



# The Quad

a gathering place on  
**health**  
**positivity**  
**wellbeing**  
**community**

## IN THIS ISSUE

---

**Lest We Forget**

**World Diabetes Day/Insulin Turns 100**

**Celebrating Outstanding Buildings**

**Recognizing and Overcoming Burnout**

**Happy Diwali**

**Get Some Sleep ... on a Bus!**

**Fall Back on November 7**

# BETTER TOGETHER



Virtual programming exclusively curated for QuadReal tenants and residents

# JAMIESON PLACE UPDATES



## Jamieson Place Fitness Centre Updates

Please visit our building website [Fitness Centre page](#) for the latest updates on how to submit your proof of vaccination, information on how to join the gym if you are a new member, and more.

If you have any questions or concerns, please contact the Jamieson Place Fitness Centre Staff via email at [jpfitness@livnorth.com](mailto:jpfitness@livnorth.com) or by phone at 403-503-9106.



## Veterans Association Food Bank Drive

**November 1-12**

In an effort to assist the Veterans Association Food Bank with their increasing food demand, we are organizing a food drive.

Please donate non-perishable food items in support of the veterans in the donation box installed on main floor lobby, adjacent to the security desk. A list of most needed items is available [here](#).

Thank you for your support and participation!



## Recyclable beverage containers donation program

If you have bottles, cans or milk cartons at home and would like to donate them to support Make-A-Wish Canada Foundation, please bring them in a plastic bag and drop them off at the Jamieson Place Shipping and Receiving office located in the loading dock. Should the Shipping office be closed, please leave them outside of the door.

More information about this initiative is available on the [News and Events](#) page of our building website.



## Drawing from Nature

**November 24 noon ET + November 30 noon PT**

Join artist Erin Candela for a guided introduction to drawing with inspiration provided through found objects from the natural environment. Participants are invited to forage for three items from nature to draw and be ready to explore sketching from life.

**[Register for November 24 noon ET](#)**

**[Register for November 30 noon PT](#)**



## Lest We Forget

---

This Remembrance Day we honour Canada's fallen and proudly support Canadian veterans, active-duty service members, and military families. QuadReal has made a corporate donation to the Joe Sweeney Fund, a program within the Royal Canadian Legion, Ontario Command and to the Royal Canadian Legion, BC/Yukon Command's Veterans Transition Program. Both help ensure veterans have mental health support and suitable housing. To support the Royal Canadian Legion or to dedicate a digital poppy in memory of a veteran, visit [mypoppy.ca](http://mypoppy.ca).



## Let's Talk Diabetes: Insulin Treatment at 100

---

November 14 is **World Diabetes Day**, bringing awareness to one of the most common medical conditions, affecting about 1 in 16 Canadians. Globally, there are over 460 million people affected by diabetes with the number expected to rise.

**Celebrating 100 years**, therapeutic insulin remains central to the treatment of all types of diabetes and is credited with saving millions of lives. It was developed in Canada by Frederick G. Banting, Charles Best, and John MacLeod of the **University of Toronto** and was subsequently purified by James B Collip.

Although prevention, monitoring, and treatments are available, many do not have adequate access to diabetes care. This World Diabetes Day, **pledge your support for access to care**. To learn more about diabetes and access a variety of resources visit **Diabetes Canada**.



## Celebrating Outstanding Buildings

---

We are thrilled to share that three QuadReal buildings won national and international industry awards last month. **Commerce Court** and **6990 Creditview Road** each received the national TOBY award. Representing Canada, **745 Thurlow** won the International TOBY award, bringing home well-earned bragging rights.

The Outstanding Building of the Year (TOBY) Awards are the commercial real estate industry's highest recognition honouring excellence in commercial building management and operations in specific categories of building type or size. To win a BOMA International TOBY Award, a property first must win both local and regional competitions.

Congratulations to the property teams for earning such recognition. Good luck to our national winners in next year's international awards!



## Recognizing and Overcoming Burnout

---

With the ongoing pandemic, there seems to be no shortage of mental health advice and this past year, the issue of burnout has become prevalent in health news. Although the term is not novel (it was popularized in the 1970s) it does seem to resonate with more people around the world due to the pandemic.

**According to the Centre for Addiction and Mental Health**, “Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.” The **World Health Organization** notes there are three primary attributes to burn-out:



exhaustion, reduced productivity, and cynicism or negativity towards one's job.

Here is a **short guide** to help individuals recognize stress symptoms, as well as what steps can be taken to remedy the feeling. Solutions include getting proper sleep, nutrition, and exercise, along with mindfulness and seeking help when needed.



## Happy Diwali

---

To all those who celebrate, we give our best wishes for a happy Diwali. The festival of lights is observed by over one billion people around the world during the Hindu lunisolar month Kartika (between mid-October and mid-November). Diwali symbolizes the spiritual victory of light over darkness, good over evil, and knowledge over ignorance.



## Get Some Sleep ... on a Bus!

---

Desperate to get sleep wherever you can? For busy Hong Kong residents, the solution may be a bus ticket. The **Sleeping Bus Tour** offers a five-hour scenic ride that also helps passengers catch up with sleep. For many early commuters who sleep en route to work, public transportation has become associated with sleep. The result? A bus ride to help cure insomnia. Pillow not included.

In many regions, the time change on November 7 will provide a welcome extra hour of sleep; however, good sleeping habits mean maintaining a consistent schedule. Looking for a sleep hack? See our Wellness Tip of the Month below for ways to introduce more ZZZs into your night.



## Fall Back on November 7

---

For many of us daylight saving time will end November 7 at 2:00 a.m. local time, when we are asked to turn the clocks back one-hour. It is also a perfect time to change the batteries in your smoke and carbon monoxide detectors. **Watch a short instructional video.** Your reward: an extra hour of sleep (sorry Yukon and Saskatchewan).



## Wellness Tip of the Month

---

A good night's sleep is important to our overall well-being, including physical and mental health. Want to improve your sleep schedule? Here are six steps to better sleep:

1. Go to bed and get up at the same time every day, setting a sleep routine.
2. Pay attention to what you eat and drink and limit heavy meals, caffeine, and alcohol.
3. Create a restful environment, such as a cool, dark, and quiet room.
4. Limit daytime naps to no more than 30 minutes.
5. Include physical activity in your daily routine, as it can help promote sleep.
6. Manage worries: clear your mind before bed by writing things down and setting them aside for the next day.

Read the full article [HERE](#).

