

ANIKA YOUTH SERVICES



Newsletter

JANUARY - APRIL 2021

Youth Corner



Our creative and talented youth made gingerbread houses during the Christmas season, and this fabulous gingerbread train took the cake!

Past Activities



**Kwanzaa Drum
Making**

**Ornament
Decorating**

Hanukkah Activities

Toque Decorating

Diversity Exploration

November Cultural Exploration Activity



Staff and youth were asked to submit answers to questions that dove deep into more information about their own culture or one they are interested in researching. The submissions were amazing and we were able to put together a fabulous booklet filled with a variety of cultural information, and each house was provided with one of their own! Amazing job everyone!

Upcoming Activities



Try A New Hobby Week

During the month of January, youth had the opportunity to try out a new hobby and be given the supplies necessary to get started! Knitting, embroidery, drawing, painting, and calligraphy were just a few of the options offered!



Australia Day

Our youth will get to learn something new about the country 'down under' and create a didgeridoo, a unique cultural musical instrument!



Diwali Event



Our Diwali event was a huge success with so many staff and youth coming out to attend!

We had an amazing turn out for this event at the office boardroom, with social distancing in effect. We had henna, rangoli, and delicious samosas and mango juice to fill everyone's stomachs for the day!



Everyone was excited to try out some new foods and activities from a different culture than their own!



Anika Recipes!

RG's Banana Pancakes

1. Mash banana, then add flour and baking soda and mix together.
2. Mix melted butter, beaten egg and milk together.
3. Combine wet and dry ingredients
4. Pour batter on buttered pan on medium heat for 3 minutes each side.

Ingredients

- 1 brownish banana
- 1 cup flour
- 1 tsp baking soda
- 1 cup milk
- 1 egg beaten
- 1 tbsp melted butter

Raman's Greek Potatoes

1. Wash, peel, and cut potatoes into wedges and put them aside.
2. Take a large casserole dish, mix together the olive oil, mustard, oregano, salt, pepper, garlic, and lemon juice.
3. Take a large pot and boil water in it. Once water is boiling add the baking soda and throw in your potatoes and boil them for only 3 minutes.
4. Transfer potatoes to casserole dish, coat all your potatoes and let them marinate for 24 hours.
5. Next day, bake them in the same casserole dish for one hour at 390 degrees Fahrenheit. Don't flip them throughout. Serve them with whatever dish you like!



Ingredients

- 5-6 potatoes
- 1/2cup olive oil
- 2 tbsp mustard
- 2-3 tbsp oregano
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4-5 cloves of grated garlic
- Juice of 1-2 lemons
- 1tsp baking soda



Health and Safety

5 tips

FOR WINTER WELLNESS

MegaFood
Fresh From Farm To Tablet™

1

EXTRA SLEEP



take the time for extra sleep

With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.

get outside and exercise

Bundle up, and take a walk. Even a 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.



EXERCISE OUTSIDE

2

3

STAY SOCIAL



stay social

The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.

eat protein at each meal

Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.



EAT PROTEIN

4

5

FRUITS & VEGGIES



focus on fruits and vegetables

While the Farmer's Market may be closed and your garden is under snow, it's more important than ever during the winter to get a wide variety of fruits and vegetables every single day. Think 'eat like a rainbow' when you are grocery shopping.

Make sure to get extra Vitamin C. Enjoy a smoothie rich in C with ingredients like oranges and strawberries. Give yourself an easy nutrition "boost" with a scoop of MegaFood Daily C-Protect featuring immune supporting botanicals with a blend of fresh organic whole oranges, organic blueberries and organic cranberries.* (see recipe below)

MEGAFOOD'S VITAMIN C BLASTER SMOOTHIE

- 10 oz water
- 10 oz coconut milk
- 1 large, or 2 small oranges, with pith
- ½ pint of organic strawberries
- 2 scoops of MegaFood Daily C-Protect Nutrient Booster**
- Handful of ice



*This document has not been evaluated by the Food and Drug Administration. This website and/or products do not constitute a medical diagnosis.

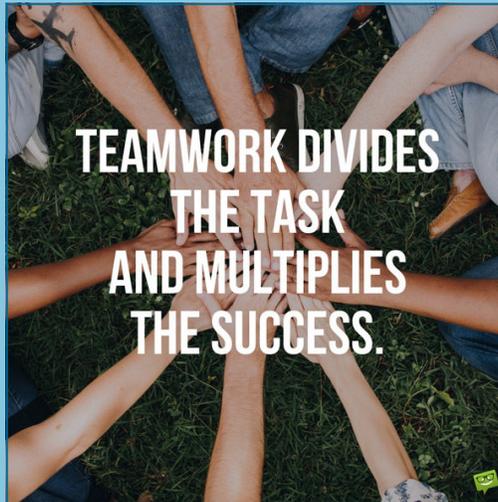
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AYS Employee's & Careers

Currently Hiring!

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

Please send your resume to
admin@anikayouthservices.ca



Staff Changes

- Simrit as new Full-Time AYS awake overnight staff
- Anmoal as Weekend Youth Worker
- Haley as Part-Time Residential Support Worker
- Sandy as Resource Coordinator
- Bianca as Transition Worker
- Amanda as Full-Time new Residential Support Worker
- Julia as new Full-Time Residential Support Worker
- Cat as Full-Time Residential Support Worker
- Mikayla as new Full-Time Residential Support Worker
- Shiva as new Part-time Residential Support Worker
- Kari as new Part-time Residential Support Worker