

# Weekly Wellness Communication



07/22/2020

## Stay Local with a Staycation

Now more than ever it is important to find ways to disconnect from work and rejuvenate. Many say 'I don't want to take holidays, to what, sit at home?' Although summer holidays may not be what you planned with no ball games, Disney World or water parks to visit, it doesn't mean that there is nothing to do.

We live in Ontario! A province filled with natural beauty and the most freshwater lakes in the world! When was the last time you stepped into your own 'backyard' to check out what your own city has to offer?

In fact, did you know that the Sault Ste. Marie Museum, the Downtown Association and Tourism SSM has recently developed an app called "[On this Spot](#)" that allows users to explore the city and its history? Over 100 historical photos, provide context to four walking tours. The app is free for all users!

Did you know that when you search 'top things to do in Brampton' 7/10 things are parks or conservations areas? Visit Gage Park for a Saturday afternoon picnic, take a nature walk through the Heart Lake Conservation area or check out the cherry blossoms at Joyce Archdekin Park, right in the middle of the city!

While in Timmins, visit Kettle Lakes Provincial Park! Thousands of years ago glacial movements resulted in 20 self-contained lakes being formed, making up this beautiful Provincial Park. Go hiking, kayaking, fishing, have a picnic, go blueberry picking (in August!!), you name it and you will find something to do – right in your backdoor Timmins!

Staycations have the benefit of being economically friendly, supports local economies, and helps rejuvenate your mind, body and soul without having to worry about packing for a weeklong trip!

Remember to be safe, maintain your social distance, and take time for yourself and your family!

Let Ontario be your Oyster this summer.

*"Some people look for a beautiful place; others make a beautiful place."*

Hazart Inayat Khan



## Recipe of the Week Southern Potato Salad

Try this at home, take a picture, and send to [hr@algonau.ca](mailto:hr@algonau.ca) for a feature!

### Ingredients

- 3 pounds of Yukon Gold Potatoes
- 2 Tbsp. of Apple Cider Vinegar
- 1 ¼ cup of mayonnaise
- 1/3 cup of dill pickle relish (optional)
- 1 tsp of celery salt
- 1 tsp of dijon mustard
- 4 hardboiled eggs – diced
- 2 celery stalks – diced
- Half a small onion – thinly sliced
- Salt and pepper to taste

### Steps

- Cook and cool potatoes and eggs
- Dice celery and onion
- Whisk together mayo, relish, celery salt and mustard
- Toss all ingredients together and season to taste
- Refrigerate for 1-2 hours before serving, served chilled, will hold for 3 days

LINK to [recipe](#)



# Weekly Calendar

Five activities to try for each day of the week!

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
#takeoutwednesday  Treat the family and support a local restaurant today!	Are the skies clear? Try star gazing tonight!  <i>Maybe you will see a shooting star!</i>	Check out <a href="#">Buy Algoma, Buy Local</a>	Have the Monday blues? Check out <a href="#">Imgur</a> for the most viral videos today!	Can't beat the heat?  Sounds like it is time for water balloon fight!



Meet Our AU Extended Families!

**Finley Majic**

**Meghan Boston-McCracken** after a busy day at work with her boys, Max, Mathew and Nellee (the puppy!)

**The Belair Family**

**Quick Links**

[Algoma University COVID-19 Updates](#)

[Government of Canada](#)

[World Health Organization](#)

## Employee Feature



In April, my husband and I were to fly to Mexico with friends, our first real trip in five years and our 'honeymoon' (only three years late). COVID had other plans for us. At first we stayed busy doing some small house projects, playing games, and re-watching our favourite tv shows but our new life soon became stagnant. As the weather warmed, I planted my garden, the fire ban lifted and weekly fires became something new to do, yet it still wasn't enough. We were still looking for that 'break'.

So we did two things to disconnect: **One**: we bought bikes – which we ride together and are able to enjoy the city and time together and **Two**: we made a commitment to enjoy what Algoma has to offer. Our first trip was to visit the Pictographs – something my husband, who has lived in SSM his entire life, has never done.

The hike down hill and back up, was not the easiest but that didn't matter, because even for an afternoon, we unplugged, we took time for ourselves to enjoy what Algoma had to offer. When we got home, even though it was only an afternoon, we felt refreshed, rejuvenated and ready for another week.

Algoma is a beautiful area. Take the time this summer to stay local and take it in.

#staylocal #seeAlgoma #thingstodointhesault

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