



January 2020 Edition



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COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## ASK4CARE Employee of The Month for February is Piaoran wang!

“Piaoran wang – Registered Practical Nurse at Ask4care Support Services Inc has incredible work ethic and an amazing attitude, never complaining and always smiling. She is a fabulous employee, a huge asset to Ask4Care Support Services Inc and is so deserving of this award and recognition.

Pia is very flexible and always willing to do whatever is needed to get the done work. She has managed situations well in pressure conditions and client have appreciated her skills in managing the things in a Professional way. She is playing an important role in the continued relationship between Ask4Care Support Services and the Client.



A genuine leader is not a searcher for consensus but a molder of consensus-Martin Luther King Jr



### ***What Is the Corona virus? Symptoms, Treatment and Risks?***

Corona viruses were first identified in the 1960s, but we don't know where they come from. They get their name from their crown-like shape. Sometimes, but not often, a corona virus can infect both animals and humans. Most corona viruses spread the same way other cold-causing viruses do through infected people coughing and sneezing, by touching an infected person's hands face, or by touching things such as doorknobs that infected people have touched. Almost everyone gets a corona virus infection at least once in their life, most likely as a young child. In the United States, corona viruses are more common in the fall and winter, but anyone can come down with a corona virus infection at any time. But in early January 2020, the World Health Organization identified a new type: 2019 novel corona virus (2019-nCoV) in China. By late January, there were 300 confirmed cases in China and a death count that was still in the single digits but rising. And despite airport screenings, a traveler had brought the first case to thus and Canada- To be continued.

### **COUNTRIES WITH CONFIRMED CORONAVIRUS CASES**



SOURCE: WHO, CDC, NHC, Dingxiangyuan, local governments

## IT'S TIME! TO IDENTIFY

*Common Symptoms of Corona virus:* the symptoms of most corona viruses are like any other upper respiratory infection, including runny nose, coughing, Sore throat, and sometimes a fever. In most cases, you won't know whether you have a corona virus or a different cold-causing virus, such as rhino virus. You could get lab tests, including nose and throat cultures and blood work, to find out whether your cold was caused by a corona virus, but there's no reason to. The test results wouldn't change how you treat your symptoms, which typically go away in a few days.

## What to Do About Corona virus

There is no vaccine for corona virus. To help prevent a corona virus infection, do the same things you do to avoid the common cold: Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer. Keep your hands and fingers away from your eyes, nose, and mouth. Avoid close contact with people who are infected. You treat a corona virus infection the same way you treat a cold: Get plenty of rest, Drink fluids, Take over-the-counter medicine for a sore throat and fever. But don't give aspirant o children or teens younger than 19, If you get sick, treat your symptoms and contact a doctor if they get worse or don't go away.



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## Strawberry pancakes

Strawberries are a sweet addition to these easy pancakes. Whip up a batch on the weekend to enjoy through the week for quick breakfasts. Mixing whole wheat flour with all-purpose flour is an easy way to bump up the fiber in your recipes.

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 14 pancakes

### Ingredients:

- 250 mL (1 cup) whole wheat flour
- 125 mL (1/2 cup) all purpose flour
- 30 mL (2 tbsp) granulated sugar
- 10 mL (2 tsp) baking powder
- Pinch ground cinnamon
- 375 mL (1 1/2 cups) skim milk
- 1 egg
- 30 mL (2 tbsp) canola oil
- 10 mL (2 tsp) vanilla
- 250 mL (1 cup) diced fresh strawberries

### Directions:

- In a large bowl, whisk together whole wheat and all-purpose flours, sugar, baking powder and cinnamon.
- In another bowl, whisk together milk with egg, oil and vanilla. Pour over flour mixture and stir to combine. Stir in strawberries.
- Spray griddle or nonstock skillet lightly with cooking spray. Heat over medium heat. Using 60 mL (1/4 cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until bubbles start to appear on top. Flip over and



cook for another minute or until light golden brown. Repeat with remaining batter.

### Tips:

- This is a fun recipe to make with kids. Little\_chefs can help to mix up the pancake batter. Older kids can help to cook the pancakes.
- Switch it up by asking your family which favorite seasonal fruit they want to sub in for strawberries.
- Make now and enjoy later. Layer pancakes between wax or parchment paper and freeze for up to 2 weeks. Pop in the toaster to enjoy for a quick breakfast or warm through in the microwave.
- Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.



## Nathan Phillips Square Ice Skating & Winter Programming

### Venue & Address

Nathan Phillips Square, 100 Queen Street West

From December 2 to March 22, the Nathan Phillips Square rink will offer extensive weekly free programming, in addition to regular free leisure skating

## Terra Lumina

**Date & Time:** Thursdays to Sundays & Holiday Mondays, December 13 to April 13, 2020

**Venue:** Toronto Zoo, 2000 Meadowvale Rd, Toronto

Get ready for a mind-blowing experience this winter in Scarborough. Enjoy an immersive experience along a 1.5 km walking path that travels into the future and back. Terra Lumina is the eleventh unique experience created in Moment Factory's Lumina night walk series.

### Winter Fridays

**Venue:** Koerner Gardens

### Date & Time:

Friday nights, January 3 to February 14, 2020 | 5:30-9:30pm

Make the most of those chilly winter nights with skating, DJ beats, food and drinks!