



January 2021 Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## ASK4CARE Employee of The Month for January is ROSE NOSAKHARE!

Rose Nosakhare is employed with Ask4care Support Services Inc since 2017. She has been so persistent and dedicated in giving support and care to the residents. Her flexibility and openness to accept any kind of shifts including on call requests is highly appreciated. She is also one of those staff requested by the managers due to her admirable efforts in comforting the individuals she supported.

One of the incidents she experienced is working with individuals who have difficulty taking their medication and who refused to eat their food. However, she was able to handle them with patience, confidence, and professionalism by diverting their attentions with the things that make them happy and satisfied like listening to music, singing a song, and telling stories.

*"Working with Ask4care Support Services Inc helped me develop more skills and taught me how importance it is to manage time". - Rose Nosakhare*

Rose you are truly an inspiration to the team and have an important role in the company.

We are proud to have you as our January 2021 Employee of the Month!



"Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be." - Zig Ziglar



## Turkey and Veggie Stuffed Pita

This sandwich gives leftovers a new lease on life with some serious crunch factor. Use the turkey mixture to make an equally delicious salad. Add a splash of rice vinegar and enjoy.

Prep Time: 10 minutes

Cook Time: no cooking needed

Servings: 4.

### Ingredients:

- 75 mL (1/3 cup) 0% fat plain Greek yogurt
- 30 mL (2 tbsp) light mayonnaise
- 5 mL (1 tsp) Dijon or yellow mustard
- 1 mL (1/4 tsp) fresh ground black pepper
- 375 mL (1 ½ cups) chopped cooked turkey breast meat (about 227 g /8 oz)
- 125 mL (1/2 cup) diced red or green bell pepper.
- 60 mL (1/4 cup) grated carrot.
- 2 whole grain pita pockets
- 4 leaves Boston lettuce
- Quarter of an English cucumber thinly sliced.\



### Directions:

1. In a large bowl, whisk together yogurt, mayonnaise, mustard, and pepper. Stir in turkey, red pepper, and carrot until coated well.
2. Cut pitas in half and open pockets. Tuck lettuce and cucumber slices into each half and spoon in turkey mixture.

### Tips:

- This recipe is great for using up turkey leftovers. Or simply cook an extra boneless skinless turkey breast for dinner and save the leftovers. You can also sub in leftover cooked chicken.
- Ask your little chefs to help. They can stir the ingredients together and stuff the filling into the pita pockets.
- Switch up the lettuce color palette with baby kale, shredded cabbage, or shredded beets.

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/turkey-veggie-stuffed-pita.html>

## Maureen Ambersley RPN Frontline Hero!!

Daneika Durant is organizing this fundraiser on behalf of Ashley Ambersley.

Maureen Ambersley was as a very well-known and respected front-line worker in her community! She spent 16 years doing what she loved as an RPN nurse. Maureen was a mother, sister, grandmother and overall a wonderful motherly figure to many. Maureen was a very caring, loving and understanding person. She was known as someone who loved helping as much as she can. Maureen was funny, entertaining, smart, and loved children. She loved to bake, cook, and knit for her family and friends. Maureen was very dependable, work driven and determined to continue her education in the Healthcare field; to add Nurse Practitioner to her title. Maureen had a beautiful soul!

On December 25, 2020 Maureen Ambersley was checked into the hospital with Covid-19 and had to be put on life support on December 31st, 2020. She fought extremely hard but unfortunately passed away on January 5th, 2021 at 8:20 a.m.

She leaves behind her two children Ashley and Floyd Ambersley, her beautiful grandkids Dontay and Malaysia. At this time due to Maureen's untimely passing we are asking if you can contribute anything to support her family's expenses. We ask that you keep Maureen Ambersley's family and friends in your prayers. (<https://ca.gofundme.com/f/maureen-ambersley-rpn-frontline-hero>)

## The Process of Grief

Grief is the acute pain that accompanies loss. Because it reflects what we love, it can feel all-encompassing. Grief is not limited to the loss of people, but when it follows the loss of a loved one, it may be compounded by feelings of guilt and confusion, especially if the relationship was a difficult one.



Similarly, the misperception that “more” grief is better or that there is a proper way to grieve can make the process more difficult.

For some people, grief is a short-term phenomenon, also known as acute grief, although the pain may return unexpectedly later. But other individuals may experience prolonged grief, also known as complicated grief, lasting months, or years. Without help and support, such grief can lead to isolation and chronic loneliness.

## Does everyone follow five stages of grief?

Many people expect to experience denial, anger, bargaining, depression, and acceptance, in that order, due to the continuing influence of *On Death and Dying*, the 1969 book by psychiatrist Elisabeth Kubler-Ross. However, it has been demonstrated that many, if not most, people will not progress through these stages. While some people do experience the stages, and eventually reach acceptance after a loss, grief is now understood to be highly individualized and unpredictable. (<https://www.psychologytoday.com/intl/basics/grief>)

# February 2021 Calendar of Activities



February 1-28, 2021 – Black History Month 2021

Black History Month is observed in February 2021. Black History Month, also known as African American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora.

The African diaspora refers to the communities throughout the world that are descended from the historic movement of peoples from Africa, predominantly to the Americas, Europe, Asia, and the Middle East, among other areas around the globe.

February 4, 2021 – World Cancer Day 2021

On February 04, 2021 World Cancer Day (WCD) is observed to raise awareness of cancer and to encourage its prevention, detection, and treatment. This health awareness day is led by the Union for International Cancer Control, a global consortium of more than 470 cancer-fighting organizations in over 120 countries.

The aims of WCD are to help save millions of preventable deaths each year by raising awareness and education about cancer and pressing to governments across the world to act against the disease. The day is a key opportunity for everyone affected by cancer to work together to ensure that world leaders stick to the promises they made at the UN Summit in relation to reducing the impact of cancer.



February 7, 2021 – Send A Card to A Friend Day 2021

Send a Card to a Friend Day is observed on February 07, 2021. Just send a card to a friend on this day do stay in touch. The day was invented by a card company. It is not important if the card you send is self-made or not. The only thing that counts is that you send it to a friend.

It would be best to choose a friend you have not seen in a while. But certainly, your other friends would be happy about a neat surprise in their letter box, too. A postcard is so much nicer than bills and advertisements. You can by the way send several postcards to several friends on Send a Card to a Friend Day. Maybe you might also like to send a postcard to someone you like to become friends within the future.

February 12, 2021 – Darwin Day 2021

Darwin Day is observed on February 12, 2021 and intends to commemorate the anniversary of the birth of Charles Darwin in 1809. The day is used to highlight Darwin's contribution to science and to promote science in general. Charles Robert Darwin was an English naturalist, who established that all species of life have descended over time from common ancestry and proposed the scientific theory that this branching pattern of evolution resulted from a process that he called natural selection.

In the late 1990s, two Darwin enthusiasts, Chesworth, and Stephens, co-founded an unofficial effort to promote Darwin Day. In 2001, Chesworth moved to New Mexico and incorporated the "Darwin Day Program". In 2004, the New Mexico Corporation was dissolved, and all its assets assigned to the "Darwin Day Celebration", a non-profit organization incorporated in California in 2004 by Dr. Robert Stephens and others and the Mission Statement was expanded.

February 14, 2021 – Valentine's Day 2021



Valentine's Day is a holiday celebrated on February 14 by many people throughout the world. In the English-speaking countries, it is the traditional day on which lovers express their love for each other by sending Valentine's cards, presenting flowers, or offering confectionery. The holiday is named after two among the numerous Early Christian martyrs named Valentine. The day became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished.

In the second half of the twentieth century, the practice of exchanging cards was extended to all manner of gifts in the United States, usually from a man to a woman. Such gifts typically include roses and chocolates packed in a red satin, heart-shaped box.

February 17, 2021 – Ash Wednesday 2021

Ash Wednesday, in the Western Christian calendar, is the first day of Lent and occurs forty-six days before Easter, in 2021 on the 17th of February. It is a moveable feast, falling on a different date each year because it is dependent on the date of Easter. It can occur as early as the 4th of February (5th of February on leap years) or as late as the 10th of March.

Ash Wednesday derives its name from the practice of placing ashes on the foreheads of adherents as a sign of repentance. The ashes used are typically gathered after the Palm Crosses from the previous year's Palm Sunday are burned. In the liturgical practice of some churches, the ashes are mixed with the Oil of the Catechumens (one of the sacred oils used to anoint those about to be baptized), though some churches use ordinary oil. This paste is used by the minister who presides at the service to make the sign of the cross, first upon his or her own forehead and then on those of congregants.

February 20, 2021 – Love Your Pet Day 2021

Love Your Pet Day takes place on February 20, 2021. If you love your pet, spend extra time with it on that day. Other ideas are making it new toys, give it extra attention, let it sleep alongside you or give it a special treat.

Keeping animals as pets may become detrimental to their health if certain requirements are not kept. An important issue is inappropriate feeding, which may produce clinical effects (like the consumption of chocolate. Passive smoking is dangerous for pets. Researchers have found that exposure to tobacco smoke has been associated with certain cancers in dogs and cats and allergies in dogs.

February 26, 2021 – International Stand-Up to Bullying Day 2021

International STAND UP to Bullying Day takes place on February 26, 2021. This day is a special semi-annual event in which participants sign and wear a pink shirt to take a visible, public stance against bullying. The color of the shirts is based on a campaign started by Travis Price and David Shepherd, two students who took a stand for a fellow student who was bullied for wearing a pink shirt to school. International STAND UP to Bullying Day takes place in schools, workplaces, and organizations in 25 countries across the globe on the third Friday of November to coincide with Anti-bullying week, and then again on the last Friday of February. The day was first observed in February 2008.

February 28, 2021 – Public Sleeping Day 2021

Public Sleeping Day is observed on February 28, 2021. Too tired to have something to celebrate today. Then get out and go to sleep first a round in the public ... Inspire yourself by the following tips: Sleep in class or an office meeting, go to a bench in the park and lie down for a while or get on any public transportation and get some sleep. The purposes and mechanisms of sleep are only partially clear and are the subject of substantial research. Sleep is often thought to help conserve energy but decreases metabolism only about 5–10%. Hibernating animals need to sleep despite the hypometabolism seen in hibernation and must return from hypothermia to euthermia to sleep, making sleeping "energetically expensive."

<https://www.cute-calendar.com/calendar/2021-02.html>