

ANIKA YOUTH SERVICES



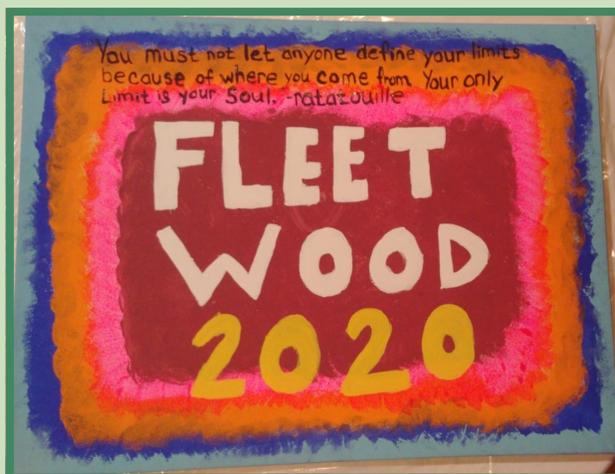
Newsletter

APRIL – JUNE 2020

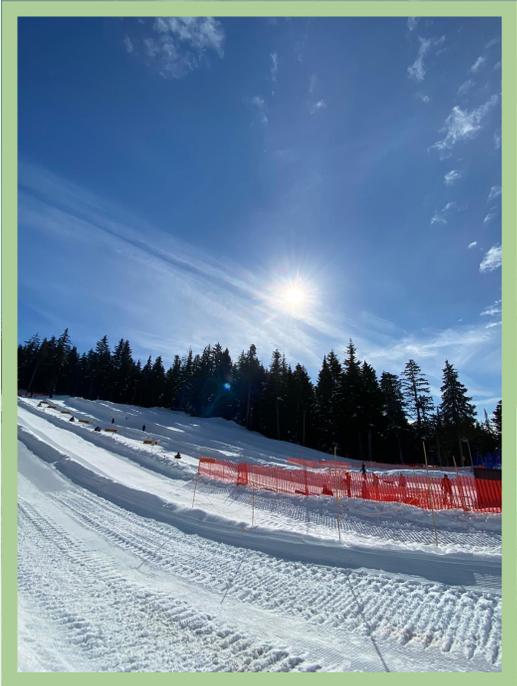
Youth Corner



Every year each of our resources create their own house flags as a collaborative art activity between youth and staff. These are just a few of examples!



Past Activities



Drum Making
Snow Tubing
Go-Karting



Therapy Donkey Visit

Youth and Staff gathered for some snacks and to pet therapy donkeys! We hope to have them visit again in the future!

**International
Women's day Event**

Upcoming Activities



Easter

This year for Easter our Youth Worker created adorable Easter baskets for our Youth!

Staff will also plan a fun Easter egg hunt for our kids at the houses!

Diversity Exploration

With Pride month coming in June AYS hopes to bring our youth together for a color powder celebration



Staff's Favourite Recipes

Jackie's Chicken Fajita Pasta

- In a large high sided skillet add 1 tablespoon olive oil and set over medium heat.
- When the oil is hot add in the ground chicken, yellow onion, bell peppers, garlic, chili powder, smoked paprika, cumin, kosher salt, and black pepper.
- Cook until the meat is fully cooked and no longer pink and the vegetables have started to soften.
- Pour in the tomato sauce, chicken stock, and the dried pasta. Stir to combine.
- Let the mixture simmer for about 10 minutes or until the pasta is fully cooked. If the mixture cooks down too much before the pasta is fully cooked add a little more stock.
- After the pasta is fully cooked the mixture should be creamy but thick. Stir in the sour cream and cilantro.
- Top with cheese and let the warmth of the pasta melt the cheese.
- Optional - Melt the cheese under an oven broiler if in an oven safe

Ingredients

- 1 pound ground lean chicken
- 1 medium yellow onion, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 2 cloves garlic, minced
- 2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon cumin
- Kosher salt, to taste
- Black pepper, to taste
- 15 ounces tomato sauce
- 1-1/4 cup chicken stock
- 8 ounces dried pasta
- 1/4 cup sour cream
- 1/4 minced cilantro
- 1/2 cup shredded Mexican blend cheese

Brenda's Best Brownies

- Preheat the oven to 325 degrees. Line an 8 X 8 inch baking pan with tin foil and spray with non-stick cooking spray. (add love and vibes)
- In a microwave-safe bowl, add butter and sugar. Microwave for one minute or until butter is melted. Stir to combine. (add love and vibes)
- Whisk in eggs, extra yolk, and vanilla. (add love and vibes)
- Stir in oil and cocoa powder. (add love and vibes)
- With a rubber spatula, stir in flour, soda, cornstarch, and salt, just until combined.
- Stir in chocolate chips. (add love and vibes)
- Bake for 30 minutes. A toothpick inserted should have

DO NOT OVERCOOK !!!!!

Cool completely and ice with chocolate icing.
Cut into either small or large squares
(I fully recommend LARGE) and watch them disappear !!!

Ingredients

- 1 ¼ cup white sugar
- 5 tbsp. unsalted butter (salted is fine too)
- 2 lg. Eggs + one egg yolk (cold)
- 1 ½ tsp vanilla
- ¾ cup cocoa powder
- ½ cup vegetable oil
- ½ cup all purpose flour
- ⅛ tsp baking soda
- 1 tbsp cornstarch
- ¼ tsp salt
- 1 cup chocolate chips (I used white and milk chocolate)
- 1 heartfelt of love and a handful of good vibes, these two ingredients are essential do not substitute!

At Home Projects and Activities



2019 Performance Outcomes

AYS Performance Outcomes!



63% of the time you and your peers are in a stable environment overnight!

75% of clients in 2019 were in a school or work program!



64% of all the youth were in an extracurricular activity!

91% of all of our beds in the houses were used in 2019!

It only took 13.7 days between the time AYS received a referral to the date youth moved in!



Feedback

Client and Care Team Feedback!

From your feedback, you and your peers have reported that **you feel safe when living at AYS**, feel you **have input toward your goals** and are **treated with respect by the staff!** (94%)



Your care team provided feedback too and responded that they feel **AYS works to support your best interests** and that the **staff are educated and qualified** to work in AYS and with you!

Health and Safety

With the novel coronavirus (COVID 19) officially declared a global pandemic, Anika Youth Services (AYS) is following all necessary preventative measures recommended by the CDC and HealthLinkBC such as regular hand washing, staying home in order to minimize exposure, and practicing social distancing (for a full list, please consult the HealthLinkBC website).

COVID 19 is a contagious respiratory illness with symptoms like fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite. (HealthLinkBC, 2020).

AYS is working to develop and deliver strategies to our staff and youth in attempts to prevent the spread of the virus while supporting them during these uncertain times. AYS has implemented and is encouraging additional ideas/strategies such as:

- Necessary supplies available at all times to maintain a clean and sanitary work environment (cleaning supplies, disinfecting sprays and wipes, and hand sanitizers)
- Posters in the house with youth friendly information on COVID 19
- Continuing conversations with youth on how to take appropriate precautions
- Designated person for information sharing and reporting (Melanie Donaldson)
- Pandemic Awareness training
- Regular updates on the pandemic in person, via email, or phone
- Regular check-ins between all AYS staff and youth for support

Anika Youth Services is committed to providing the best possible services to our youth during this world crisis. A special thank you goes to all of our Residential Support Workers for their efforts to continue the ongoing support to our youth without disruption in quality of service.

For more information regarding the outbreak of COVID 19 please consult HealthLinkBC website:

<https://www.healthlinkbc.ca/health-feature/coronavirus-covid-19>

AYS 2019 Outcomes

Employee of the Month

- January - Sandy
- February - Deb
- March - Chantel



Staff Changes

- Alyssa as full/part time Residential Support Worker
- Amrit as full time Support Staff
- Anna as full time Support Staff
- Coral as part time Residential Support Worker
- Kate B as full time Residential Support Worker
- Sadye as full time Residential Support Worker
- Chandra as full time Residential Support Worker
- Jessica as full time Residential Support Worker