

AYS NEWSLETTER



JANUARY – MARCH 2020

Self Care

Workout

15 minute hiit workout

complete the entire circuit as many rounds as possible in 15 minutes



20 reverse lunge + front kick



15 walk out plank + push up



10 split jumps



5 rolling low planks



Focus on taking care of **YOU!**

Anika has taken the time to listen to what our staff needs for self care. Full time staff can expect to receive a self-care box to help with stress management and coping.

Self Care Tips

- **Make sleep a priority**
- **Exercise to reduce stress and anxiety**
- **Take a break by getting outside**
- **Schedule your self-care time**
- **Connect with fellow staff**
- **Take time to reflect on your day**
- **Create a cozy space**
- **Keep track of your accomplishments**

Past Activities



Diwali

Youth got to experience the celebration of Diwali by tasting traditional food and snacks while practicing henna.

Pumpkin Carving

Halloween Party

Youth participated in cookie decorating while watching their favorite scary season movies.

Christmas Party

Youth and Staff enjoyed Christmas festivities through taking pictures with Santa and painting picture frames.

We shared lots of laughs while playing games, enjoying treats, and listening to Christmas music.



Upcoming Activities



Beading Workshop

Learn to make beaded jewellery from a traditional Musqueam artist. Date will be



Clothing Swap

Tuesday January 28

Staff and youth are invited to bring in previously loved clothing and will have the opportunity to take home new finds and the remainder will be donated to others in need.



Valentine's Day Party

Will be held on
February 14th

Youth will be invited to bake sugar cookies and participate in crafting affirmation jars

Recipe's

Worlds Best Lasagna (Parkside House)

Ingredients

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can crushed tomatoes
- 2 (6 ounce) cans tomato paste
- 2 (6.5 ounce) cans canned tomato sauce
- 1/2 cup water
- 2 tablespoons white sugar
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 1/2 teaspoons salt, divided, or to taste
- 1/4 teaspoon ground black pepper
- 4 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated Parmesan cheese



Directions

1. In a large pan cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 teaspoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.
2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.
3. Preheat oven to 375 degrees F (190 degrees C).
4. To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.
5. Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

Put on elastic waist pants and ENJOY !!!!

Cultural Exploration



Tastes of the World Potluck

Once a month we will come together to highlight popular dishes, music, and trivia of a particular culture. Tuesday, February 25 we will be celebrating Japanese culture.

Youth Corner



Check out this amazing artwork from one of our talented youth!



Health and Safety

Winter Health and Safety Tips

Hold it! Don't remove those gloves or mittens yet.

I mean, just think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.

Keep your driveways shovelled and salted on snow days.

Before you get rid of all the snow and ice at your workplace, do some stretching exercises first. You can also march in place or walk for a couple of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

Wipe surfaces and have clean hands

With flu season comes many germs. It is important to wash your hands for at least 20 seconds various times throughout the day and use those trusty Lysol wipes on household surfaces daily!



Spring Cleaning is Coming!

Reminder that all houses will be doing a deep clean moving in to spring time. A detailed list of cleaning tasks will be sent out. Make your space feel new by re-organizing and redecorating!



Last year is when it once had been
Now spring soon will start over again
Then April showers will finally fall
When birds sing can hear nature call.

Squirrels in circles start running around
Many flourishing flowers may be found
More things to do you were meaning
Such as washing with spring cleaning.

Snow and ice all finally did disappear
Greeted spring and are glad it is here
To truly enjoy and always appreciate
Thank You God for not having to wait

AYS Employee's & Careers

We are currently hiring for full-time and part-time positions. Please check out our website and click on “Careers” for more information! To apply, attach your resume and CV and email admin@anikayouthservices.ca



Staff Changes

- Sandy is our new weekday Youth Worker
- Enika is our new weekend Youth Worker
- Sarah is now Program Administrator
- Saja is now AYP Youth Worker
- Christina is now Resource Coordinator
- Morena is now Program Supervisor