



THE SCOOP

MONTHLY NEWSLETTER - JUNE 2021

"A social enterprise is a cause-driven business whose primary reason for being is to improve social objectives and serve the common good."

47 years of service to the St. Malo community & Eastman Region!

Make a wish - enjoy your day!

June Birthdays!

Participants

Julian Pattyn, June 2
Murielle Marcotte, June 13
James Peters, June 17
Kyle, Swidersky, June 21
Kim Thiessen, June 27



Louise

Wishing you all a great year!

June Birthdays!

Staff

Ryan Fuchs, June 1
Adrienne Berard, June 09
Claude Forest, June 14
Karine Hebert, June 22

Who are our clients

Our clients come from all over the southeastern region and our waiting list is long!

We are fortunate to be in the fantastic small community of St. Malo, Manitoba, where most persons are familiar with our clients and are happy to lend a hand or a smile when they meet them in the community.

Supported decision-making is important and allows a person with intellectual disabilities to make decisions and choices on their own accord and according to their own needs. It promotes self-determination, control, and autonomy. It fosters independence.

We encourage you to interact with people with intellectual disabilities. That's the best way to understand and experience life from their lenses.

Who are our staff

Staff comes from various parts of the region - some are local and some travel from other communities. No matter where they come from, all of our staff are caring and compassionate. They are solid caregivers for our participants and we are truly blessed to have **such a great team :-)**

Thank you Epic-Smile Team !

Meal & Mentorship Program

What fun participants are having learning how to meal prep, cook and bake!

BENEFITS

- It can bring you and your family/friends closer together.
- It's a life skill you can use in the future.
- Learning to cook encourages individuals to taste new (and hopefully healthy) foods. Studies have shown that by learning to cook, they are more likely to eat healthier.
- Cooking is a fun way to teach and learn measurements and basic math.

DIABETIC SNACK RECIPE

Oatmeal, Banana Bars (Sugar-Free)

- 2 mashed bananas
- 1 cup of peanut butter
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 cup oats

Mix all ingredients together in a large bowl, press in parchment paper in an 8X8 or 9X9 pan, bake in oven @ 350 for 15 to 20 minutes. Let cool, cut into squares or bars.



COMMUNITY
FOUNDATIONS
OF CANADA

FONDATIONS
COMMUNAUTAIRES
DU CANADA

Ryanna



"Why do you like the mentorship meal program?"

"I like it, it is a good change, something else to do and learning at the day program helps me to learn at home! "

- Caleb



Aurevoir
Ryanna!
Off to new
adventures!

**Eating healthy
matters!**



5 Ways to Improve Quality of Life

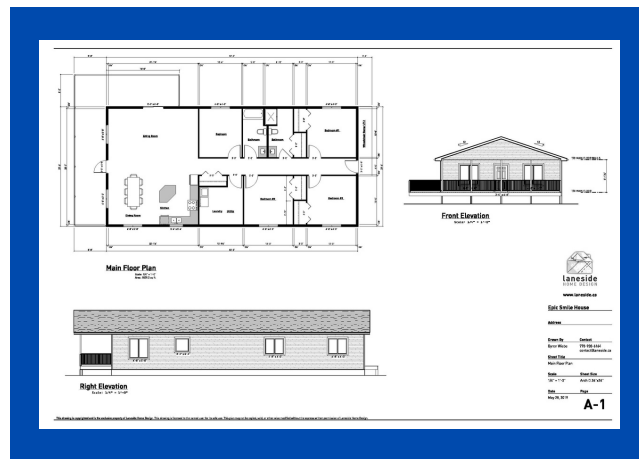
- 1) We **need to feel useful and needed** - from the very young to the very old, everyone wants to be useful;
- 2) **Develop a routine for regular physical activity** - this helps to motivate the body and sends endorphins to your brain;
- 3) **Stay mentally active** - crossword puzzles, sudoku, other brain games, reading, listening to music and writing are all great activities for mental stimulation;
- 4) Stay **CONNECTED** with family, friends, and community - even if it is by telephone or video, we all need to discuss and feel connected;
- 5) **Look at the bright side of things** - worrying and stressing does not help or change anything, try and remain calm and practice some breathing techniques.

Companion Therapy Pets for Alzheimer's

Therapy pets have a remarkable effect on women and men in the middle and later stages of Alzheimer's disease. They are calming, soothing and bring the person back to a time in their life when they felt useful and had a sense of purpose. Alzheimer's pet therapy helps patients escape from a world where someone is always caring for them.



Wayne



50/50 Draw Win up to \$5,000

We are gearing up to sell 50/50 tickets to help us raise money for our new Residence, 2021 Build.
(Total prize dollars are depending on ticket sales).

Three **PRE-DRAW PRIZES** - all manufactured at Epic-Smile
(Dates TBD)

FINAL draw to be held on Wednesday, November 17th, 2021, just in time for Christmas shopping!

BUY TICKETS and help us raise funds for the **new group home build in July 2021**. To support Epic-Smile, please call the office (204.347.5418) or go to our website @ www.epicsmile.ca to purchase tickets via e-transfer: **\$2 each**.

Support Epic-Smile and you can have a chance to win up to \$5,000! Tax receipts available for every \$20.

INFO: epicsmileresource@gmail.com
Licence #: LGCA 8153-RF-35937



Epic-Smile, inside and out...

We are a social enterprise and we work with participants to ensure they all have a purpose - working with participants is a blessing and always has a positive outcome.



Dear FAMILIES - we are still on a strict lock down due to Covid-19; please call the office **BEFORE** visiting your loved ones / (204) 347.5418
Thank you!

"Success is not final, failure is not fatal: it is the courage to continue that counts."
— Winston S. Churchill

