

# Weekly Wellness Communication



05/06/2020

## Happy Mother's Day!

Mother's Day, is a day where we celebrate the mothers and mother-figures worldwide. It is a day to reflect on the significance mothers and mother-figures have in our lives and society, and express love, honor, and respect towards them.

Algoma University employs many hardworking mothers and mother-figures. It is difficult to balance the demands of work and home, and they manage to do it every single day. Especially with our transition to working at home, mothers and mother-figures are now simultaneously being full-time working professionals and full-time caretakers. To the mothers and mother-figures of Algoma University, Thank you for being real-life superheroes! Here are a messages from a few of our AU moms:

*"Happy Mother's Day to all my colleagues. I know that you have a lot on your plates and you are amazing! I find it helpful to do something active on my lunch break. We have come up with just about anything to keep the kids entertained and active. We used boards and a bricks to make an obstacle course! I am here to support all you amazing women so please feel free to reach out!"*



Meghan Boston-M<sup>c</sup>Cracken, MSW, RSW  
Social Work Field Education, Admissions and Community Engagement Coordinator



*"I am so grateful to have these two boys (Riel, 6, and Hudson, 9) to keep me grounded during this pandemic. When things feel too uncertain, too overwhelming, I find that if I focus on my little family unit, I find a much needed peace. When I see how happy and healthy and seemingly unaffected they are despite all this pandemic panic, I realize that all we ever really need to thrive is the love of our family. I hope that all of you can find some peace with your loved ones on this upcoming Mother's Day."*

Billi Grisdale-Briski, B.A. Hons, M.A.  
Executive Assistant to the Vice President of Finance and Operations



## Recipe of the Week Mother's Day Shortbread Cookies

### Ingredients

- 1 cup butter, room temperature
- ½ cup powdered sugar, sifted
- 2 cups all-purpose flour

### Steps

- Preheat oven to 350o F and line a baking tray with parchment paper.
- Cream together butter and sugar until fluffy.
- Add in flour and mix until the dough comes together.
- Turn the dough out onto a counter dusted with powdered sugar and gently roll the dough into a long two by two inch log.
- Wrap the log in plastic wrap; firm up in the fridge for 30 minutes.
- Slice the cookies into 3/4-inch-thick rounds.
- Decorate the cookies with your favorite heart-shaped sprinkles!
- Place each round on your baking tray and bake for 16-18 minutes or until just golden.

[LINK to recipe](#)



*“Motherhood is a full-time job! Home-schooling is a full-time job! Being a stay-at-home mom is a full-time job! Advocating and supporting a child with special needs is a full-time job! But wait... I also have a full-time job! COVID-19 has changed all of our lives and as a mother of three this challenge has been an adjustment to say the least. Work and home life are now completely blended. The truth is the hardest thing is to manage expectations. At work I don't want to appear distracted or less committed. At home I don't want to seem distracted and not provide my children with my attention, engagement, or learning. I don't want to miss out on connecting with the students. I don't want to not be available to my spouse or my extended family members who need support in isolation. Balancing everyone else's expectations is unrealistic!*

*The worst critic is myself and my own expectations. And the truth is that I know better not to do that! But it's real. We are all experiencing things that we have never experienced and were not prepared for. So I focus on what I always do-GRATITUDE.*

*I'm grateful for my employment and the amazing teams I am honoured to lead and work with. I'm grateful that a smile comes across the faces of my colleagues when one of my "littles" climb up on my lap during a meeting or when we identify our children or pets as our "colleagues" to identify their behaviour in the moment! I'm grateful for the students who I check on and who check in on me! I'm grateful for the health care workers who are taking care of family, friends and who are checking in on my son locally and from all over the province. I'm grateful for this time with my kids and that the lunch break that I usually skip is now a bike ride, a game of basketball, or even a cooking lesson. Focusing on the little things, laughter and our well-being is what will get us all through this challenging time. Stay Home. Stay Safe.” – Karen Hudson*

*“We are soaking up the warm weather and sunshine and taking as many walks as we can. I spend lots of time trying to keep up with my busy toddler and have become pretty skilled at making him endless snacks. Aside from missing our friends and family, we are enjoying all of this time together.”*

Meghan Majic  
Pathways Specialist and Assistant to the Registrar



Karen Hudson, B.A. (Hons.), B.Ed., M.Ed.  
Manager, Student Success and Wellbeing

## “Thank-You”

There are many ways to show gratitude to mothers and mother-figures on Mother's Day, from getting a thoughtful gift to giving a meaningful message. Here are a few ideas to show your appreciation while social distancing:

1. Order takeout from her favourite restaurant, or a bouquet of flowers, to be delivered to her home
2. Visit her home to do work on the garden/yard
3. Have a drive-by parade with your family outside her home
4. Collect pictures of her, print them out, create a collage of your favourite memories, and deliver it to her
5. Give her a simple phone call and ask about her day!

## Celebrating our Fur-Moms!

