

June 2023

- Composed by Maureen Hoff



Family Support and Children's Life skills Newsletter

Sun Safety- Sorry people it isn't like it used to be. We can be burnt in 30-45 minutes in cloudy and direct sun. Wear that sunscreen. Have the talk with family members about Melanoma and protecting yourself against it.

For those families that have purchased the Access 2 card- use it to beat the heat with your child at a matinee. Cool and comfortable. Also a reminder that as an Aimhi Family member you can use the All around Gamerz at Parkwood mall where



You have more air conditioning and you get 15% off anytime, then 25% off Monday-Friday days.



Fire Season is here, in a big way. Remember that people with Asthma or any other pulmonary disease, or lung issues are having a hard time breathing. Our puffers, can only help for short periods of time, if you see someone in distress ask them if you can help.

2 Links sent by our wonderful nurse, Elizabeth Mooring

Info on masks during Fire season:

[Face masks for wildfire smoke](#)

Asthma during Fire Season:

<http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke>



Animals- keep their water coming with the heat. Put out that extra ice-cream bucket of water and make shade for them when outside. [Ticks On Dogs: What Do You Do? - Vet Explains Pets](#). As a camper or person that goes to the parks, or other outdoor places please keep in mind to check them for Ticks up here in the Great White North.

Of course not only are animals prone to get Tick bites, or Ticks burrowing in their skin...humans do too. Here is an excellent article on what to do. <https://www.healthline.com/health/tick-bite>.

It's a known fact that weight is easier to lose during spring/summer. For some of us we hunker down and diet. But dieting doesn't have to be distasteful. Use your imagination and try foods that you haven't used in the past. Drink water, up to 8 glasses per day.

I have a few favorite recipes that to follow...

https://food-guide.canada.ca/themes/custom/wxtsub_bootstrap/images/food_guide_visual_en.png

Simple Cranberry Spinach Salad

[allrecipes.com \(25\)](#)

5 min · 206 cal · 4 servs

[Read full directions](#)

This is a simple salad that can be made in minutes. It works well at Thanksgiving or anytime you're just looking for something a little different

Ingredients

1 (6 ounce) package **Fresh Spinach**

$\frac{1}{3}$ cup **Dried Cranberries**

$\frac{1}{3}$ cup **Walnuts (chopped)**

$\frac{1}{3}$ cup **Raspberry Walnut Vinaigrette**

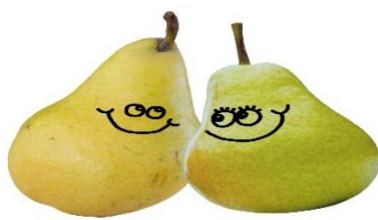
1 tablespoon **Romano Cheese (finely shredded)**

Directions

1. Combine the spinach, cranberries, walnuts, vinaigrette, and Romano cheese in a large bowl; toss until spinach is evenly coated. Serve immediately



Simple Cranberry Spinach Salad



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Waldorf Salad

[allrecipes.com \(296\)](#)

20 min · 255 cal · 6 servs

[Read full directions](#)

This Waldorf salad recipe is delicious, and you can vary the ingredients to your preference. Try adding diced, roasted chicken to make this salad a meal!

Ingredients

½ cup **Mayonnaise**

1 tablespoon **White Sugar**

1 teaspoon **Lemon Juice**

0.12 teaspoon **Salt**

3 **Apples (peeled, cored, and chopped)**

1 cup **Celery (thinly sliced)**

½ cup **Walnuts (chopped)**

½ cup **Raisins**

Directions

1. Whisk together mayonnaise, sugar, lemon juice, and salt in a serving bowl.
2. Stir in apples, celery, walnuts, and raisins. Cover and chill in the refrigerator until ready to serve

Upcoming PECS class on June 15th, 2023 7-8 pm at Aimhi. Contact maureen.hoff@aimhi.ca if you'd like to attend.

Boys and Girls summer activities are being designed for this summer. Check with your LSI worker to see what was decided. Boys group Thursday's (TBA) and girls on Wednesday (2:30-4:30) ask Marisa about this 250-564-6408 ext. 280

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Kids are going to be out for summer so let's give them a daily chore to add to their schedule, don't let schedules laps. Keep them busy so they can't do the "I'm bored." Marisa's says, "throw those kids outside to play, don't let them have the option of electronics. Teach them how to have fun without electronics. Have the neighbour's child over to play, then switch up for the next day. "

I says, "Remind them, when they tell you that they are bored, that you have some gardening to do and they can help, laundry to put on the line, and so forth. " They won't be complaining this way.

So have a great June and enjoy your time in the sun.

