

Leave Your Stress Behind

By: Caroline Daniel-Placement Student from Centennial College's Workplace Wellness and Health Promotion Program



The word stress is derived from the Latin word stringi that means to be drawn tight. Stress is a feeling that one gets when faced with a challenge. Stress can come from major events in life such as getting married or changing jobs, or from minor daily incidents, such as job pressures or holiday planning. The things that cause you stress may not be a problem for someone else. We talk a lot about stress but we are not always clear about what it is. This is because stress comes from both the good and the bad things that happen to us. If we did not feel any stress, we would not be alive! Stress becomes a problem only when we are not sure how to handle an event or a situation. Then worry sets in, and we feel "stressed". Agents that cause stress is called stressor and is divided into external and internal stressors. The former is the sources of stress that we are aware of around us and the latter being the stressors inside us. Stress is or may be a contributing factor in everything from [backaches](#) and [insomnia](#) to [cancer](#) and heart attacks. Your

symptoms may be different from someone else's. None can prevent themselves from being stressed but can effectively manage to overcome the situation.

Here's a chance to review if you are stressed - Which of the following apply to you?

- Are you always tired?
- Do you prioritize everyone else's needs above your own?
- Do you constantly lose objects like keys, pens, and letters?
- Are you having relationship difficulties?
- Do you start cleaning the house at 8 o'clock in the evening?
- Do you smoke?
- Do you often wake up from sleep at night?

If you answered yes to any of these, then it is time to think about your coping skills. How effective are they?

Effective stress management:

Managing stress is all about taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. Stress management starts with identifying the sources of stress in your life. This isn't that easy as it sounds. Look closely at your habits, attitude, and excuses to identify the source of stress. Think about the ways you currently manage and cope with stress in your life. Are they healthy or unhealthy? Unfortunately, many people cope with stress in ways that compound the problem. Unhealthy strategies such as smoking, drinking, overeating, withdrawing from family, friends, and over sleeping may temporarily reduce stress but cause more damage in the long run. If your methods of coping aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. Avoid unnecessary stress. One should learn how to say no, should know his/her limits and stick to them. Avoid people who stress you out and take control of your situation. If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life. If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change. Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, and adopt a healthy lifestyle you'll be in a better place to handle life's stressors when they inevitably come.

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Vision
Opportunities for people with disabilities.

Mission
Variety Village promotes appreciation, interaction, empowerment and inclusion. We facilitate the achievement of life goals for people with disabilities through sports, fitness, wellness; awareness; education; training and skills development.



Active  Aging Club

AQUAFIT-A-THON
Friday, April 8 from 1-3pm

Frequently Asked Questions



Who will be the instructors?

All of Variety's #1 Aquafit Staff
• Ben, Janu, Sherri, Joseph, Zoe, and Kristina
* Katie will be in the water for all 2 hours!!!!

Do you have to stay for the full 2 hours?

- No. You can stay for however long you feel comfortable

Will there be tea and coffee after?

- Yes! In the Lounge

Will there be any Aqua-Zumba?

- Yes! Sherri will provide the Zumba entertainment.

Will it be in the shallow end or deep end?

- Both. It will be the same set-up as our deep end/shallow end classes on Wednesdays and Fridays

Can I bring a friend to this event?

- Yes, when you bring in a registration form it will give you a free day pass for a friend to Variety Village

Can I come if I'm not in the Active Aging Club?

- Of course, the more the merrier

Only \$25 to participate. All money raised will go to Variety Village. Please contact Katie Morrison at 416-699-7167 Ext. 283 if you have any other questions.

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It's Here! The Spring 2011 Program Guide!

No you didn't read that wrong, the 2011 Spring Program Guide is printed and available at the front desk as well as on our website at www.varietyvillage.ca.

Here are some new programs to watch for...

- Basketball
- Football
- Gymtastic
- Kidfit
- Origami
- Swim and Sport (SN)
- Intro to Water Polo
- Junior Lifeguard Club

Important dates to remember:

March 2 & 3- 8:00am-7:00pm-Registration for children with special needs only. (In person, by phone-416-699-7167 or fax 416-699-3926)

March 5- 7:30am-2:00pm-General registration (in person only)

March 28- June 12-Spring Session

Friday April 8- Pool closed [5-10pm] (Synchro)

Friday April 22 VV Closed (Good Friday)

Sunday April 24 VV Closed (Easter Sunday)

Judge Frank



On Feb. 12 & 13, Badminton Ontario hosted the Canadian National Championships. This tournament is part of the Pan/Parapan Am 2011 games team selection process. Many of the players who took part in this tournament will be representing

Canada in Guadalajara this fall in the Pan Am games. Badminton Ontario has begun the process of training officials for the 2015 Pan/Parapan Am games that will be held in Toronto. Line judges will be important officials at the games and approximately 100 will be needed. A Line Judge training session was held at Variety Village on December 15, 2010 and employee, Frank Cannarella participated in this training and volunteered at the Nationals. Frank was put to work and he had a front row seat to see all of Canada's top badminton players and Pan Am hopefuls. Thank you Frank.

Variety Village Personal Training Presents a Special Price for Seniors-\$45/session



Introducing a new opportunity for seniors to get fit and feel healthy.

Exercise has been proven to arrest, if not reverse, the effects of many age-related disorders such as osteoarthritis, joint pain and arthritis. It has also been proven to be effective in combating heart disease.

Let our expert training staff help you

develop the best workout routine and get you on the road to a healthy and happy life. Our innovative and cutting edge programming will provide you with an exciting and effective workout regime that will allow you to take control of your health and feel better with every rep.

If you are a member that is 65 years of age or older, you automatically qualify for this special offer. Seniors can now purchase sessions at an amazing price of \$45/session (sessions are sold in packages of 5 or 10).

To book an appointment, call Debbie Murray at 416-699-7167 Ext. 238 or Amanda Gray at 416-699-7167 Ext. 256



Get on the Move to Feeling Better

East Toronto Orthopaedic & Sports Injury Clinic is a premier facility for delivery of orthopaedic physiotherapy treatment, rehabilitation and sport medicine care in the east end of Toronto, and has been in operation since 1994. We offer services at our main facility at Coxwell and Danforth, and at Variety Village. Our clinic hosts a team of skilled physiotherapists and other trained health professionals who specialize in the treatment of injuries to the spine, muscles and joints, and problems with pain. Consider an appointment with Candice Wong PT, your physiotherapist at Variety Village.

What does a physiotherapist do?

As primary health care professionals, physiotherapists combine in-depth knowledge of how the body works with specialized hands-on clinical skills to assess, diagnose and treat symptoms of illness, injury or disability. With your independence in mind, a physiotherapist's goal is to restore, maintain and maximize your strength, function, movement and overall well being. Physiotherapists prescribe personalized therapeutic exercises, provide essential education about the body, and undertake hands on treatment for your condition, based on science and evidence. Your care begins with a thorough assessment of your injuries and complaints. We'll then discuss your needs and goals, and work to design a treatment plan appropriate for your injury. Our goal is to go beyond the symptoms to resolve the cause.

Visit us on the web at mytorontophysio.com for more information or call us today at 416 691 3943

**Village Person of the Month
Kristen Morrison**



In the first issue of "The Village People", we featured an energetic staff member by the name of Katie Morrison. What you may not know is that Katie is not the only Morrison that works at Variety Village. This month's Village Person is her sister, Kristen Morrison.

Kristen started at the Village over seven years ago as a one-to-one worker in our summer camp program. She continued to work in the Children in Motion program and as a camp counselor. Recently, Kristen has been a regular face on Saturdays at Variety Village as a reception staff.

When asked what she looked forward to when coming in to work, Kristen said: "Definitely the people. I look forward to seeing the staff, many of whom have become great friends. I really look forward to all the kind, smiling faces of the members that I get to greet at reception."

I'm sure that in seven years of working at Variety Village, Kristen has accumulated many wonderful memories. When I asked her what her best memory was, she had a very inspiring answer. "Variety Village is the reason that I decided to become a teacher. Working with the incredible kids here made me decide that teaching is what I'm meant to do. I will also remember the first camper that I ever worked with here at the Village, Sean. He was so much fun to work with and taught me more than I can ever explain."

Kristen is unfortunately leaving the Village to focus on her career as a teacher. We wish her the best of luck in her future endeavors and hope that she won't be a stranger and come visit as often as possible. When asked what she would miss most about working here she said, "Everything. I think the hardest part of leaving the Village is that it feels like I'm leaving my family. I will miss walking the halls and getting hugs from some of the greatest kids around! I will miss working with people who always make me laugh. I will miss chatting with members about their lives (and the treats that they often drop off for us!). I will miss the overall positive energy that everyone feels when they walk into this amazing place."

Facility Access Notices

March 8- 9am-5pm- All courts in use for TDSB Girls Volleyball Tournament

March 11- 5-8:30pm-Court 2, 3 and Track in use from for March Project

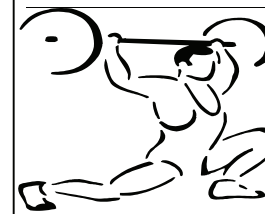
March 12- 5-8:30pm-Court 2, 3 and Track in use from for March Project

March 17- 1-6pm All courts in use for MLSE presentation.

March 24- Cafeteria in use all day for a private event

March 25- Cafeteria in use until 9am

March 27-9:30am-3:00pm- Pool in use for Sunshine Swim Meet



The Sports Page

Variety Village Weightlifting Team Represents Ontario at Nationals

Members of Variety Village's Weightlifting Team represented Ontario at the Canadian Junior Nationals in Regina, Saskatchewan on January 22. Here are the results...

- Aaron Rose**-Gold Medal
- Taylor Findlay**-Silver Medal
- Sheila Paulin**-Bronze Medal

Toronto Winterlift Results

The Variety Village Weightlifting Team recently competed at the Toronto Winterlift on February 5. Here are the results...

- Jennifer Buchanan**-4th Place-58kg Class
- Ayesha Sabayle**-1st Place-75kg Class
- Luke Buchanan**-1st-46kg Class
- Domenic Buchanan**-2nd 46kg Class
- David Tshibungu**-7th-77kg Class
- Shawn Buchanan**-4th-85kg Class
- Raymond St. Jean**-9th-85kg Class

2011 Toronto Open RAW Powerlifting Tournament Results

The Variety Village Powerlifting Team hosted Ontario's first ever 100% RAW Federation powerlifting tournament on February 26. There were over 40 lifters in attendance from all over Ontario, Alberta and even one lifter from Russia. Multiple national and world records were shattered at the event. Records won't be available until the drug test results of the meet are finished but will be shared as soon as they are available. Here are the results of athletes from Variety Village.

Athlete	Class	Squat	Bench	Deadlift	Total	Rank
Nicole Paul-McEvoy (F)	52kg	80kg	30kg	115kg	225kg	1
Gwen Heisler (F)	82.5kg	87.5kg	51kg	94kg	232.5kg	1
Aidan McEvoy	67.5kg	90kg	50kg	112.5kg	250kg	1
Eric Gonet	75kg	145kg	97.5kg	180kg	422.5kg	2
William Frost	75kg	115kg	80kg	155kg	350kg	3
Bobby Bonner	82.5kg	160kg	105kg	207.5kg	472.5kg	2
Kyle Leech	100kg	180kg	155kg	205kg	540kg	3
Justin Burns	140kg	227.5kg	132.5kg	235kg	595kg	1
Murray Anderson	SHW	235kg	165kg	280kg	680kg	1
Clayton Norris	90kg		122.5kg		122.5kg	2

Variety Village Track Team Competes at Bullets Meet on February 12

Here are the results from the Bullets Track Meet:

Ethan Smith- 400m- 1st Place and new Ontario Record
800m- 1st Place

Olympia Karipidis- 200m- 2nd Place

Bridget Hickey- 1500m- 3rd Place

Montana Smith- 1500m- 4th Place

Will Morgan- 50m- 1st Place
200m- 4th Place

Flames Swimmers Compete in 2011 Short Course Provincials

Here is a letter from Flames coach, Corrine Bainton about our swimmers latest meet in Ottawa.

On February 24-27, four Variety Village Flames swimmers, Malcolm Fairweather, Nydia Langill, Robert Hampson and Megan Sherwin, attended the 2011 Short Course Provincials Swimming Championships in Ottawa. It was a great weekend. Our swimmers represented the team well and had a lot of fun in the process!

Megan swam her first provincial meet qualifying for the finals in the 50m breast stroke. She managed to shed 21 seconds in total from her races. She handled the pressures of the meet with ease and maturity beyond her years. Megan is going places!

Our veteran swimmers Robert Hampson and Malcolm Fairweather were great role models for young Megan. They had several best times and placed top ten in 10 events.

Nydia Langill had 2 best times and qualified for finals in every event.

Nydia, Malcolm and Robert will spend the month of March getting ready to represent the Flames at the CAN AM Games in Minneapolis, Minnesota. Great work from all four of our Flames swimmers!

Keep it up!

Coach Cori