



UPCOMING EVENTS

YOUnique Youth Conference. February 2, 2013. Britannia Community Services Centre.

A youth conference focused on bullying prevention, self-esteem and relationship development. A variety of speakers will engage young people in interactive workshops. Human Rights values will be taught through Play it Fair and Speaking Rights project.

Viking Invasion 2013. February 16, 2013. Surrey Arts Museum.

Join in the Norse fun with crafts, music and games. A great cultural activity! Visit the Viking Village Encampment, complete with Norse A-frame tents, which will be set up and filled with costumed members of the Reik Felag Norse Culture Recreation Society practicing traditional arts and crafts.

Easter Fair 2013. March 30, 2013. Surrey Arts Museum.

Take a walk around Bear Creek Park and discover local wildlife. Meet rescue animals; from rabbits to reptiles and an assortment of dogs and parrots. Easter crafts and games



Job Postings

We are currently looking for relief workers, and full time staff

Try This!



Carrot Shaped Veggie Pizzas

Ingredients: a dusting of flour, 1 tube Pillsbury Crescent Rolls (8 rolls), 8 ounce tub Philadelphia Veggie Cream Cheese, 1 1/2 cups finely chopped carrots, 1/2 of a head of broccoli, 1 tablespoon heavy whipping cream, whole milk, or egg white

Instructions: Dust a cutting board with flour. Unroll the crescent rolls. Separate them at the perforations. Use a knife to cut the crescent rolls into carrot shapes. Take the excess dough and cut it into three pieces. Brush the top edge of the crescent roll carrot with cream, milk, or egg white. Press one end of each of the three excess dough pieces onto the top edge of the crescent roll carrot creating the green leafy part of the carrot. So that the carrots don't stick, sprinkle a light dusting of flour over the area that was brushed with the cream, milk, or egg white. Turn the carrots over and place on your lined baking sheet. Refrigerate for 15-20 minutes. Meanwhile pre-heat oven to 400 degrees. Bake crescent roll carrots for 7-10 minutes until golden brown. Equally divide the veggie cream cheese and spread it on top of each carrot. Sprinkle finely chopped carrots over the triangle part of the carrot then add broccoli to the top.



SELF CARE

Self care is personal health maintenance. It is any activity of an individual, family or community, with the intention of improving or restoring health, or treating or preventing disease. Self care includes all health decisions people (as individuals or consumers) make for themselves and their families to get and stay physically and mentally fit.

Self care is exercising to maintain physical fitness and good mental health. It is also eating well, self-medicating, practicing good hygiene and avoiding health hazards such as smoking and drinking to prevent ill health. Self care is also taking care of minor ailments, long term conditions, or one's own health after discharge from secondary and tertiary health care. Individuals do self care, and experts and professionals support self care to enable individuals to do enhanced self care.

Self care support has crucial enabling value and considerable scope in developing countries with an already overburdened health care system. But it also has an essential role to play in affluent countries where people are becoming more conscious about their health and want to have a greater role in taking care of themselves. To enable people to do enhanced self care, they can be supported in various ways and by different service providers.



Take Care of You



SELF CARE SUPPORT

Support to capture, manage, interpret, and report Observations of Daily Living (ODLs), the tracking of trends, and the use of the resulting information as clues for self care action and decision making.

Information prescriptions providing personalised information and instructions to enable an individual to self care and take control of their health

Self care and self monitoring devices and assistive technology

Self care skills and life skills training programmes and courses for people

- Aid from spiritual care givers

Advice from licensed counselors, clinical social workers, psychotherapists, pharmacists, physiotherapists and complementary therapists

Self care support networks which can be face to face or virtual, and made up of peers or people who want to provide support to others or receive support and information from others.

be good to yourself





The Spanish **population** now stands at over **47 million**. The large metropolitan areas include Madrid, Barcelona, Valencia, Seville, Zaragoza, Bilbao. **Life expectancy in Spain is one of the highest in the world** (approximately 81 years). Spain is a non-confessional state, and freedom of worship is recognised in its Constitution. However, most Spaniards profess the **Catholic faith**, which is deeply rooted in society.



Gaudi Architecture

Gaudí's work is admired by architects around the world as being one of the most unique and distinctive architectural styles. His work has greatly influenced the face of Barcelona, Antoni Gaudí was born in Reus in 1852 and received his Architectural degree in 1878. From the very beginning his designs were different from those of his contemporaries.

Gaudí's work was greatly influenced by forms of nature and this is reflected by the use of curved construction stones, twisted iron sculptures, and organic-like forms which are traits of Gaudí's Barcelona architecture.

LA TOMATINA

La Tomatina is a festival that is held in the Valencian town of Buñol in which participants throw tomatoes and get involved in this tomato fight purely for fun. It is held on the last Wednesday of August, during the week of festivities of Buñol.

La Tomatina started the last Wednesday of August in 1945 when some young people spent the time in the town square to attend the Giants and Big-Heads figures parade. The young boys decided to have a place among the retinue of a parade with musician, Giants and Big-Heads figures.



The energy of these young people made that one participant fell off. The participant flew into a fit of rage, started to hit everything in his path. There was a market stall of vegetable that fell victim of the furious crowd: people started to pelt each other with tomatoes until the local forces ended that vegetable



Planning For **NATURAL DISASTER**

British Columbia's history of natural disasters include: major forest fires, major earthquakes, major flooding, hail, landslides and snow avalanches, blizzards, tsunamis and storm surges. Being prepared for when such an emergency occurs is important for survival.

FACTS:

- ⇒ Doorways are one of the safest places to be during an earthquake because they are usually reinforced and will be the best protection from falling debris. Hold on until the quake is completely over (most casualties occur during aftershocks).
- ⇒ It is more difficult to find clean water than food after a water-related disaster because water supplies become contaminated.
- ⇒ Earthquakes strike suddenly, violently, and without warning at any time of the year and at any time of the day or night. Earthquakes are a naturally destructive effect of Earth's constantly changing surface.
- ⇒ An earthquake is caused by the breaking and shifting of rock beneath the Earth's surface. Ground shaking from earthquakes can collapse buildings and bridges; disrupt gas, electric, and phone service; and sometimes trigger landslides, avalanches, flash floods, fires, and huge, destructive ocean waves (tsunamis).

BE PREPARED:

Ensure all first aid kits and emergency earthquake bags are stocked and replenished. Practice drills regularly and review evacuation plans with clients.
Know who to contact in the event of a natural disaster.



Anika Youth Services Outcomes Report Summary - 2012

In 2012, AYS worked with 16 clients and we're happy to announce that we exceeded our goal for providing a safe, nurturing environment while dramatically surpassing our goals for occupancy. In just one year, we welcomed eight new clients to AYS. Working closely with the Ministry of Children and Family Development (MCFD), it took an average of seven days between a referral and a placement at AYS.

AYS is committed to reducing AWOL rates, and in 2012 we exceeded our stability goals. Moving forward, AYS will expand our measurements to also include community integration. Reaching that goal is a direct result of the work we do to ensure our clients feel empowered, cared for, and safe. Last year, 87.5% of clients felt that they were "directly involved in the daily decisions that affect their lives." When asked, 87.5% of clients reported "trusting relationships with AYS staff," and 90% of clients said they "felt an increase in personal safety while living with AYS."

Looking ahead, AYS resource coordinators will meet with clients to continue improving our practices, drawing on input and suggestions to make youth feel more involved in the decisions that affect their lives.

This year saw AYS expand by opening up another residential facility in Surrey.

Our hard work also extends to the community, with 100% of stakeholders saying AYS "works to support the best interests of clients and the community." When surveyed, 24% of stakeholders answered "not sure" when asked if AYS "was known for its integrity and ethical practices." In response, we have included our Code of Ethics on our webpage to increase awareness.

For more information, the full 2012 Outcomes Report is accessible to the public at:

www.anikayouthservices.ca

Anika Youth Services Strategic Summary - 2012

AYS has a five-year Strategic Plan that will help us serve clients effectively and efficiently while expanding the scope of the services we provide. Our strategic direction is focused on maintaining our three-year CARF accreditation. Our goals include expanding our resources, developing specialized programs, helping clients with transitions, and increasing community awareness. Internally, we've been working to ensure we have well trained staff and are using technology to increase our connectivity and efficiency.

