

AYS Newsletter

April—June 2018

AYS Upcoming Trainings

SAFETALK—Suicide Prevention Training—May!

MANDT Training!

Coming up June 2018!

The Mandt System®, developed by The Mandt System, Inc. is an international staff development and training process providing a comprehensive array of programs and services to organizations, their employees, and the people with whom they interact. Building Healthy Positive Relationships between and among these constituents is the ultimate goal of our training programs.



March Staff Challenge!

Staff Participation



In March, Danica Sauve, Director initiated a staff challenge to encourage staff to participate and have fun. Such challenges were, "Take a picture with your client in the sun", "Post a picture of a woman who has inspired you", and "Favourite thing to do as self care."

Everyday was a challenge and whoever participated the most won a \$50 giftcard!

The lucky winner this year was Cora!

Upcoming Events

April 2018

Activity! - Each house will make a part of an AYS totem pole that we will connect together like the picture below! The goal is to be creative and make the most elaborate piece. Winner gets a \$50 gift card for the house!

What is a totem pole?

Totem poles communicate important aspects of native culture. Carvings of animals and other characters typically represent characters or events in a story. They may symbolize cultural beliefs that recount familiar legends or notable events. The poles may also serve as welcome signs for village visitors. Given the complexity and symbolic meanings of totem pole carvings, their placement and importance lies in the observer's knowledge and connection to the meanings of the figures.



Cinco de Mayo—or the fifth of May—commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.

Cultural Awareness

National Aboriginal Day 2018

June 21 2018



What is National Aboriginal Day?

June 21 is National Aboriginal Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous Peoples.

Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.

In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day. For generations, many Indigenous Peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.

What led to the creation of National Aboriginal Day?

National Aboriginal Day was announced in 1996 by then Governor General of Canada, Roméo LeBlanc, through the Proclamation Declaring June 21 of Each Year as National Aboriginal Day. National Aboriginal Day was the result of consultations and statements of support for such a day made by various Indigenous groups.

Anika News

Welcome to the Team!

- . Lisa
- . Rae-Anne
- . Catriona
- . Meryl
- . Brenda
- . Terra



Promotions!

Donna as a new Program Supervisor.

Tatianna has also been promoted to a Crisis Worker.

Congratulations to Danielle G as she was promoted to a Resource Coordinator.

And Welcome our new Youth Worker, Hannah M!!



Anika Birthdays!

Happy Birthday

We wish you happiness
and that all your dreams
come true.



AYS Milestones!

1 Year—LeeAnn, Ali, & Katie

Congratulations!



Employee of the Quarter!



Anika is proud to announce Amber as employee of the quarter! During her time at AYS Amber has demonstrated to be a valuable member of the AYS family. In addition to her ability to connect with her youth; Amber has played a crucial role in contributing to her youth's stabilization, progress and overall physical and mental well-being. Amber shows ambition and takes initiative in her job duties. Amber's compassion, integrity, professionalism, and team-player attitude makes for a well-deserved qualification of employee of the quarter.

AYS Spring Smoothies



The Babe Ruth Smoothie:

- 1 cup Strawberries
- ½ cup Pineapple
- 1 Banana
- 2 cups Orange Juice
- ½ cup Greek Yogurt
- 1 cup Spinach (optional)
- 1 Tablespoon Chia or Flaxseeds
- Ice

Sweet Cherry Almond Smoothie

- 1½ cups Cherries, frozen
- 1 cup Almond Milk
- 1 scoop Protein Powder
- 1 Banana
- Ice
- Optional: top with unsweetened coconut flakes + almond butter

Lovely Greens Smoothie:

- 1 cup Pineapple
- 2 cups Spinach
- ½ cup Grapes
- 1½ cup Orange Juice
- 1 Banana
- Ice

Chocolate Powerhouse Smoothie:

- 1 cup Coconut Milk
- 1 scoop Chocolate Protein Powder
- ½ cup Blueberries
- 1 cup Spinach
- 1 Banana
- 1 Tablespoon Almond Butter
- Ice

Youthful Glow Green Smoothie:

- 2 Handfuls (approximately 2 cups) Kale or Power Greens Mix
- 2 Handfuls (approximately 2 cups) Baby Spinach
- 2 cups Pure Apple Juice
- ½ Cucumber
- ½ Lemon, squeezed (for extra benefits, use the juice from an entire lemon)
- 1 Banana
- Ice
- Optional:
- 1 teaspoon Fresh Ginger, grated

Peachy Mango Smoothie:

- 1 cup Peaches
- 1 cup Mangoes
- 1 Banana
- 1 cup Orange Juice
- ¼ teaspoon Turmeric
- ¼ teaspoon Ginger



Accreditation

carf INTERNATIONAL

Anika will be accredited for the 3rd time through CARF in May 2018.

A CARF accreditation hold Anika Youth Services to a higher standard of support for the clients we serve!

With the increased focus on services for children and youths, CARF standards reflect current quality practices and leadership in the field internationally.



Health and Safety

. OVERDOSE WARNING!



FH Harm Reduction
Date Posted: April 12, 2018
(please remove by April 26, 2018)

OVERDOSE ALERT

In the last 24 hours there has been a significant increase in overdoses in Surrey. Purple, pink, blue and brown down substances have been reported.

Reports include:

- Loss of consciousness
- Overdoses that involve seizures
- Extreme muscle rigidity
- High risk of overdose (OD) even from smoking



Please look out for each other.

A significant spike in overdoses in the Surrey area has prompted officials with the Fraser Health Authority to issue an alert to drug users and harm reduction agencies about "purple, pink, blue and brown down substances."

A spokesperson for Fraser Health says the spike was reported by emergency responders after an increase in the volume of 911 overdose calls.

Exact numbers for how many overdoses have been responded to — or if there have been any deaths — are unknown.

A poster warning of the bad drugs says they have been observed to cause loss of consciousness, seizures, and extreme muscle rigidity.

It also says overdoses have been reported in those smoking the drug, as well as ingesting or injecting it.

The specific identity of the drug or drugs involved is not known, however "down drugs" include things like fentanyl, heroin and oxycontin.

