

February 2023 Woodfield Gate Newsletter

Basic Muffins

- 1 egg beaten
- 1/2 cup milk/water
- 1/4 cup vegetable oil/margarine or butter
- 1/2 cup sugar
- 1 1/2 cup flour all-purpose
- 2 tsp baking powder
- 1/2 tsp salt
- 1 tsp vanilla extract if you have it

Instructions

1. Preheat the oven to 400°F. Line muffin pan with muffin papers or grease the pan well.
2. Combine Egg, Milk and oil.
3. In a separate bowl mix baking powder, flour, sugar, and salt. Pour the liquid ingredients into the dry ingredients. Blend only until combined.
4. Spoon batter into each muffin paper until 2/3 full. Bake for 16-20 minutes.

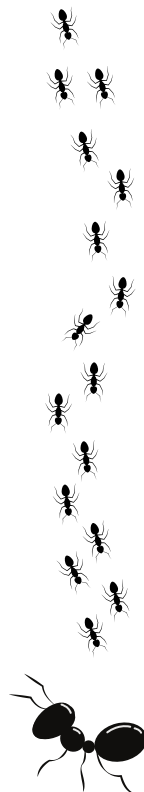


Eats About

- St. Joe's Café at the Hub, 602 Queens - 50 cent breakfast and \$1 lunch. Monday to Friday 9:30 AM - 11:00 AM and 12:00 PM - 1:30 PM
- Ark Aid Meal Changes - Morning snack and lunch will continue to run from First Baptist Church from 9:30-2:30pm. Dinner at 5:30pm has moved back to 696 Dundas St.
- The Sanctuary 531 Talbot St. - Lunch drop-in Mondays served noon-2pm and Wednesdays "Family Style" dinner begins at 5:30.

General Pest Proofing

Wipe down kitchen counter tops and sweep floors to remove crumbs and residue from spills. Vacuum at least once a week. Keep pet bowls clean and wipe up any spilled food or water around them promptly. Store pantry food items, and dry pet food in sealed plastic containers. Take out garbage regularly and keep garbage cans clean.



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Looking for Work?

Here are a few places that just might help you out;

- Leads assists people with barriers to employment Call 1-866-955-3237 or email: info2@leadsservices.com
- Hutton House offers Employment Services whose goal is to provide you with the resources you need to secure employment. Call 519-472-6381 x 1110 or email: intake@huttonhouse.com
- Pathways offer many tools, workshops, certifications and training programs to help you move toward meaningful employment. Call 519-667-7795 or email info@pathwaysehc.ca



Snotty nose?

If you do not feel well, be a good neighbour and wear a mask – need a mask, just ask staff and we have covid test too, yes we do. For free.

How To Cope with Change

1. Help others

Chances are you're not the only one who feels uncomfortable with change. The process of helping others will help you to deal with the stress and adapt more quickly to change.

2. Embrace new opportunities

The silver lining to any change is the opportunity. Change often translates to possibility for those who are willing to embrace it.

3. Maintain relationships

Make an effort to stay connected and continue to expand your network. Don't forget about the people you've already had the chance to work with because they could become extremely beneficial to you in the future. Think of it as a win-win situation—you never know when you might need each other down the road.

4. Accept rather than resist

There are generally two types of coping: escape coping and active coping. Ultimately the most important thing to do to cope with change is to acknowledge it. Recognizing and accepting change is one of the first steps toward managing it.

5. Overcommunicate

When things are changing at work, communication is critical. Any communication gaps can instantly be filled by rumors and speculation, which create even more fear and uncertainty around the idea of change.

With the right attitude and a specific set of actions, you can find the opportunity in any situation. Learn to embrace change, and you'll start to appreciate it for what it is: the chance to grow.