

ANIKA YOUTH SERVICES



Newsletter

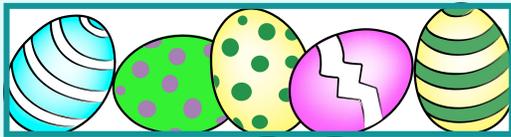
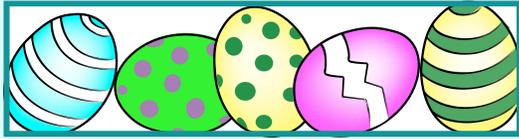
JULY – SEPTEMBER 2020

Youth Corner



This amazing piece was the winner of our AYS Pride T-Shirt contest in June. So creative and definitely a celebration of LGBTQIA+ pride!

Past Activities



Easter Dinner

We delivered youth and staff an Easter feast complete with goody bags!

Zumba Zoom Call

A virtual exercise class to connect during COVID!

Diversity Exploration

Pride Event

Our diverse youth and staff met up at the park to celebrate Pride and LGBTQIA+ rights! We painted flags, had snacks, and created artwork to show our Pride!



Upcoming Activities



Loon Lake Retreat

Our second annual AYS Loon Lake Retreat is coming up in August. Staff and youth will be spending the night at Loon Lake Lodge and doing amazing activities like high ropes and swimming!

AYS Art Class

Our incredibly talented staff member Lindsey will be leading an art class at the end of July. Youth and staff will get to explore their creative side and make some fantastic artwork to display in their houses!



Staff's Favourite Recipes

Brianna's Apple Pie Oatmeal Breakfast Cookies

These breakfast cookies are perfect for quick grab-and-go breakfasts—or even snacks! They're soft and chewy, and they're full of sweet apples and cozy spices, just like the iconic dessert. Leftover cookies will keep for at least one week if stored in an airtight container in the refrigerator, and they also freeze really well!

1. In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, nutmeg, and salt. In a separate bowl, whisk together the butter or coconut oil, egg white, and vanilla. Stir in the maple syrup and milk. Add in the flour mixture, stirring just until incorporated. Fold in the apple. Chill the cookie dough for 30 minutes.
2. Preheat the oven to 325°F, and line a baking sheet with a silicone baking mat or parchment paper
3. Using a spoon and spatula, drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten to the desired thickness and width using a spatula. Bake at 325°F for 9-11 minutes. Cool on the pan for 10 minutes before turning out onto a wire rack.



Ingredients

- 1 cup (100g)
- $\frac{3}{4}$ cup (90g)
- 1 $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp salt
- 1 $\frac{1}{2}$ tbsp (21g) unsalted butter or coconut oil, melted and cooled slightly
- 1 large egg white
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup (60mL) maple syrup
- 5 tbsp (75mL) nonfat milk
- $\frac{3}{4}$ cup (94g) finely diced red apple

Youth In Care BBQ



Our interactive drive-thru Youth In Care Week event was a success! Coming together to celebrate our youth during these socially distanced times!

Snacks, drinks, and goody bags were snatched up!

Each of our youth got to take home their own customized mug and participate in creating the tie dye Youth In Care tapestry.



Health and Safety

AYS continues to closely monitor COVID-19 updates and recommendations from CDC and HealthLinkBC to ensure the safest and appropriate measures and actions are taken by all staff.

For more information please consult:

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

Summer is here!

SUN SAFETY

SUMMER SKIN PROTECTION



WEAR
BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE
CLOTHING



AVOID SUN BETWEEN
11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE
WATER



REFLECTION
CAUTION



SEEK SHADE



AVOID DIRECT
SUNLIGHT

AYS Staff

Employee of the Month

- April– Kate
- May– Lindsey
- June— Samantha



Staff Changes

- Raveen as Full-Time Residential Support Worker
- Ashley as Full-Time Awake Overnight Support Worker
- Aman as Full-Time Awake Overnight Support Worker
- Natasha Stulec as Part-time Residential Support Worker
- Sandy is now AYS Transition Worker
- Kelsey is now AYS Youth Worker