

FAMILY AND CHILDREN'S NEWSLETTER

AIMHI

Created and Written by Ellen Wookey

DECEMBER 2022

Snickerdoodle Hot Cocoa

2 heaping TBSP. White Chocolate Hot Cocoa Mix
1 TBSP. brown sugar
1/4 tsp. cinnamon
hot water or milk
toppings: whipped cream + cinnamon sugar



Directions

Place dry ingredients in mug.
Add hot water or milk, stir until combined.

Top with whipped cream. Sprinkle cinnamon sugar on top.
Add a cinnamon stick for cuteness.
Enjoy the deliciousness and watch the smiles unfold.

Makes 1 mug of Snickerdoodle Hot Cocoa

www.papflowernc.com



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CHRISTMAS STICKY DATE PUDDING

INGREDIENTS

340G FRESH DATES, SEEDED AND CHOPPED
1½ CUPS (375ML) BOILING WATER
1½ TEASPOONS BICARBONATE OF SODA
150G UNSALTED BUTTER, CHOPPED
1 CUP (175G) BROWN SUGAR
3 EGGS

1½ CUPS (225G) SELF-RAISING FLOUR
2 TEASPOONS GROUND CINNAMON
2 TEASPOONS GROUND NUTMEG
2 TEASPOONS GROUND ALLSPICE

BUTTERSCOTCH SAUCE

80G UNSALTED BUTTER, CHOPPED
1½ CUPS (265G) BROWN SUGAR
1 CUP (250ML) SINGLE (POURING) CREAM

METHOD

Preheat oven to 160°C. Place the dates, water and bicarbonate of soda in a medium bowl and set aside for 5 minutes. Place the date mixture, butter, sugar and eggs in a food processor and process until well combined. Sift the flour, cinnamon, nutmeg and allspice over the date mixture and process until smooth.

Pour the mixture into a lightly greased 20cm square cake tin lined with non-stick baking paper and cook for 55–60 minutes or until cooked when tested with a skewer. Allow to cool in the tin for 10 minutes before turning out onto a wire rack.

To make the butterscotch sauce, place the butter and sugar in a medium saucepan over high heat and stir until the sugar has dissolved. Gradually add the cream, stirring to combine. Bring to the boil and cook for 6–8 minutes or until thickened slightly.

Slice the sticky date pudding into squares and serve warm or at room temperature, drizzled with the butterscotch sauce. Serves 6–8.

*My*CHRISTMAS 

RUDOLPH THE RED-NOSED REINDEER

You know Dasher and Dancer,
And Prancer and Vixen,
Comet and Cupid,
And Donner and Blitzen,
But do you recall
The most famous reindeer of all?
Rudolph the red-nosed reindeer
Had a very shiny nose,
And if you ever saw it,
You would even say it glows,
All of the other reindeer
Used to laugh and call him names,
They never let poor Rudolph
Play in any reindeer games.
Then one foggy Christmas Eve,
Santa came to say,
“Rudolph with your nose so bright,
Won’t you guide my sleigh tonight?”
Then how the reindeer loved him,
As they shouted out with glee,
“Rudolph the red-nosed reindeer,
You’ll go down in history!”

WINTER SELF-CARE TIPS & TRICKS

The nights are drawing in and the weather is getting colder. Now’s the time for a winter self-care routine to nurture your body and mind. For many of us, our bodies aren’t the only thing noticing a chill in the air... our emotional state of mind and overall mood has likely felt a nip as well. But you don’t have to let this time of year get you down! In fact, there are ways to turn the winter frowns upside down:

Journal – Get your thoughts out of your head and down onto paper so you can see them clearly and take action where necessary.

10 minutes to yourself – It may not be a long time but just having some quiet time to do what YOU want, instead of what others want you to do, can help you recharge your batteries.

A hot cup of coffee, tea or hot chocolate – Make yourself a hot drink and make time to actually sit and drink it whilst it’s still warm!

Walk in the cold – Wrap up warm and take a brisk walk in the cold to get your body moving and blood pumping.

Read a book – When it’s cold and dark outside, nothing beats curling up under a blanket with a good book.

Adopt a plant – Adopt a plant and let it live inside your home. The responsibility of taking care of a plant relieves stress from your own life.

Bake – I love the smell of freshly baked cakes and cookies so hone your baking skills when it’s much warmer in the home than outside it!

Spend time with loved ones – For many of us, this season is a time for family and friends so make a point of connecting with those who mean the most to you.

Think about your goals for next year – Take some time to really plan some intentional goals that align with your priorities and really serve you in your life.

SPREAD KINDNESS

When we see someone being kind or generous, it gives us a warm glow feeling inside. A commitment to be kind can bring many important benefits. Receiving a compliment, words of recognition, and praise can help individuals feel more fulfilled, boost their self-esteem, improve their self-evaluations, and trigger positive emotions. Praise aligns with our naturally positive view of ourselves, confirming our self-worth. Being kind brings a sense of meaning because it involves investing in something bigger than ourselves. From our office climate to our direct daily interaction with people, kindness not only motivates but helps others unlock the potential inside themselves.

Here are some ways to spread kindness this holiday season and for years to come:

- Send out positive messages.
- Give a stranger a compliment.

Write a list of things that you adore about a friend.

Help a senior with their groceries.

Let someone go in front of you in line.

Pick up litter at the park.

Offer to take a photo of a couple.

Plant a tree.

Make a music playlist for someone.

Return a stray grocery cart.

Shovel a neighbor's driveway when it snows.

Donate to a favorite charity.

Give up your seat to someone who needs it more.

Look for volunteer opportunities.

Hold the door open for someone.

Run an errand for someone busy.

Make a double batch of the cookies you're baking and bring some next door.

lastly....

Be kind to yourself!

THE SHORTEST DAY

And so the Shortest Day came and the year
died

And everywhere down the centuries of the
snow-white world

Came people singing, dancing,
To drive the dark away.

They lighted candles in the winter trees;
They hung their homes with evergreen;
They burned beseeching fires all night long
To keep the year alive.

And when the new year's sunshine blazed
awake

They shouted, reveling.

Through all the frosty ages you can hear
them

Echoing behind us—listen!

All the long echoes, sing the same delight,
This Shortest Day,

As promise wakens in the sleeping land:

They carol, feast, give thanks,
And dearly love their friends,
And hope for peace.

And now so do we, here, now,
This year and every year.

By Susan Cooper



Skillet Chocolate Fudge Candy Recipe

Prep time: 20 minutes
Cook time: 5 minutes
Servings: 36 Pieces

Ingredients

- 2 cups sugar
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1 cup evaporated milk
- 1/2 cup miniature marshmallows
- 1 1/2 cups semi-sweet chocolate bits
- 2/3 cup chopped pecans
- 1 teaspoon vanilla extract

Directions

1. Prepare a 9 x 9-inch pan lined with aluminum foil and 2 inches of overhang on both sides. Butter it nicely.
2. Mix the first 4 ingredients into an electric frying pan.
3. Set the temperature to 280 F.
4. Stir to combine and bring the ingredients to a boil.
5. Boil for 5 minutes while stirring constantly.
6. Turn off the frying pan.
7. Add marshmallows, chocolate chips, pecans, and vanilla.
8. Stir until the marshmallows and chocolate chips melt and blend smoothly.
9. Pour the candies into the prepared pan.
10. Cool.
11. If it is poured into a pan lined with aluminum foil, please take it out from the hanging part of the aluminum foil; cut it into squares.

UPCOMING FAMILY AND CHILDREN'S GROUPS

Sensory Bin and Vision Board Night

January 4th: 6:30pm – 7:30pm

with Marisa and Ellen @ AiMHi

RSVP to marisa.shamroukh@aimhi.ca

Introduction to PECs

February 17th: 7:00pm – 8:00pm

with Maureen and Fiona @ AiMHi

RSVP to maureen.hoff@aimhi.ca

PWD Pt. 2

(Persons with Disability Funding)

January 18th: 6:30pm – 7:30pm

with Ellen and Marisa @ AiMHi

RSVP to ellen.wookey@aimhi.ca

UPCOMING CHILDREN'S GROUPS

Science Group

Every Wednesday Until Dec 21st:

4:00pm – 5:00pm

with Sam and Faith @ AiMHi

RSVP to samantha.faser@aimhi.ca

Teen Boys Group

Every Thursday Until Dec 21st:

3:00pm – 6:00pm

with Wayne @ AiMHi

RSVP to wayne.beatch@aimhi.ca

UPCOMING FAMILY SUPPORT GROUPS

Monthly Tea Meet

Every Second Thursday of the Month:

4:00pm – 5:00pm

with Ellen and Maureen @ AiMHi

RSVP to maureen.hoff@aimhi.ca

CHRISTMAS ZOOM EVENTS

German Christmas Traditions

December 2nd: 7:00pm – 7:45pm

RSVP to fiona.raine@aimhi.ca

Christmas Stories from Around the World

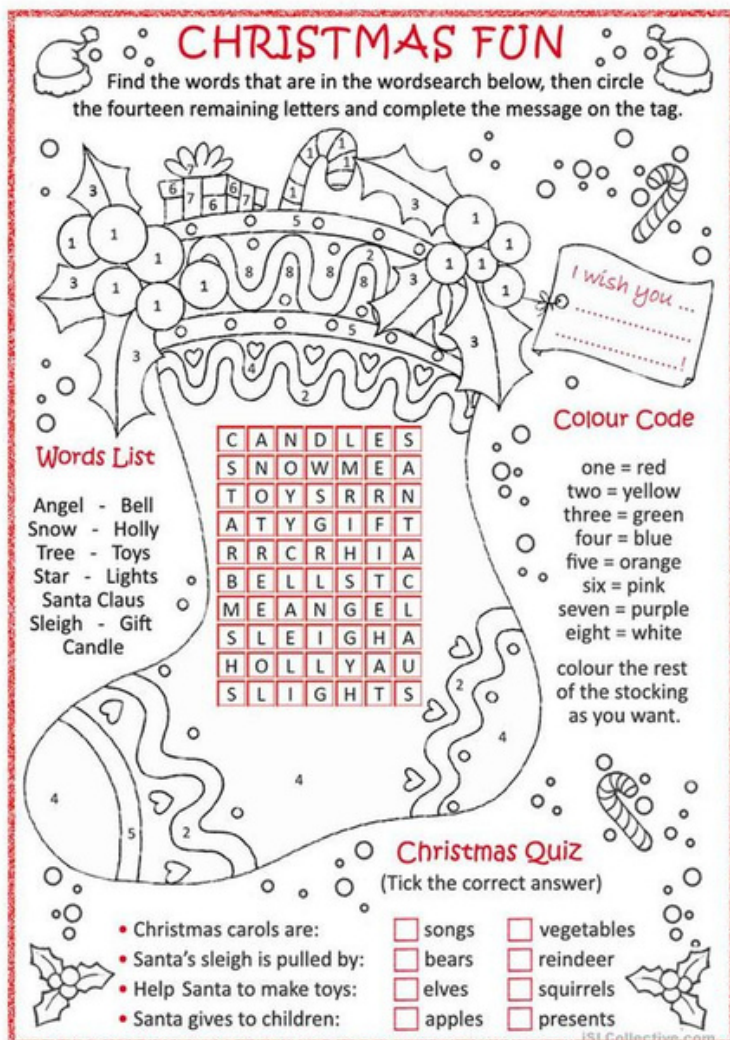
December 7th: 6:30pm – 7:30pm

RSVP to marisa.shamroukh@aimhi.ca

Yule Cat – Icelandic

December 22nd: 3:45pm – 4:30pm

RSVP to samantha.fraser@aimhi.ca





MASON JAR HOT COCOA Hot Cocoa Gift Set Mix List

Ruffles and Rain Boots .com

Choc-o-Holly = Milk Chocolate Cocoa Mix + Chocolate Chips + Miniature Marshmallows

Make It Magical: Add shaved chocolate pieces or a chocolate truffle.

Snow - Kissed = White Chocolate Cocoa Mix + White Chocolate Chips + Miniature Marshmallows

Make It Magical: Add shaved, sweetened coconut to the top of the mix.

Minty Kissmas = Milk Chocolate Cocoa Mix + Mint Chocolate Chips + Miniature Marshmallows

Make It Magical: Crush peppermint candies or candy canes as add-ins.

Fiery Hot Cocoa = White Chocolate Cocoa Mix + Red Hot Candies + Miniature Marshmallows

Make It Magical: Serve it with warmed milk instead of water.

UPCOMING CITY EVENTS

Nov 30 – Dec 4: Festival of the Trees
 Dec 1: Evening Artisan Holiday Shopping
 Dec 2: Holiday Mini Maker Market
 Dec 3: Winter Dreams A Choral & Orchestral Concert
 Dec 3: Blackburn Christmas Fair
 Dec 3 – 4: Holiday Small Business Fair
 Dec 4: Festival of Trees Fireworks
 Dec 8: Evening Artisan Holiday Shopping
 Dec 9: Light Up the Orchard
 Dec 9: Saik'uz First Nation Offreserve Christmas Dinner
 Dec 10 – 11: Winterfest Christmas Market
 Dec 13: Celebration of Lights
 Dec 15: Evening Artisan Holiday Shopping
 Dec 17: Steve Elliot Christmas for a King
 Dec 17 – 18: Holiday Bazzar
 Dec 18: Christmas at the PGSO
 Dec 25: Christmas Day (Holiday)
 Dec 26: Boxing Day (Holiday)
 Dec 31: New Years Eve

INTERNATIONAL DAY OF PERSON'S WITH DISABILITIES

Did you know that nearly 15% of the world's population is disabled in some capacity? The annual observance of the **International Day of Persons with Disabilities** on December 3rd was proclaimed in 1992 by the United Nations General Assembly.

The United Nations called for an enhanced push towards a more inclusive society and efforts to reduce the barriers faced by people with disabilities. The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life.

People with disabilities are one of the most excluded groups in our society. Even under normal circumstances, persons with disabilities are less likely to access health care, education, employment and to participate in the community. Disability may also increase the risk of poverty, through lack of employment and educational opportunities, lower

wages, and increased cost of living with a disability. As workers and activists, we need to understand that not all disabilities are immediately noticeable – from mental illness to learning differences, diabetes, chronic pain, cognitive dysfunction and much more. Some disabilities, like mental health disorders, chronic pain and fatigue, are invisible – but that does not make them any less devastating to someone's quality of life.

Neurodiversity is one of the most common invisible disabilities. These people uniquely view the world, as their brains are wired differently from their able-bodied counterparts. Examples of neurodiversity include: ADHD, Autism, Dyspraxia, Dyslexia, Dyscalculia, Dysgraphia, and Tourette's Syndrome. Neurodiversity defines natural variations of the human brain which influence their cognitive and intellectual processes.

It is impossible to solve the world's inequalities in a single day, so make a meaningful pledge to celebrate diversity and value accessibility this **International Day of Person's with Disability**.

RESOURCES WORTH CHECKING OUT

Audio Book Bay

Looking for books in Audio form? You can download unabridged audiobooks for free or share your audio books. It is safe, fast and high quality! Their books are sorted by genres and you can find children's books, to books on mindfulness as well you can use their search bar to find books specific to parenting or educational resources for autism.

Visit <https://audiobookbay.fi/> for more information.

ACHIEVE

Provides training, consulting, books, and free resources in the areas of leadership, workplace culture, conflict, and communication.

Visit ca.achievecentre.com for more information.

On The Ground Counselling

Sue MacDonald works from a person-centered perspective in which supports, encourage, and challenges her clients in a respectful, kind, compassionate manner. She utilizes animal assisted psychotherapy or walk and talk therapy in conjunction with the more traditional talk therapy approach to help others reach their therapeutic goals. Sue also offers facilitation and consultation services, speaking services, workshops, small therapeutic group sessions and team building opportunities for groups and organizations

For more information please call Sue at

(250) 564-9892 or e-mail

sue@onthegroundcounselling.ca

MELE KALIKIMAKA (A HAWAIIAN SONG)

Mele Kalikimaka is the thing to say
On a bright Hawaiian Christmas Day
That's the island greeting
that we send to you
From the land where palm trees sway
Here we know that Christmas
will be green and bright
The sun to shine by day and
all the stars at night
Mele Kalikimaka is Hawaii's way
To say "Merry Christmas to you."

Mele Kalikimaka is the thing to say
On a bright Hawaiian Christmas Day
That's the island greeting
that we send to you
From the land where palm trees sway
Here we know that Christmas
will be green and bright
The sun to shine by day and
all the stars at night
Mele Kalikimaka is Hawaii's way
To say "Merry Christmas to you."

ALMOND BRITTLE

This makes a perfect candy for gift giving—especially good for mailing. But it comes with a warning: make it, get it packed, & get it OUT of the house. Sometimes I let it sit out cooling too long & somehow it's GONE before I get it sent. (DON'T LOOK AT ME 😊) ❤️

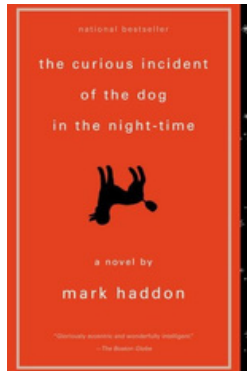
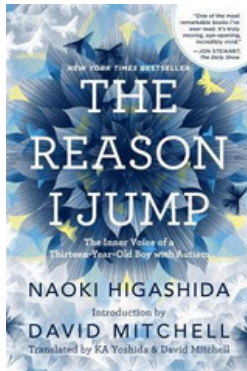
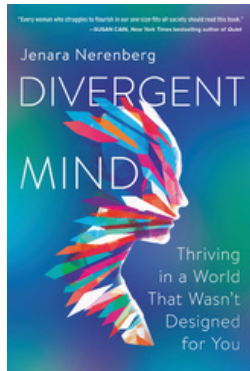
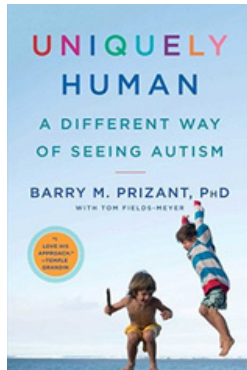
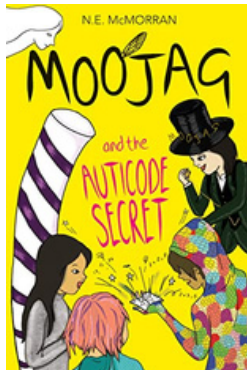
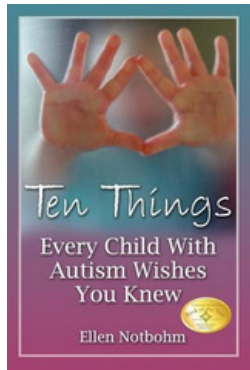
You will need a candy thermometer for this.

2 c. sugar
1 lb. unsalted (sweet) butter
¼ c. water
10 oz. sliced almonds
8 oz. unseetened chocolate



Combine sugar, butter, & water in large heavy pot. Stirring constantly, bring to a boil over moderately high heat. Occasionally dip a pastry brush in cold water & wash down sugar from sides of pan. Boil rapidly, stirring, till temperature reaches 295°. Remove from heat. Quickly stir in almonds & spread thinly on 2 cookie sheets. Melt the chocolate over very low heat. When candy is just slightly warm, almost cool, brush with melted chocolate. When chocolate has hardened, break into pieces & store in an airtight container. ❤️

NEURODIVERSITY BOOKS



CHRISTMAS WORD SCRAMBLE

Read the clues and unscramble the words. Match words and pictures: write the clue number near the correct picture.

Clues:

- A tree with coloured decorations. STRAMISCH ERTE
- The other name of Father Christmas. STANA SCALU
- A statue made of snow. WONNAMS
- A bird cooked for Christmas dinner. RUTEKY
- A poster with twenty-five windows. DNEVAT RELACAND
- You send them to friends and relatives. MISCSHTRA DRACS
- People sing them at Christmas time. SCROAL
- Children hang them on Christmas Eve. SONGTISCK
- A Christmas plant with white berries. MELETTOS
- A round decoration to put on the door. THREWA

Roll, Climb & Slide 120

Begin on square number 1. Roll the dice and jump that many spots. If you land on a candy cane, slide to the new number. If you land on a ladder, climb to the new number. You are done at 120.

WORTH A READ

