



May 2020 – 5th Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

ASK4CARE Employee of the Month for May is Rosemarie Wright!

Employee motivation is an important factor that ensures employees are actively contributing their best towards the success of its organization.

Rosemarie Wright is one of our Personal Support Worker. She started working with us through private clients, nursing home and now she is currently working at BCCL. During this pandemic, there was a sudden transition regarding shifts that made it difficult and challenging to our staffs. However, Rosemarie decided to stay with Ask4care and showed courage, flexibility and determination towards her assigned duties and responsibilities. To minimize the pressure that they were facing at the location, she was able to coordinate with the other staff which gave them a positive outcome. Her greatest achievement working in Ask4care is when she was able to learn the value of teamwork. “It has been an amazing experience so far”. – Rosemarie Wright

Rosemarie you are truly an inspiration to the team and have an important role in the company. We are proud to have you as the May 2020 employee of the month!



“Make your life a masterpiece, imagine no limitations on what you can be, have or do”.

– **Brian Tracy**



Mental Health Awareness Month



May is
Mental Health
Awareness
Month

What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Early Warning Signs:

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you cannot get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Terrific Tuna and Tomato Salad

A perfect way to use tomatoes, this refreshing salad is versatile enough to enjoy for lunch, on a picnic, or dinner on the patio with family and friends. Serve it over lettuce leaves for added color and crunch.

Prep Time: 5 minutes

Cook Time: no cooking needed

Servings: 6



Ingredients:

- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 mL (1 cup) chopped cucumber
- 45 mL (3 tbsp) red wine vinegar
- 10 mL (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 75 mL (1/3 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

Directions:

1. In a large bowl, combine tomatoes, celery, tuna, and cucumber.
2. In a small bowl, whisk together vinegar, oil, garlic, and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well.

Tips:

- Older kids can help to slice tomatoes and celery, drain tuna and chop cucumber. Little chefs can whisk the dressing together.
- For the best tasting tomatoes, store them at room temperature away from direct sunlight. Putting them in the fridge results in a mealy texture.
- No grape tomatoes on hand? No worries. Dice up 4 tomatoes instead.
- Try this salad using canned salmon instead of tuna, or use leftover cooked fish.

Categories: 30 minutes or less, no-cook

- Learn about food safety.
- Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

May 2020 Calendar of Activities

May 10, 2020

Mother's Day

2nd Sunday in May

- Make a beautiful pop-up card.

Independence Day, Israel

- Read about, color, and take a quiz on the flag of Israel.

Peace Day

- Make a dove, a symbol of peace.

May 12, 2020

Manitoba became a province of Canada, 1870

- Label a map of Canada.

May 15, 2020

International Day of Families

- Write a page about your family.



May 18, 2020

Victoria Day (Canada)

- Label a map of Canadian provinces.

May 20, 2020

Flower Day

- Label the parts of a flower.

May 22, 2020

National Bike to School Day

- Label the parts of a bicycle.

May 30, 2020

National Save Your Hearing Day

- Label the parts of the ear.