttered home would lead to increase productivity and reduce stress.

Spring cleaning involves a lot of hard work but its therapeutic value is undeniably strong. Spring gives us hope – a brand new start, the perfect time to declutter and say goodbye to our unwanted stuff.

#### References:

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- Everwell. (2021). *Spring Cleaning and Mental Health: Why Decluttering is Good for your Body, Mind and Soul*. <https://www.everwellhamilton.ca>
- Heart and Stroke Foundation. (2020). *How much physical activity do you need?*. <https://www.heartandstroke.ca/healthy-living/stay-active/how-much-physical-activity-do-you-need>
- Kellow, Juliette. Weight Loss Resources. (2021). [https://www.weightlossresources.co.uk/exercise/tips/housework\\_workouts.htm](https://www.weightlossresources.co.uk/exercise/tips/housework_workouts.htm)
- World Health Organization. (2021). *Asthma*. <https://www.who.int/news-room/fact-sheets/detail/asthma>

#### Early Bird Competition

Q: Are stress and burn out same? What are the differences?

Email the answers to [mantha.kumaresh@thp.ca](mailto:mantha.kumaresh@thp.ca).

#### Winner of the Expand 12 Competition

**Marian Rezkala**

**Congrats Marina !**

## Dietitian's Corner



March is Nutrition Month. The focus this year is how culture, food traditions, personal circumstances and nutritional needs contribute to healthy eating. The FHT dietitians requested recipes from our colleagues to emphasize that food can mean different things to different people. We want to thank our contributors for their recipe submissions: Dipika, Marina and Shannon.

Below is an example of how we can modify a recipe in order to make it a little bit healthier. The suggested modifications are in brackets and have been bolded.

### Lazy Man's Cabbage Rolls

*"This recipe is meaningful to me as my nana taught me how to make it when I lived with her while attending a one year college program. My nana sadly passed this year, but every time I made it over the years I always thought of her and will continue to do so. My husband loves this dish and often makes a request for me to make it especially during the winter months"*  
Shannon Brown

### Ingredients

- \* 1 medium cabbage, cored and cut into quarters
- \* 1-2 pounds lean (**extra lean**) ground hamburger or ground chicken
- \* 296 ML can stewed tomatoes with herbs (**unsalted canned tomatoes**)
- \* 680 ML can spaghetti sauce (**unsalted strained tomatoes**), only use half in mixture
- \* one cup onions, chopped fine (**add garlic and other herbs to taste**)
- \* one cup minute rice (**use left-over brown rice or prepare 1 cup brown rice**)
- \* (**one can unsalted white kidney beans**)

### Instructions

- ◆ First take the cabbage and cut it into quarters, making sure to cut the core out.
- ◆ Cook the onion (**garlic and other herbs**) in a sauce pan
  - Add the meat and cook it partially
  - Add in the stewed tomatoes (**unsalted canned tomatoes**), can of spaghetti sauce (**unsalted strained tomatoes**), cup of rice together (**and can of unsalted white kidney beans**)
  - add salt and pepper to taste (**limit salt to ¼ tsp or less**)
- ◆ Grease 9x14 inch Pyrex glass oven ware pan with olive oil. Then, start to layer ingredients in bottom of pan starting with cabbage covering entire bottom. Spread the meat mixture on top of cabbage. The meat mixture should cover the entire cabbage layer alternating them and try to have the last layer being meat/sauce.

## Dietitian Corner cont...

- ◆ Bake in the oven, on the middle rack at 350 degrees for one hour



There you have it! With some simple modifications, you can continue to make the recipes you love a little healthier. In this recipe example we:

- ⇒ Increased fiber by using brown rice and an added can of white kidney beans
- ⇒ Lowered sodium by using unsalted canned products and only less than ¼ tsp of salt
- ⇒ Lowered fat by using extra lean ground meat

Happy Nutrition Month to all

Your Dietitians,

Natalie and Radhika (in solidarity with Shannon, Adijatakubra, Claudia, Josette and Karina)

**March 11 marked the one year since the World Health Organization declared COVID-19 a global**



**health pandemic. This has been a time like no other in our lives. It brought us change and uncertainty in the ways we provide service and care to our patients as well as our personal lives. We have experienced and have had feelings of loss, grief, and stress over our own health and our families – both physical and mental health, school shutdowns and many more. But I believe we can also reflect also on hope. Despite the challenges we face every day, this is also a time that is bringing the best in everyone and celebrating everyone’s commitment and willingness to**

**carry on. I am inspired to work with amazing colleagues who care for those in need and also being fluid in your roles and deployed to areas that are in need.**

**In the meantime, please stay safe and healthy and thank you again for all you do and taking part in making a difference in the fight to reduce the spread and save lives. You all have shown so much resilience, dedication and compassion during these trying times.**

**"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."**

**-Albus Dumbledore**

**Marina Rezkala, OT**