

# ANIKA YOUTH SERVICES



## Newsletter

**APRIL - JUNE 2021**

### Youth Corner



On the first beautiful day of the year, and when COVID-19 restrictions eased, we were able to get outside together to paint some flower pots and plant these beauties! Both our youth and staff are so talented!

# Past Events



**Pink Shirt Day**

**International Women's  
Day Pins**

**Plant a Flower Day**

**Shamrock Shakes for St.  
Patrick's Day**

## Black History Month

**Creating a collaborative art piece**



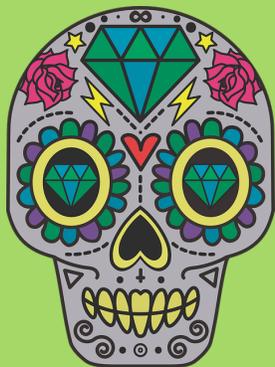
Both staff and youth got to learn more about the amazing heroes in the black community that have moved civil rights and equality forward, like Rosa Parks, Martin Luther King Jr., Mae Jemison, and many more. Afterward, youth got to place their painted handprint on a board to represent unity.

# Upcoming Activities



## Easter Egg Hunt

Finders keepers!  
Participate in an awesome outdoor egg hunt for the Easter holiday. Eat all the chocolate you can handle!



## Cinco de Mayo

Celebrate this fun, colorful, and lively holiday with some delicious Mexican food and creating sugar skull bracelets!

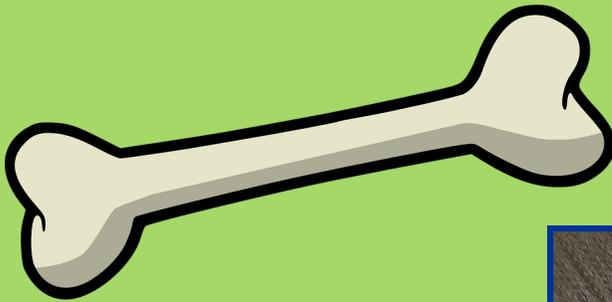


# National Puppy Day



**Our youth got to spend some quality time with our youth worker's dog!**

We had the opportunity to get some puppy therapy with Jackson! Petting, playing, and giving him treats were the most popular pastimes. We hope to get some more cuddle time in soon!



Jackson was so excited to see everyone, he was lights out by the end of the day!



# Anika Recipes!

## TikTok Cloud Bread

1. Preheat oven to 300F and line a baking sheet with parchment paper.
2. Whip egg whites until frothy. Gradually add in sugar, and sift in corn starch. Whip until you get stiff peaks
3. Add food colouring if desired, then scoop onto the baking tray and shape into a cloud.
4. Bake for 25 minutes and enjoy immediately!

### Ingredients

- 3 egg whites
- 2.4 tbsp. sugar
- 1 tbsp. corn starch

## Raman's Best Tuscan Chicken

1. In a spacious deep pan over medium heat, heat oil. Add chicken and season with salt, pepper, and oregano (add cayenne if you like it hot). Cook until golden and no longer pink, 8 minutes per side. Remove from skillet and set aside.
2. In the same skillet over medium heat, melt butter. Stir in garlic and cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst, then add spinach and cook until spinach begins to wilt.
3. Stir in heavy cream and parmesan and bring mixture to a simmer (add more cayenne here for the spicy version). Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, be careful not to overcook!



### Ingredients

- 1 tbsp. extra virgin olive oil
- 4 boneless skinless chicken breasts
- Salt
- Fresh black pepper
- 1 tsp. dried oregano
- 3 tbsp. butter
- 3 cloves garlic, minced
- 1.3 c. cherry tomatoes, halved
- 3 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated parmesan

# Health and Safety

## Surviving Spring Allergies

Use these tips to manage spring allergy symptoms.

### Cool Wisely



Use an air conditioner



Do not use window or attic fans



Avoid humidifiers and swamp coolers (possible molds)

### Clean Up



Use a saline nasal wash



Change clothes and wash or shower away pollen

### Block Wind



Use a scarf or mask on windy days



Weeds – late summer



Trees – early spring



Grasses – late spring, early summer



Molds – midsummer in warmer states, year-round in southern/western states

### Garden Carefully



Avoid exposure to fertilizers and pesticides



Stay away from piles of leaves and branches (possible molds)



Do not mow the lawn (have someone mow it for you)



Keep home doors and windows and car windows closed during pollen season (especially when pollen counts are high)

### Count Pollens



Stay inside during afternoons and evenings when pollen levels are highest

### Take Medication



Consistently take doctor-recommended medicines and treatments

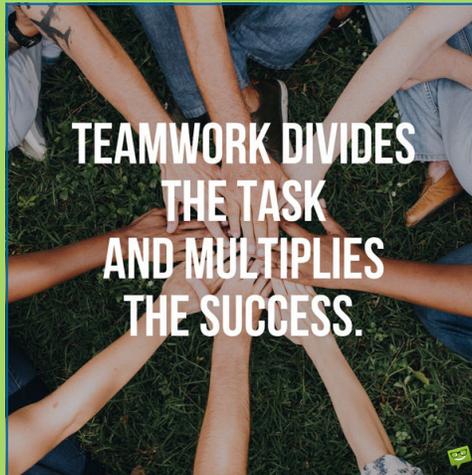


# **AYS Employees & Careers**

## **Currently Hiring!**

AYS is looking to hire full time and part time  
**FEMALE Residential Support Workers!**

Please send your resume to  
[admin@anikayouthservices.ca](mailto:admin@anikayouthservices.ca)



## **Staff Changes**

- Shiva as Full-Time RSW
- Nida as new Full-Time RSW
- Amrit as Awake Overnight
- Inderjot as new Part-Time RSW
- Jassimrat as new Awake Overnight Support
- Chandra as Harm Reduction Staff
- Kate as Harm Reduction Staff
- Jazzmin as new Harm Reduction Staff
- Mandy as Harm Reduction Staff
- Pauline as new Harm Reduction Staff
- Kimberly as new Full-Time RSW
- Heidi as new Part-Time RSW
- Navneet as new Part-Time RSW
- Avneet as new Holland Rec. Worker
- Susanne as new Full-Time RSW