



February 2020 – 2nd Edition

WEB: WWW.ASK4CARE.COM

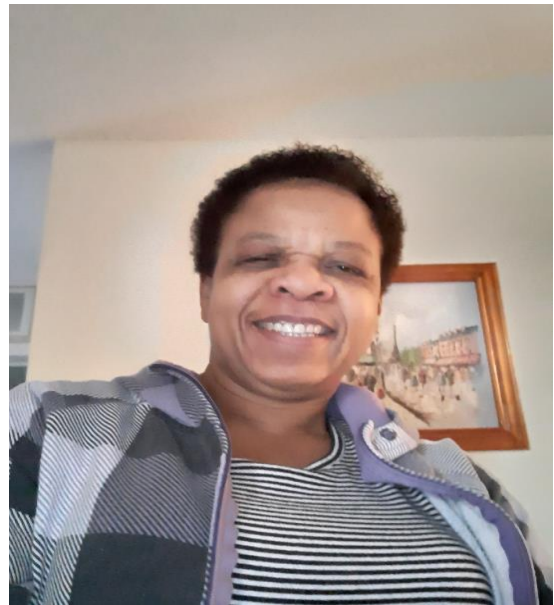
COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

ASK4CARE Employee of the Month for February is Pauline Bennett!

Employee engagement plays an integral part on how committed employees' feel with the company's goals and how empowered they are in accomplishing their individual work at Ask4Care Support Services Inc.

Pauline Bennett is one of our Personal Support Worker. She has been with the agency for almost five years. Pauline is an employee who shows compassion and empathy not only to her clients but as well as to her colleagues. In times of tough situation, she is always willing to help and accept shifts at a last-minute request even if she has her own personal appointments. She experienced dealing with one individual alone who had seizure, fell and bleeding profusely. She called 911, cleaned the wound by using wet cloth to cover it and remained calm until paramedics arrived at the location. Working in Ask4care Support Services Inc. taught her how to treat every person with fairness and respect by setting aside any personal biases.

Pauline you are truly an inspiration to the team and have a very important role in the company. We are proud to have you as the February 2020 employee of the month!



'Alone we can do so little; together we can do so much.'

– **Helen Keller**



Pink Shirt Day



The Pink Shirt Day or Anti-Bullying Day is on February 26.

It is a day when people come together by wearing pink shirts to school or work to show they are against bullying.

Our theme for this year's Pink Shirt Day is "Lift each other up"; a simple but powerful message encouraging us to look beyond our differences and celebrate the things that make us unique. When we lift each other up, we see past the things that separate us and see instead the things that unite us as people.

What's the difference between bullying and cyberbullying?

Bullying is when someone deliberately tries to hurt someone else, they think is weaker than they are. In many cases, bullying is repeated over and over and can cause a lot of pain that lasts a long time. It can even lead to things like depression, anxiety and low self-esteem.

Bullying happens in many ways, but some common forms of bullying are verbal (teasing, name-calling), physical (hitting, kicking, pushing, breaking someone's toys or favorite things) or social (leaving someone out, spreading rumors).

Cyberbullying is using social media or other technology like texting to threaten, embarrass or even damage a person's reputation. <https://www.cbc.ca/kidscbc2/the-feed/what-is-pink-shirt-day>

QUICK FACTS



1 IN 5
KIDS AFFECTED
BY BULLYING



400,000+
SHIRTS SOLD



59,000+
Youth impacted by
Pink Shirt Day funded
programs in 2019



\$2,300,000+
Net proceeds distributed
to youth anti-bullying
programs throughout
Western Canada

Spiced-up Butternut Squash Soup

A hint of curry and cilantro takes this soup up a notch, making it a hand down favorite. This go-to recipe is versatile, so sub in other vegetables to transform it into a brand-new soup.

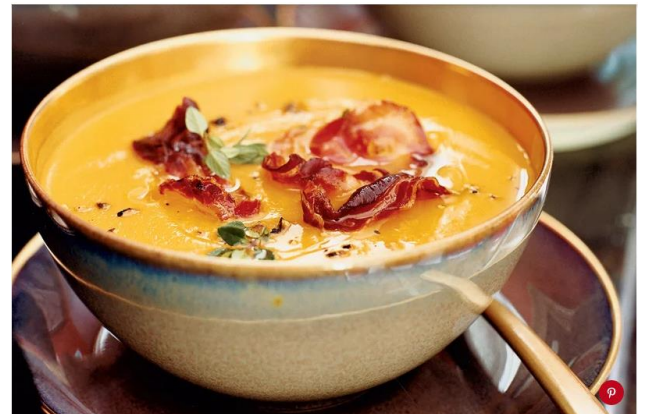
Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 6

Ingredients:

- 1 butternut squash (about 1.125 kg/2 ¼ lb)
- 5 mL (1 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 10 mL (2 tsp) mild curry powder or paste
- 750 mL (3 cups) sodium reduced vegetable or chicken broth
- 30 mL (2 tbsp) chopped fresh cilantro or parsley (optional)
- 1 mL (1/4 tsp) fresh ground black pepper
- 75 mL (1/3 cup) 0% fat plain Greek yogurt (optional)



Directions:

1. Using a vegetable peeler, peel squash. Cut squash in half crosswise, then cut each half in half lengthwise. Remove seeds. Chop squash into equal pieces (about 2.5 cm/1 inch); set aside.
2. In a soup pot or large saucepan, heat oil over medium heat and add onion, garlic and curry powder. Cook, stirring for about 2 minutes or until starting to soften. Add chopped squash, broth and cilantro, if using. Bring to a boil. Once at a boil, reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is very tender.
3. Remove from heat and let cool slightly. Ladle into blender in batches or alternatively, using an immersion blender, puree soup in pot until smooth. Stir in pepper. Serve with a dollop of yogurt if desired.

Tips:

- Save some soup for the next day's lunch. Add canned, drained and rinsed chickpeas to the soup to keep you energized all afternoon.
- Transform this soup using broccoli, cauliflower or sweet potato: Omit butternut squash and replace it with 1.5 L (6 cups) chopped fresh broccoli or cauliflower. Peel stalk of broccoli and chop with florets, or just chop the cauliflower. Or sub in 2 large sweet potatoes (about 1 kg/2 lbs), peeled and chopped, instead of the butternut squash.
- When using the blender be sure to let soup cool slightly and, when pureeing, hold the lid with a kitchen towel to ensure it doesn't pop off. Fill the blender only halfway for each batch when pureeing.

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/spiced-butternut-squash-soup.html>

February 2020 Calendar of Activities

February 20, 2020 @ 7:00PM

- The Indigenous Network Drumming Circle
- PAMA and the “The Indigenous Network invite you to participate in an evening of shared traditions and songs.”
- Peel Art Gallery, Museum + Archives
9 Wellington St E, Brampton, ON



February 21, 2020 @ 10:00AM

- The Outdoor Adventure Show-Toronto
- The Outdoor Adventure Show is the largest consumer show in Canada that brings together buyers and sellers of outdoor adventure products & services.
- The International Centre
6900 Airport Rd, Mississauga, ON

Feb 22, 2020 @ 5:30PM

- 13th Annual Charity GALA
- The Sara Elizabeth Centre offers arts-based programs using a variety of scheduling options including day full time, seasonal camps, after school and Saturday program along with computer-based programs. The Sara Elizabeth Centre provides a positive and supportive environment to increase self-esteem and facilitate integration into society. Sara Elizabeth Centre motto is "Everyone shines like a star!"
- Embassy Grand Convention Center
8800 The Gore Rd, Brampton, ON



Feb 22, 2020 @ 2:00PM

- Paint Nite: Beautiful Paris Eiffel Tower
- A DREAMTEAM Paint Nite Event! #ARTISTOWNEDARTISTRUN Come join Paint Nite Toronto's very first Artist owned - Artist run team as we get creative in the heart of the city. Drink. Paint. Connect.
- **Ellen's Bar & Grill - Brampton**
190 Bovaird Dr. W
Brampton, ON

Feb 23, 2020 @ 10:00AM

- St. Paul's United Church Sunday Worship
- Sunday morning worship service at St. Paul's United Church every Sunday morning from 10:00 a.m. to 11:00 a.m. All are welcome to attend worship. One spiritual hour every week in the presence of God every Sunday will change your life for the better.
- 30 Main Street South, Brampton ON, L6W 2C4
- It's a party in the museum with a full day of fun that highlights the work of local artists among music, activities, exhibitions and late night fun.