



August 2020 – 8th Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

ASK4CARE Employee of the Month for August is Stella Idemudia!

Employee needs to have a good balance between the ability and willingness to perform the task. This balance can lead to an increase of productivity and an improvement in efficiency.

Stella Idemudia is one of our Personal Support Worker since 2018. During this pandemic, keeping employees safe and healthy have been the priority of Ask4care despite of so many changes in shifts and new protocols put into place. Stella decided to stay with Ask4care and demonstrated passion towards her job. Her good character in helping the individuals she is supporting to has been considered as an asset. The situation where she had hard time dealing with the resident was when the resident refused to do the tasks and declined support. She was able to handle it by keeping the resident calm and explained how essential the task was to the resident. *“Working with Ask4care, I have achieved a lot of experience with team working skills and importance of communication”.* – Stella Idemudia

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



“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it”.

– Lou Holtz



How Healthy Anxious People Harness Anxiety

What is Healthy Anxiety?

- An anxious mindset that is not all-consuming, even when it wants to be.
- Worries that take up more mental real estate than you want; however, rarely more than 60 minutes per day.
- Self-doubt that looms, but doesn't threaten your self-worth.
- Uncomfortable physical sensations that linger, but do not warrant a trip to the ER believing a heart attack is imminent.
- Acceptance and awareness of your worried constitution.



Caveat: Healthy Anxiety is not a formal diagnosis, but an indicator I utilize with clients to track psychological habits before they escalate into panic episodes.

Here are four core strategies healthy anxious people do (even when it does not feel comfortable, or the time isn't "right"):

1. Healthy anxious people recognize catastrophic thinking and remember the almighty reframe. Yes, things could go abominably wrong in a heartbeat, but most likely, that will not happen. Instead of stewing in rumination, healthy anxious people focus on solutions.

2. Healthy anxious people recount past successes of overcoming worries, and they employ reason, intentionality, and appropriate emotional boundaries. Over-attention to negative events is the hallmark of the anxious mindset, but action wins the game. Every. Single. Time. Problem-solving is empowering, smart, and efficient. Healthy anxious people know when their coping skills for reducing stress and fears are no longer working, and they switch course.

3. Healthy anxious people do not lose their minds in McMindfulness. Especially now. Coloring mandalas or subscribing to a popular meditation app can calm racing thoughts, but it's not all about soothing "me, me, me." In fact, intentionally paying attention to what you pay attention to may cause you to feel worse as you notice how often you stew in rumination. Another core trait of mindfulness is a concern for the welfare and suffering of others. While your mom's dismissive voice of "Stop complaining! Your problems aren't as bad as the people starving in Africa," may surface, she was half right. Gratitude for your blessings is recognizing you are reading this post and not hooked up to a ventilator fighting for every labored breath.

4. Healthy anxious people know consistency is king and queen. Rising at 5:30 a.m. and plopping your pajamaed self in front of a YouTube yoga video is not sexy, but it sets the day off right. Just as knowing that pint of Cherry Garcia may bring 15-minutes of pleasure, but you cannot spoon-feed that work deadline away. Habitually creating short, reasonable to-do lists for work, home, and mental health support productivity and physical and emotional wellness.

Hearty Chicken Noodle Soup

This version is sure to please as it is simple and fast for a weeknight meal. Moist, succulent chicken thighs take this great tasting soup to a whole new level of comfort.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 6

Ingredients:

- 6 boneless skinless chicken thighs, about 575 g/1 lb 4 oz
- 2 L (8 cups) water
- 2 sprigs fresh parsley
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 250 mL (1 cup) whole grain egg noodles
- 250 mL (1 cup) frozen peas
- 60 mL (1/4 cup) grated Parmesan cheese
- 30 mL (2 tbsp) chopped fresh basil or parsley
- Hot pepper sauce (optional)



Directions:

1. Trim any visible fat from the chicken thighs and set aside.
2. In a soup pot or Dutch oven, bring water, parsley, onion, carrot, garlic, and trimmed chicken thighs to a boil. Reduce heat to a simmer and spoon off any foam that forms on top. Cook chicken for about 15 minutes.
3. Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite size pieces. Return chopped chicken with noodles, peas, cheese, and basil to broth; cook for about 5 minutes or until noodles are tender. Add a splash of hot sauce to each bowl if desired.

Tips:

- Time saver: Double this recipe and freeze extra servings for another day.
- Portion the soup into individual servings for easy meals that are ready to go.
- If you do not have a large pot, just double the recipe by using two smaller pots instead.
- 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.

Categories: kid-friendly

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

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

August 2020 Calendar of Activities

CIVIC HOLIDAY FIREWORKS IN GRAVENHURST

Muskoka Wharf is the backdrop to this family favourite! Come by car, bike, boat or on foot and the show! Fireworks begin at dusk. For more information call 705-687-6774.

EVENT DATES: (FREE ADMISSION)

Aug-01-2020 to Aug-01-2020

Specific Dates/Times: fireworks begin at dusk



THE PAST IS PRESENT HERITAGE FESTIVAL – NIAGARA-ON-THE-LAKE



This festival features a treasures sale, children's activities, blacksmith and other historical demonstrations, live music, bake sale and more!

EVENT DATES: (FREE ADMISSION)

Aug-03-2020 to Aug-03-2020

Specific Dates/Times: 11am – 4pm

MOVIES BY THE LAKE - BURLINGTON

Please bring your own blanket or lawn chairs for an outside movie. Be sure to come early to reserve your spot, parking is downtown after 6pm on-street & in municipal lots. We suggest you park in the parking garage at 414 Locust Street. Please note: The Waterfront Hotel is a paid parking lot.



EVENT DATES: (FREE ADMISSION)

Aug-04-2020 to Aug-04-2020

Aug-11-2020 to Aug-11-2020

Aug-18-2020 to Aug-18-2020

Specific Dates/Times: Bring your family, date or best friend and join us for FREE Movies by the Lake! Approx. start time: 8:30pm

OAKVILLE CHILDREN'S FESTIVAL

Enjoy free family fun at the Oakville Children's Festival! The event features hands-on activities that engage young imaginations and foster creativity, plus live performances, food trucks, and more! Take the free shuttle from Bronte GO or ride your bike. Rain or shine. Visit oakville.ca for event details.

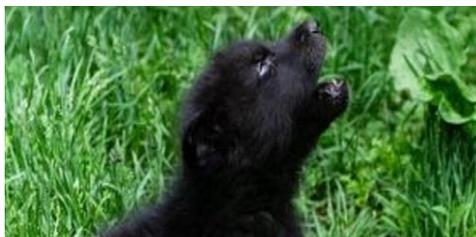


EVENT DATES: (FREE ADMISSION)

Aug-08-2020 to Aug-08-2020

Specific Dates/Times: 10 a.m. to 4 p.m.

PUBLIC WOLF HOWLS - HALIBURTON



Have you ever heard the magical sound of wolves howling in unison? Every Thursday night in July and August we welcome the public to gather in our Seminar Building. The evening will start with a short presentation on wolves, their ecology, and their relationships with humans. Our staff will silently guide the group on a short walk into the twilight. When we reach just the right spot, the guide will then howl to our resident wolf pack in attempt to initiate a response. We cannot guarantee the wolves will call back, regardless we do have a good track-record!

EVENT DATES: (FREE ADMISSION)

Jul-30-2020 to Jul-30-2020

Aug-06-2020 to Aug-06-2020

Aug-13-2020 to Aug-13-2020

Aug-20-2020 to Aug-20-2020

Aug-27-2020 to Aug-27-2020

Sep-03-2020 to Sep-03-2020

Specific Dates/Times: 8:00 pm roughly 1hour program

WALK AMONG THE FLOWERS - CAMPBELLVILLE



Lochland Botanicals welcomes guests to our flower and herb farm in Halton county. The farm is a great way to spend an afternoon in the country. You can pick a bouquet of flowers and herbs, wander the fields, meditate among the pollinators, take part in a workshop, discover the little people villages, enjoy an ice cream. Browse our quaint herb shed and pick up some of our herbal and floral teas, cosmetics, culinary herb packages, our uniquely flavoured honey collected by our bees from our

herbal flowers. Please bring a lunch and plan to come at least an hour before the gates close at 5:00 PM. Open Friday to Monday this summer and all of September.

EVENT DATES: (\$10 ADMISSION FEE)

Jul-31-2020 to Aug-03-2020

Aug-07-2020 to Aug-10-2020

Aug-14-2020 to Aug-17-2020

Aug-21-2020 to Aug-24-2020

Aug-28-2020 to Aug-31-2020

Sep-04-2020 to Sep-07-2020

Specific Dates/Times: Open 11:00 am until 5:00 pm, gates close for new visitors at 4:00 pm

ASTRONOMY - HALIBURTON

Take a walk with our onsite astronomer who will guide you through the stars. A typical evening astronomy program lasts approximately 1.5 to 2 hours and runs rain or shine. Programs fill fast so make sure to register early!



EVENT DATES: (\$20 ADMISSION FEE)

Jul-31-2020 to Jul-31-2020

Aug-07-2020 to Aug-07-2020

Aug-14-2020 to Aug-14-2020

Aug-21-2020 to Aug-21-2020

Aug-28-2020 to Aug-28-2020

Specific Dates/Times: 9:30 pm in July, 9:00 pm in August Program is 1-2 hours

FIT IN THE CORE - BURLINGTON

Join us for Open Air Fitness every Sunday in Downtown Burlington - free of charge. Something different every week. All you need to bring is a mat & water bottle!



EVENT DATES: (FREE ADMISSION)

Aug-02-2020 to Aug-02-2020

Aug-09-2020 to Aug-09-2020

Aug-16-2020 to Aug-16-2020

Aug-23-2020 to Aug-23-2020

Specific Dates/Times: When: June 7 to September 20 Time: Sundays 10am to 11am Where: 440 Locust Street (Burlington Performing Arts Centre)

MINDEN PRIDE FLAG RAISING & RECEPTION - MINDEN



Celebrate the kick-off of Minden Pride Week of events with the official raising of the Rainbow Flag over our Minden Municipal Building. Monday, August 19th, flag raising at 10 am followed by a reception across the road at Up-River Trading — schmooze with friends while enjoying free refreshments provided by Up-River.

EVENT DATES: (FREE ADMISSION)

Aug-24-2020 to Aug-24-2020

Specific Dates/Times: Flag raising at 10 am followed by a reception across the road at Up-River Trading.

<https://www.ontariotravel.net/en/plan/events-calendar>