



October 2020 Edition

WEB: [WWW.ASK4CARE.COM](http://WWW.ASK4CARE.COM)

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## **ASK4CARE Employee of The Month for October is Lendy Scott!**

Lendy Scott has been with Ask4care Support Services Inc since January 2020. She has been so dedicated with her job and always open to be trained in various houses if needed without any hesitations. She is one of those requested staff by the managers at the locations because of her commendable performance. She was assigned currently in a place where residents have high behavior needs which she never encountered before. However, she was able to handle them by asking questions from other staff if anything is unclear, demonstrating enough patience towards the residents, listening and understanding the instructions given by her colleagues and managers and working collaboratively in a team.

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



The emotional connection that employee feels towards his or her organization, tends to influence their behaviors and efforts in maintaining excellent work-related tasks.



## Savory Broccoli and Cheese Muffins

This must-try recipe is perfect for breakfast on the run. A soon-to-be favorite, these muffins can do double duty as lunch along with a bowl of soup.

Prep Time: 10 minutes

Cook Time: 12 minutes

Servings: 10 muffins

Categories: vegetarian, kid-friendly, freezer-friendly, 30 minutes or less

### Ingredients:

- 125 mL (1/2 cup) all-purpose flour
- 125 mL (1/2 cup) whole wheat flour
- 125 mL (1/2 cup) fine cornmeal
- 75 mL (1/3 cup) ground flax seed or wheat germ
- 5 mL (1 tsp) each baking powder and baking soda
- 2 mL (1/2 tsp) each garlic powder and paprika
- 1 mL (1/4 tsp) cayenne
- 250 mL (1 cup) 0% fat plain Greek yogurt
- 75 mL (1/3 cup) skim milk
- 1 egg
- 30 mL (2 tbsp) canola oil
- 375 mL (1 1/2 cups) chopped broccoli florets
- 175 mL (3/4 cup) shredded light old Cheddar cheese



### Directions:

1. In a large bowl, whisk together white and whole wheat flours, cornmeal, ground flax, baking powder, baking soda, garlic powder, paprika and cayenne; set aside.
2. In another bowl, whisk together yogurt, milk, egg, and oil. Pour over flour mixture and stir to combine. Stir in broccoli and cheese. (Batter will be thick.)
3. Lightly spray or paper-line 10 muffin cups. Scoop batter into each and bake in preheated 200°C (400°F) oven for about 12 minutes or until golden and firm to the touch. Let cool slightly before removing from pan.

### Tips:

- If you do not have whole wheat flour, use 250 mL (1 cup) of white flour with added bran for extra fiber.
- Little chefs can help mix the dry ingredients, the wet ingredients and then scoop the batter into the muffin cups.
- Out of fresh broccoli? Use frozen, thawed broccoli in a pinch.
- Try your favorite vegetable and cheese combination instead of broccoli and Cheddar. How about cauliflower and Asiago?
- Make a double batch and keep some of these muffins for later. Cool muffins and wrap individually in plastic wrap. Store in airtight container in fridge for up to 3 days or in freezer for up to 2 weeks. Warm in microwave before serving.
- 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.

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/savoury-broccoli-cheese-muffins.html>

## The History of Thanksgiving in Canada

Written by Alison Nagy

Posted October 4, 2018

Thanksgiving weekend. For many, this long weekend really kicks off the autumn season. People across the country will spend it raking leaves, harvesting, shutting down the family cabin, and hopefully eating a delicious meal surrounded by friends and family. But where did this tradition come from?

In 1621, the pilgrims at Plymouth Plantation, Massachusetts, held the first Thanksgiving in North America, giving thanks for the end to a drought and a bountiful harvest. Without the help of the Wampanoag, who shared planting, hunting, and fishing knowledge and techniques, the pilgrims would have died. Some records say the first official Thanksgiving likely predates this event by around fourteen years.



When it comes to European thanksgivings in Canada, we have a few tales to tell.

As the story goes, in 1578, English explorer Martin Frobisher and his crew gave thanks and communion was observed, either on land at Frobisher Bay, in present day Nunavut, or onboard a ship anchored there. The explorers dined on salt beef, biscuits, and mushy peas and gave thanks through Communion for their safe arrival in then Newfoundland. This is now accepted as the first “Canadian” Thanksgiving, forty-three years before the first “American” Thanksgiving.

Forty-eight years later November 14, 1606, inhabitants of New France under Samuel de Champlain held huge feasts of thanksgiving between local Mi’kmaq and the French. Though not known at the time by the settlers, cranberries, rich in vitamin C, are credited with helping avoid scurvy. The neighboring Mi’kmaq likely introduced the French to cranberries, or as they called them, *petites pommes rouges* (little red apples).



However, despite this history of uniquely Canadian thanksgivings, our modern concepts of Thanksgiving were influenced by our American neighbors. Foods that are associated with a “traditional” Thanksgiving, such as North American turkey, squash, and pumpkin, were introduced to citizens of Halifax in the 1750s by the United Empire Loyalists, who continued to spread this “traditional” fare to other parts of the country.

Today Canadian Thanksgiving is held on the second Monday of October every year, or at least it has been since Canadian Parliament declared it so on January 31, 1957. Before this, Thanksgiving in Canada had been held sporadically, often coinciding with other major events and anniversaries.

Parliament officially declares Thanksgiving as “a day of general thanksgiving to almighty God for the bountiful harvest with which Canada has been blessed.” While this mandate for Thanksgiving may not be observed by all Canadians in its entirety, the ideas of being thankful, of spending time with family, and sharing a delicious meal remain.

<https://www.canadashistory.ca/explore/arts-culture-society/the-history-of-thanksgiving-in-canada>

# October 2020 Calendar of Activities

## **International Day for the Elderly**

Date When Celebrated: Always on October 1st

International Day for the Elderly is dedicated to honor, respect, and care for the world's elderly. Remember, someday you hope to be included among this group!

In 1990, the United Nations General Assembly designated October 1st as the International Day for the Elderly, also known as the "International Day for Older Persons". The holiday is the result of the UN World Assembly on Aging which was formed in 1982 to explore and tend to the needs of the elderly in the world.

Did you Know? According to the United Nations, "one of every 10 persons is now 60 years or older. By the year 2050, one of five will be 60 years or older; by 2150, it will be one of three persons".

## **World Teacher Day**

Date When Celebrated: Always October 5th

Teachers deserve a little recognition, and some thanks and appreciation. Aside from parents and direct family, who else has as much influence on the hearts and minds of a child... your child? Teachers not only educate, but they help to shape and frame your child's beliefs, values, and behaviors.

Parents and students are encouraged to offer thanks and recognition today. A simple "thanks", or an ecard is sufficient.

If you are a teacher, *Happy World Teacher Day!*

### History and Origin of World Teacher Day:

World Teachers' Day was initiated by the Director-General of UNESCO, Federico Mayor, at the International Conference on Education in Geneva in 1993.

On October 5, 1966, a UNESCO and the International Labor Organization conference adopted a special recommendation on Teachers. The date of this event was selected as the date to annually honor and recognize teachers around the world.

## **Fire Prevention Day**

Date When Celebrated: Always on October 9th. Fire prevention week is during the week in which October 9th falls.

According to legend, on October 8, 1871, Mrs. O'Leary was in her barn, milking her cow. The cow kicked over a lamp, which started the Great Chicago Fire of 1871. The fire burned for over 27 hours. When it was over, more than 300 people were killed, 100,000 people were left homeless, and over 17,000 structures were destroyed.

The Great Chicago fire sparked major efforts in fire prevention. Forty years later, the Fire Marshall's Association of North America (FMANA) held the first Fire Prevention Day. In 1920, President Woodrow Wilson proclaimed Fire Prevention Week.

The Saturday during Fire Prevention Week is Fire Service Recognition Day.

Did You Know? Dalmatians became fire dogs because they were often kept around the horses at fire houses to guard them.

Remember "EDITH", which stand for "Exit Drills in The Home". Today is a good day to have a practice drill.



**Emergency Nurses Day**

Date When Celebrated: Second Wednesday in October

Emergency Nurses Day recognizes an important care giver. According to the Emergency Nurse's Association "*Emergency Nurses Day* salutes the dedication and commitment of emergency nursing professionals, who bring care, comfort, and compassion to patients....."

Emergency room nurses see it all. And often it "am not good". Yet, they return to work, knowing they make a difference to sick, injured and sometimes dying people that enter the ER each day.

Emergency Nurse's Day is held during Emergency Nurses Week.

Emergency Nurse everywhere, we hope you enjoy this day.

**History and Origin of Emergency Nurses Day:**

Although they did not say so, we believe the Emergency Nurse's Association most likely created this day. They certainly sponsor it.

There is some reference to this as an "International" day. It is also celebrated in Australia and Canada.

We found a few references to an Emergency Nurse's Day in May. It is unclear as to how a May date may have begun.

**Sweetest Day**

Date When Celebrated: Third Saturday in October

Now here is a day you and your sweetie can really get into. It exists as an opportunity for you to recognize that sweet and special someone. It does not matter who that person is, or what their relation to you. They just must be "sweet" to get a little recognition.

While most people celebrate Sweetest Day, by giving chocolates and other sweets to their "Sweetie", the original intent of this day was something quite different.

Herbert Birch Kingston, a Cleveland, Ohio philanthropist and candy company employee started Sweetest Day. He wanted to bring happiness to orphans, shut-ins and under-privileged. His intent was to show these people that they were not forgotten. In 1922, he started this holiday by giving candy and small gifts. Movie stars, most notably Theda Bara and Anna Pennington, joined in giving boxes of candy to people in Cleveland. Baragave 10,0000 boxes of candy to patients in Cleveland hospitals.

The popularity of this holiday quickly spread. And the traditions altered. Today, people give candies and other sweets to loved ones and friends. That is perfectly fine.

However, we encourage you to follow the original selfless intent of this special holiday. Find ways to give candy and small gifts to those in need. It will bring a smile and a little happiness to someone who is ill or in need. You will be glad that you did!

**Celebrate Halloween 2020**

It is absolutely Halloween. And Halloween is absolutely the best holiday of the year. It is the favorite for many of us, as there is no stress, no overload, and no "Holiday Depression". It is just fun.

You will absolutely find the best of the net here. Seen a neat one? Seen a scary one? Seen a fun one? Email it to us to share with others.

Bats, the Bizarre, Dracula, Ghosts, Witches, Graveyards, Ghouls, Haunted Houses, Halloween Movies, Paranormal, Halloween Parties, Pumpkins, Skeletons, Scarecrows, Vampires..... You name it, we will take you to it.

Quote for the Day: "Home is where the haunt is!"