

Weekly Wellness Communication

07/08/2020



Staying Active & Connected

Associate Professor Dwayne Keough is not letting COVID get in his way to raise funds to fight kids cancer by participating in the Great Cycle Challenge this summer.

This August, Dwayne will be riding 300km in the Great Cycle Challenge, to help fight kids' cancer. Cancer is the largest killer of children from disease in Canada, and over 1,400 children are diagnosed with cancer every year.



Dwayne notes that “My challenge will be tough, but it's nothing compared to what these brave kids and their families face every day of their lives as they battle this terrible disease. Kids should be living life, NOT fighting for it. And so I am taking on this challenge to end childhood cancer and save little lives.”

Dwayne explains that, “Cancer is something that we are, unfortunately, all too familiar with. In fact, 3 out of the 5 of my immediate family members (Mom, Dad, Brother) have had cancer...plus other family members too. Last year was the first time I decided to participate in this event and I had a great experience. I choose my cycling goal of 250 km and I raise \$500 to help kids fight cancer. This year I have a more ambitious goal to ride further and raise more donations.”

Dwayne is asking colleagues to support in any way they can through his fundraising page:

<https://greatcyclechallenge.ca/Riders/DwayneKeough2/d>

All funds raised will support SickKids Foundation to provide care, develop treatments and find a cure for childhood cancers.

**All donations will be issued a tax receipts.*

“We make a living by what we get but we make a life by what we give.”

- Winston Churchill

Recipe of the Week

Banana Protein Shake

Try this at home, take a picture, and send to hr@algomau.ca for a feature!

Ingredients

- 1 cup of unsweetened Almond Milk
- ½ cup of plain full fat free greek yogurt
- 1 scoop of vanilla protein powder
- 1 frozen banana
- Ice as desired

Steps

- Add all ingredients to a blender and blend until smooth

Shake too thick? Add some milk a little bit at a time until desired consistency

LINK to [recipe](#)



Weekly Calendar

Five activities to try at home for each day of the week!

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
#takeoutwednesday Treat the family and support a local restaurant today!	Take some time to clean up your neighbourhood of spring garbage.	Take a nature walk after work! <i>Bring the camera you never know what you may see!</i>	Watch your favorite movie from when you were a child. <i>PS. TMNT is now on Netflix!</i>	Visit GoNoodle , a free, interactive way for parents and kids to stay active & learn throughout the summer.




Quick Links

[Algoma University COVID-19 Updates](#)


[Government of Canada](#)

[World Health Organization](#)


Meet Our AU extended Family!



Avery Witty by the fire!



Mark and Mason Dayboll out on the boat



Jen Foote's children, Rowan & Lyra out for bike ride!

Giving Back: A valuable tool to help weather the COVID blues

As we continue to find our way through uncharted waters, including recognizing that the way we work and the way we play, things may never be what it once was, it is only human nature to focus on those directly around us (ourselves, our family and close friends). COVID has impacted many around us. Those who were most vulnerable before, may be even more vulnerable now.

How we choose to react, not just through monetary donations, but also through our actions and our empathy towards those in need becomes paramount.

As they say, *actions speak louder than words* and as the AU community, that has been evident by the generous donations to help the Student Emergency fund, the ongoing foodbank donations and continued support to colleagues in anyway possible.

AU continues to show how much of a giving community we are and how that community effort will be one of the shiny stars during a rather difficult time.

Looking to do more? Engaging with your local communities such as donating food items, donating blood, shopping at a local restaurant or even shopping for an elderly neighbour are all ways one can give back during this time.