

# Anika Youth Services Summer 2014 NEWSLETTER

**37<sup>th</sup> Annual Folk Music Festival**– Jericho Beach Park (July 18<sup>th</sup>–20<sup>th</sup>) A weekend of music, dance, food, craft booths, and over 60 performers waiting to share their music.

[www.thefestival.bc.ca](http://www.thefestival.bc.ca)

- **Caribbean Day Festival**– Waterfront Park in North Van. An exuberant celebration of music, cultural entertainment, art, and a multicultural street parade followed by stage performances and authentic Caribbean food!(July 26–27<sup>th</sup>)  
[www.caribbeandays.ca](http://www.caribbeandays.ca)
- **Celebration of Lights Fireworks** – English Bay (July 26–Aug 2<sup>nd</sup>)  
[www.hondacelebrationoflight.com](http://www.hondacelebrationoflight.com)
- **Vancouver Pride Parade & Festival**– Downtown Vancouver (Aug 3<sup>rd</sup>)  
[www.vancouverpride.ca](http://www.vancouverpride.ca)

## UPCOMING EVENTS

- **Festival of India**– Second Beach Stanley Park (Aug 10<sup>th</sup>) This colourful and fun-filled cultural parade starts at 11:30am and travels along the beach until 1pm, featuring music, dances, cooking-demos, and balloon artists.  
[www.vanchariotfest.com](http://www.vanchariotfest.com)
- **Fair @ the PNE**–Hastings Vancouver (Aug 16– Sept 1<sup>st</sup>)  
[www.pne.com](http://www.pne.com)
- **Luminary Festival**– North Delta (Sept 6<sup>th</sup>) This festival is fun for all ages & features a Parade of lights, concert in the park, and food vendors. Create your own lantern! Event s from 6–10pm. [www.delta.ca](http://www.delta.ca)
- **Vancouver International Film Festival** – Various locations. (Sept 25<sup>th</sup>–October 10<sup>th</sup>). One of the most popular film festivals and largest cultural events in Vancouver!  
[www.viff.org](http://www.viff.org)

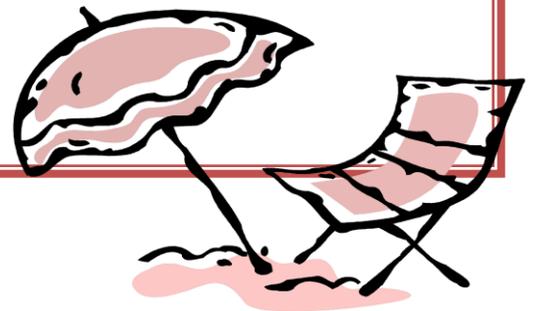
# *Summer Safety*



*Summer is here & that means it's a good time to go outside and enjoy the weather! Here are some tips to help you stay safe in the warmer temperatures*

- **Sunscreen:** Use an SPF (sun-protective factor) of 15 or higher. Sunscreen wears off, so be sure to put it on again if you stay out for more than 2 hours. Use sunscreen even on cloudy days.
- **Sunburn:** Sunburns should be avoided because it damages the skin, the discomfort and healing occurs in about a week in which you may have a fever, severe pain and fluid-filled blisters. Avoid repeated sun exposure, and apply moisturizing lotion to affected areas.

- **Heat Stroke:** Heat stroke may develop without warning, but signs of heat stroke include an extremely high body temperature, red, hot, and dry skin, dizziness, and nausea.
- **Heat Exhaustion:** Heat Exhaustion occurs when the heart and circulatory system cannot manage the heat. Too much fluid and salt loss can lead to symptoms of shock. Major signs of heat exhaustion are weakness; heavy sweating, cold pale skin, muscle cramps and fainting.
- **Safety Tips to Avoid Heat Stroke and Heat Exhaustion:** Drink plenty of fluids, wear appropriate clothing & sunscreen, and stay in shady areas when possible



## Health & Safety Summer 2014

- *Staphylococcus* is group of bacteria that can cause a multitude of diseases.
- Staph infections may cause disease due to direct infection or due to the production of toxins by the bacteria.
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### Causes:

- **Boils.** The most common type of staph infection is the boil, a pocket of pus that develops in a hair follicle or oil gland. The skin over the infected area usually becomes red and swollen.
- If a boil breaks open, it will probably drain pus. Boils occur most often under the arms or around the groin or buttocks.
- **Impetigo.** This contagious, often painful rash can be caused by staph bacteria.

## STAPH INFECTIONS

Impetigo usually features large blisters that may ooze fluid and develop a honey-colored crust.

- **Cellulitis.** Cellulitis — an infection of the deeper layers of skin — causes skin redness and swelling on the surface of your skin. Sores (ulcers) or areas of oozing discharge may develop, too. Cellulitis occurs most often in the lower legs and feet.
- **Staphylococcal scalded skin syndrome.** Toxins produced as a result of a staph infection may lead to staphylococcal scalded skin syndrome. Affecting mostly newborns and children, this condition features fever, a rash and sometimes blisters. When the blisters break, the top layer of skin comes off — leaving a red, raw surface that looks like a burn.
- **Treatment:**
- **Antibiotics.** Your doctor may perform tests to identify what type of staph bacteria is behind your infection, and to help choose the antibiotic that will work best.

- **Wound drainage.** If you have a skin infection, your doctor will likely make an incision into the sore to drain fluid that has collected there.
- **Device removal.** If your infection involves a device or prosthetic, prompt removal of the device is needed. For some devices, removal might require surgery.

## Preventions

- **Wash your hands.** Careful hand-washing is your best defense against germs. Wash your hands briskly for at least 15 to 30 seconds, then dry them with a disposable towel and use another towel to turn off the faucet. If your hands aren't visibly dirty, you can use a hand sanitizer containing at least 62 percent alcohol.
- **Keep wounds covered.** Keep cuts and abrasions clean and covered with sterile, dry bandages until they heal. The pus from infected sores often contains staph bacteria, and keeping wounds covered will help keep the bacteria from spreading.
- **Reduce tampon risks.** Toxic shock syndrome is caused by staph bacteria. Since tampons

left in for long periods can be a breeding ground for staph bacteria, you can reduce your chances of getting toxic shock syndrome by changing your tampon frequently, at least every four to eight hours.

- **Keep personal items personal.** Avoid sharing personal items such as towels, sheets, razors, clothing and athletic equipment. Staph infections can spread on objects, as well as from person to person.
- **Wash clothing and bedding in hot water.** Staph bacteria can survive on clothing and bedding that isn't properly washed. To get bacteria off clothing and sheets, wash them in hot water whenever possible. Also, use bleach on any bleach-safe materials. Drying in the dryer is better than air-drying, but staph bacteria may survive the clothes dryer.



## BED BUGS

Bedbugs are small, oval, brownish insects that live on the blood of animals or humans. Adult bedbugs have flat bodies about the size of an apple seed. After feeding, however, their bodies swell and are a reddish color.

Bedbugs do not fly, but they can move quickly over floors, walls, and ceilings. Female bedbugs may lay hundreds of eggs, each of which is about the size of a speck of dust, over a lifetime.

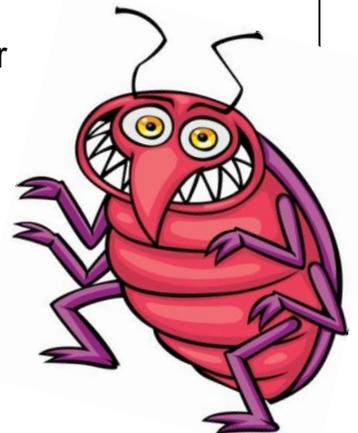
There is no association between bed bugs and filth but the more cluttered your home, the more hiding places for the bed bugs, and the harder it will be to get rid of them. If you wake up with itchy areas you didn't have when you went to sleep, you may have bedbugs, particularly if you got a used bed or other used furniture around the time the bites started. Other signs that you have bedbugs include:

- Blood stains on your sheets or pillowcases, dark or rusty spots of bedbug excrement on sheets and mattresses, bed clothes, and walls, bedbug fecal spots, egg shells, or shed skins in areas

where bedbugs hide, an offensive, musty odor from the bugs' scent glands

- Getting rid of bedbugs begins with cleaning up the places where bedbugs live. This should include the following:
- Clean bedding, linens, curtains, and clothing in hot water and dry them on the highest dryer setting. Place stuffed animals, shoes, and other items that can't be washed in the dryer and run on high for 30 minutes.
- Use a stiff brush to scrub mattress seams to remove bedbugs and their eggs before vacuuming.
- Vacuum your bed and surrounding area frequently. After vacuuming, immediately place the vacuum cleaner bag in a plastic bag and place in garbage can outdoors.
- Encase mattress and box springs with a tightly woven, zippered cover to keep bedbugs from entering or escaping.

Bedbugs may live up to a year without feeding, so keep the cover on your



mattress for at least a year to make sure all bugs in the mattress are dead.

- Repair cracks in plaster and glue down peeling wallpaper to get rid of places bedbugs can hide.
- Get rid of clutter around the bed.
- If your mattress is infested, you may want to get rid of it and get a new one, but take care to rid the rest of your home of bedbugs or they will infest your new mattress.

### RANDOM FACTS:

- In the course of an average lifetime, you will, while sleeping, eat 70 assorted insects and 10 spiders.
- Human Birth-Control works on gorillas
- Human thigh bones are stronger than concrete
- It is against the law to have a pet dog in Iceland
- Owls are the only bird that can see the color blue

## Its Strawberry Season!

### Strawberry Oatmeal Smoothie

#### Ingredients:

- 1 cup milk
- 1/2 cup rolled Oats
- 1 banana; broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar

In a blender, combine milk, oats, banana & strawberries. Blend until smooth. Pour into a glass and enjoy!



## JOB POSTINGS

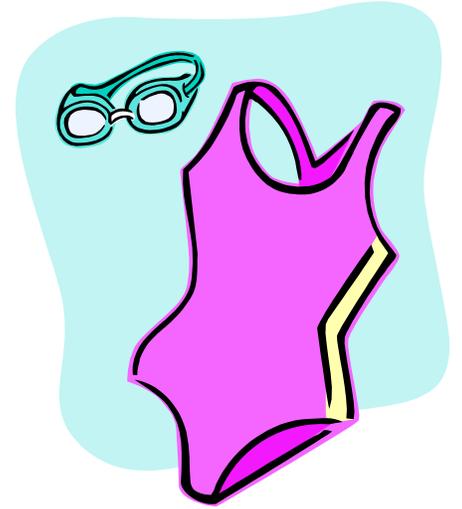
- Internal Job Posting: *Youth Worker Position*  
(Deadline for application is July 31, 2014)
- We are currently looking for Residential Support Workers

## **AYS PROGRAMMING**

AYS will continue to host fun activities throughout the summer! Programming will be every other Thursday, hosted by a difference house each week

STAFF: It is your responsibility to Stay tuned and check the Calendar weekly for upcoming events.

You can find this calendar on the Google drive, titled "THURSDAY NIGHT PROGRAMMING"



## **ATTENTION TEENS!!!**

Did you know that ages 13-18 have access to the YMCA free ALL SUMMER!

The active teen Summer Pass is valid from July 1- August 1

You will have access to swimming pools, hot tub, work out in the gym , take a fitness class (including Zumba, yoga, and boot camp)

**Let your staff know if you are interested in taking advantage of this great deal!**



**CULTURAL  
AWARENESS  
NEWSLETTER FOR  
SUMMER 2014**

**HAPPY RAMADAN!!**

**What is Ramadan?**

Ramadan is a time of the year where Muslims from all over the world fast. Fasting is when a person cannot eat, drink or smoke for a specific time. (Sunset-sundown)

Ramadan is a religious holiday celebrated by many people from a variety of countries around the world, including Afghanistan, Bosnia, Dubai, Egypt, Lebanon, Morocco, and Russia.

**Why do Muslims fast?** Muslims are obligated to fast the 30 days, except for those suffering from an illness, pregnant, or going through menstrual cycle. The other reason why Muslims fast is so that they can experience what other people in poor countries

suffer from on a daily basis. Many places are not blessed with having clean water and food on their table every day. Those who are not able to fast are required to give back to the community somehow, by donation to the less fortunate, making meals for the public, or giving money called Zakat to people who are in need of financial assistance.



**How long do Muslims fast for?**

Muslims fast from dawn-sunset. Since Ramadan falls in July this year, the Days are long. The sun starts to peak at 3am, and remains out until approx 9pm, that means Muslims fast for 20 hours a day! WOWZA!

Popular sayings to say during Ramadan in Arabic include Ramadan Kareem and Ramadan Mubarak- this means Happy Ramadan, or have a blessed Ramadan!

At sunset, Approx 9pm, Muslims break their fast for the day with water. It is a religious tradition to break the fast with a fruit called dates. Once the fast has been broken, soup and or salad is served as a starter, followed by appetizers such as hummus or fried goods, finally the main course include rice, chicken or meat! Since the cut off time is approx 3am, you will find that Muslims will eat and drink as much as they can to prepare to fast for the next day!

### Hummus Ingredients

- 1 lbs dried chickpeas
- 4 garlic cloves, crushed
- 8 tablespoons tahini paste (pureed sesame)
  - Olive oil to taste
- $\frac{2}{3}$  cup of fresh lemon juice
  - $\frac{1}{4}$  teaspoon Paprika
  - $\frac{1}{3}$  to  $\frac{1}{2}$  teaspoon salt

### Hummus Recipe

1. Rinse the dry chickpeas to get rid of any debris.
2. Once ready, empty the soaked chickpeas in a colander/filter to get rid of the soaking water, then rinse it with fresh cold water really well.
3. Add the chickpeas to a cooking pot with  $\frac{1}{2}$  teaspoon of baking soda (optional, just to speed the

- process) and then add about 6 cups of water (or until water covers the chickpeas by about  $\frac{1}{2}$  inch).
4. Bring it to a boil on high heat, then let it simmer on low heat for about 1 hour while the pot is covered.
5. Check up on the chickpeas 45 minutes into simmering to see if it's done. The test is simple, try to crush a chickpea with your fingers, if it crushes easily and feels smooth then it's done.
6. Once the chickpeas are cooked, and while still hot add them immediately to a food processor with  $\frac{1}{2}$  to 1 cup of warm water and grind for a 3-5 minutes at low speed.
7. Add the salt and garlic, then slowly start to add the Tahini paste as the food processor grinds away.
8. Once done, slowly add the lemon juice at the end and let the food processor run for a couple minutes more afterwards. Taste the beautiful puree and see if it needs an adjustment of salt or lemon juice.
9. Notes: Some folks suggest adding the boiled chickpeas water to the food processor instead of regular warm water. You could do that and result in a slightly richer taste, however the resulting hummus may be a bit tougher on the tummy due to all the baking soda in the water.
10. As soon as the water starts boiling, a white foam will appear on the top, try to scrape out as much of it as possible (without removing water).





### **Eid-al-Fitr (End of Ramadan)**

*is a holiday that Muslims celebrate to conclude their month of fasting! This holiday is celebrated with treats, gifts, and money, followed by a feast with friends and family. This year, Eid will fall on July 29 2014*

### **Anxiety**

While all teens feel anxiety from time to time, some feel it more than others.

*Example: Say your best friend tells you she's going to the airport with her dad to learn to skydive. She's totally excited. But just thinking of skydiving causes you tremendous anxiety. Your stomach churns, your heart races, and you feel a lump in your throat when you try to swallow. You can't believe your friend is actually doing this, and think about it all day long. When she calls that evening, she says she can't wait to skydive again -- "It was thrilling!" While you and your friend are both thinking about skydiving, you perceive the situation in very different ways.*

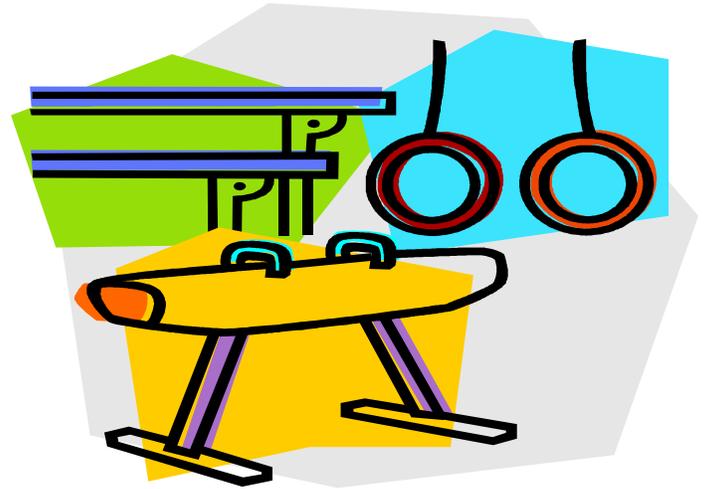
### **What Is Anxiety?**

- For teens or anyone else, anxiety is a normal reaction to Stress Things like tests, meeting new people, speaking in public, going on a date, and competing in sports can make us feel apprehensive. But some teens react much more strongly to stressful situations than others. Even thinking about the situations may cause them great distress.
- Anxiety can be a good thing when it helps you deal with a tense situation. For example, when you're studying for a test, a little anxiety can make you do well. But at other times, anxiety can be harmful, especially when it is excessive and irrational, and prevents you from being able to focus.
- Sometimes the anxiety can come between you and your friends, especially when you avoid going out with them or calling them because you're too panicked or tense. That's when you need to do something to feel less anxious, so you can fully enjoy your teenage life.

## How Can Teens Cope with Anxiety?

Many teens find ways to cope with the high anxiety they feel. It's important to recognize your emotions, to know what you're feeling and why you're feeling that way. Recognizing the types of situations that cause your anxiety is helpful as well.

Sometimes just admitting that a situation is stressful and being prepared to deal with it can reduce your anxiety. If you try these simple measures and still have too much anxiety, getting treatment from a health care professional or therapist is the next step.



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## EMPLOYEE OF THE QUATER!

Christina has shown great growth & initiative this quarter by engaging her youth and being a great member of the team!

Thanks Christina you rock

**CHRISTINA BAKER**

## ENJOY YOUR SUMMER

## STAY SAFE

