



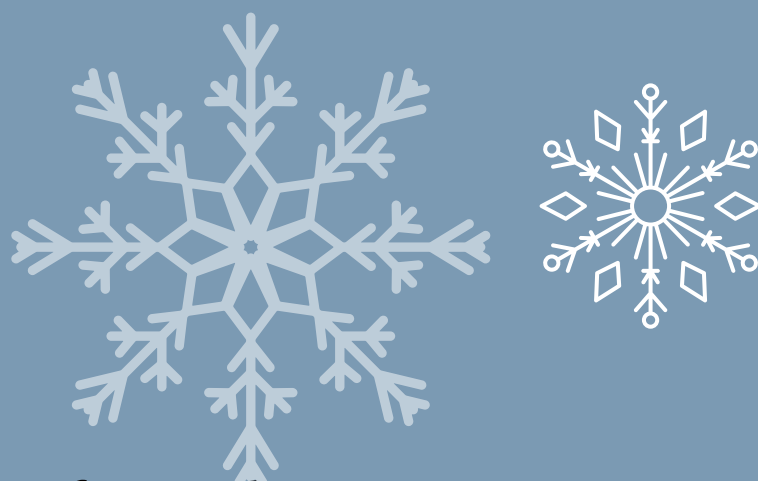
Newsletter

JANUARY 2021



www.claytree.org

Clay TreED



Happy New Year to all, Clay Tree family members, friends ,participants and staff. Welcome back to our wonderful clients into what is hopefully going to be a better 2021 for us all.

The extra week closure was very welcomed by everyone and the admin team worked on the new bubbles and we are at full capacity now with social distancing. All the bubbles started on their new plans so please be sure to check in with your client/family member on how they are doing each day. The weather has not been too good at the start of this year but the clients are still getting out and about and enjoying the community inclusion we offer. We hope as soon as everyone has been vaccinated (that want this) that we will once again be seeing each other and socializing again, we all miss that so much. Stay safe everyone we are sending much love from Clay Tree.



Glenys Patmore , Executive Director



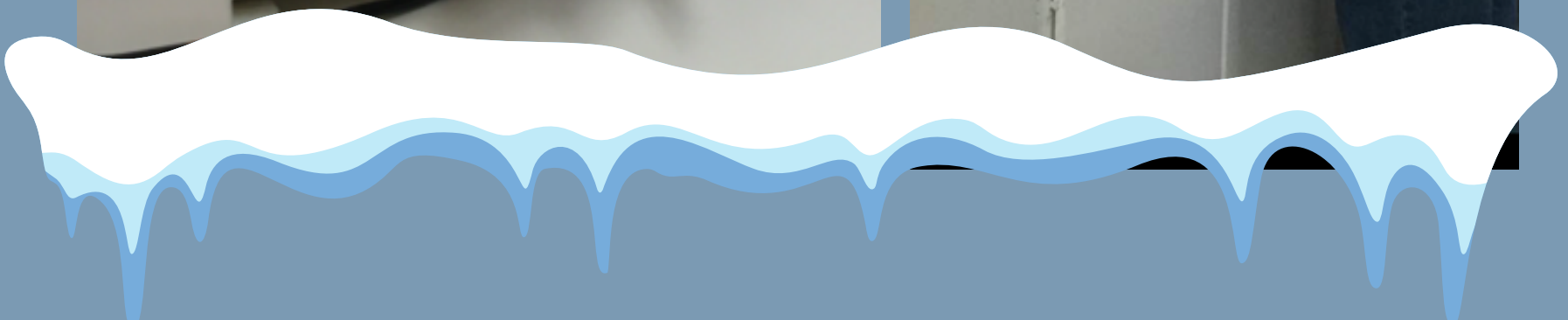
Clay Tree Sewing Group 2021

By: Linda Lobello

We are proud to say that all the projects we were working on prior to Covid 19 have been completed and look wonderful.

Our new creations include small kleenex fabric cases and pillows with a quilted top. We are practicing quilting as we will be featuring one as a fundraiser in the future. We are grateful to Serge and Sew as they recommend to customers donating fabric that Clay Tree has a great program.

Hopefully soon we can show off our accomplishments in a participant Fashion Show.



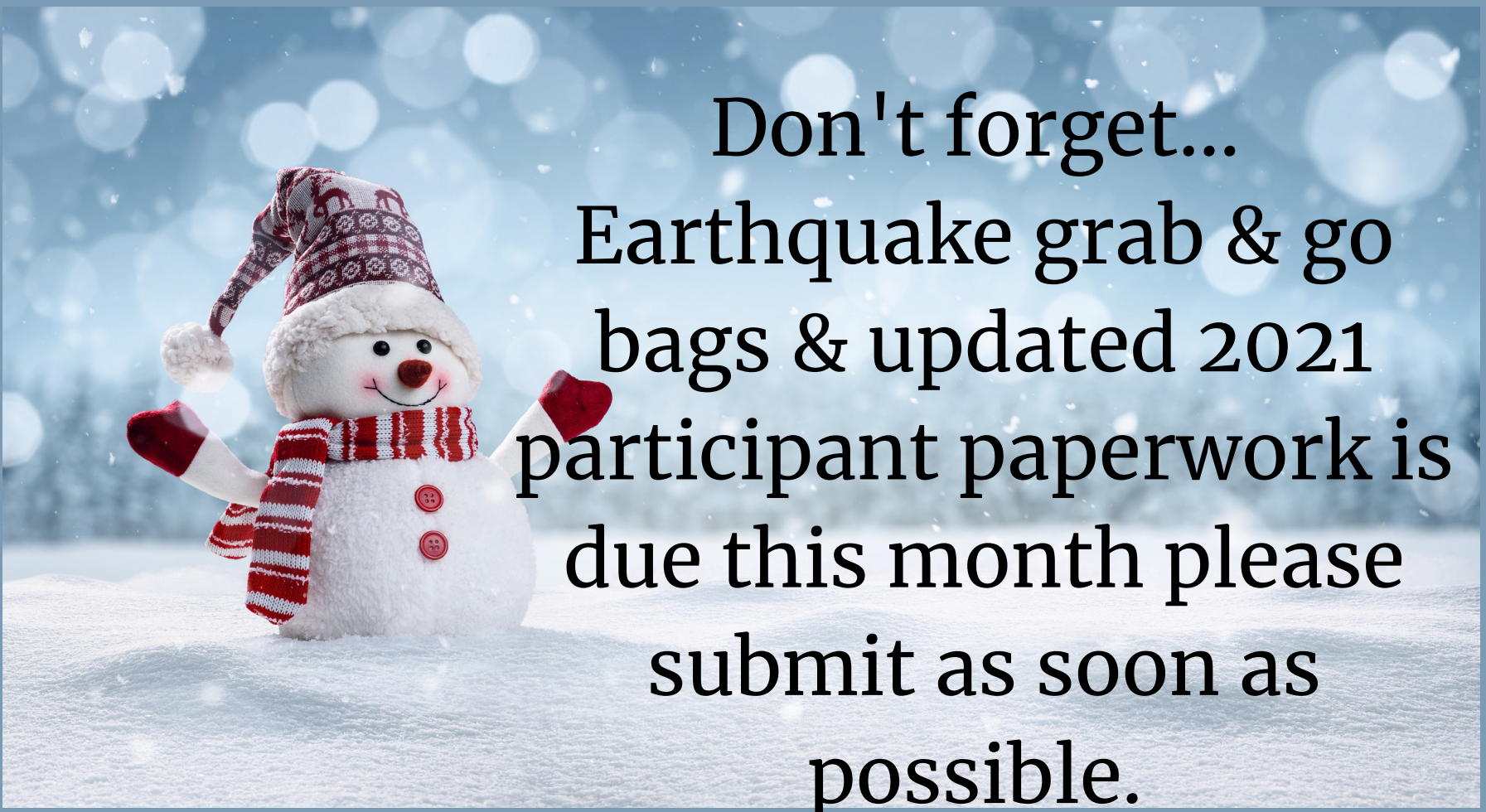


By: Crystal Bassanello

On Tuesday January 19th, Natasha made Shepard's pie and garlic bread. Natasha fried the pork and beef then added seasonings and vegetables. Staff assisted with assembling the Shepard's pie and putting in oven.

On Tuesday January 26th, Natasha made mac n cheese soup with bacon croutons and a side of bacon grilled cheese toast. Natasha really looks forward to hot lunches and learning new recipes to share with her peers. With the assistance of staff, Natasha is designing a cookbook of the recipes she makes to have as a keepsake of her completed goal.





Don't forget...
Earthquake grab & go
bags & updated 2021
participant paperwork is
due this month please
submit as soon as
possible.



EARTHQUAKE KITS...

BE PREPARED!



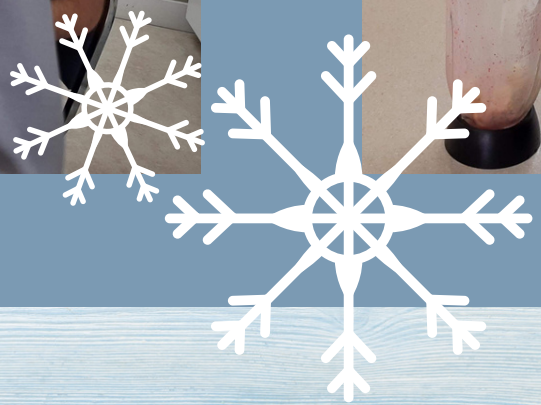
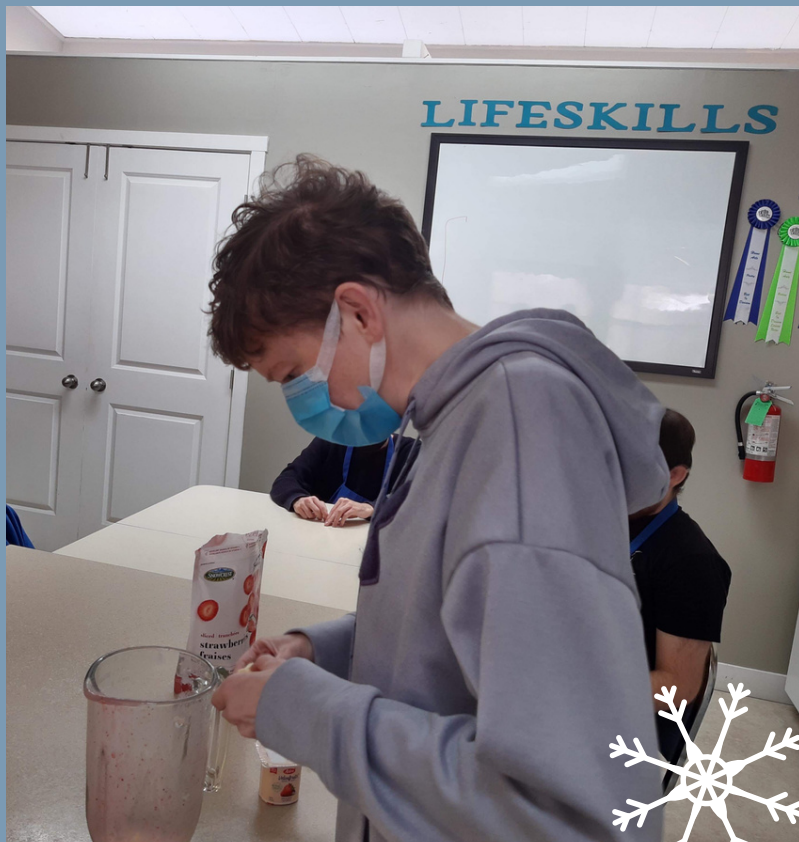
LIFE SKILLS

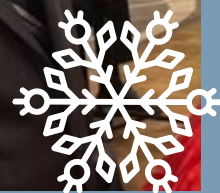
By: Kat Strandberg

One of my father-in-law's favourite sayings is "It is easy to love someone who can cook". I for one, firmly believe this to be true. The preparing and sharing of food is a skill that is essential for a good life, and it is one that I am excited to share with our participants at Clay Tree. Last January, I was given the opportunity to take over the Life Skills Cooking program at Clay Tree. As many of you know, this position was previously held by Linda Lobello. While Linda is still here and is presently focusing on teaching sewing, she has left some big shoes to fill in the Clay Tree kitchen.

Teaching Life Skills has quickly become one of the favourite parts of my week. So far the group has had the opportunity to try a wide variety of recipes. We have made everything from spaghetti to bread pudding and even a stir-fry. Last month we tried cooking with tofu; something the participants have never eaten before. Many participants were surprised that tofu can actually taste pretty good! The group has also spent time learning about other topics such as kitchen safety, social skills, and have even learned about the Canada Food Guide. Moving forward, the group is looking forward to trying some new recipes, such as Chakchouka (Tunisian Eggs) and curry, as well as seeing all that 2021 will bring to Clay Tree.







**Lets celebrate Valentines Day
early with a DRESS UP DAY!
Clay Tree Dress up day
Friday February 12th, 2021**

