



March 2021 Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.



ASK4CARE Employee of The Month for March is JOYCE OKOJIE!

Joyce Okojie is employed with Ask4care Support Services Inc since January 2020. She has been so committed with all the shifts given to her without any hesitations and she can provide residents with utmost care and support. Her calm personality and positive attitude towards her job have been recognized by the families of the residents she supported. Recently, she has been personally requested by one of our clients in the retirement home because of her excellent performance.

She has been exposed to various residents both in retirement and nursing homes. Feeling of nervousness and anger expressed by residents are the most challenging situation that she has experienced. But she was able to manage these behaviors by applying variety of behavioral techniques and strategies that would re-direct the resident's attention and focus on her instructions.

"My greatest achievement with Ask4care is that I have learned to work in team despite of some disagreements, and I enjoy working with other staff at the retirement home and in the office." – Joyce Okojie

Joyce you are truly an inspiration to the team and have an important role in the company. We are proud to have you as our March 2021 Employee of the Month!

"To understand the heart and mind of a person, look not at what he/she has already achieved, but at what he/she aspires to."

-Kahlil Gibran



CHICKEN FRIED RICE

This recipe helps you make use of leftover bits of food and is a perfect dish to make when you are cleaning out the fridge. Add your favorite vegetable and serve with a drizzle of chili oil.

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 6

Ingredients:

- 30 mL (2 tbsp) vegetable oil, divided.
- 2 eggs, lightly beaten.
- 375 mL (1 ½ cups) chopped (into ½-inch pieces) cooked chicken breast.
- 4 garlic cloves, minced.
- 20 mL (1 ½ tbsp) minced fresh ginger.
- 1 onion, finely diced.
- 3 pieces baby bok choy, root trimmed and leaves finely chopped.
- 1 L (4 cups) cooked brown rice, chilled or at room temperature.
- 40 mL (2 ½ tbsp) sodium-reduced soy sauce
- 5 mL (1 tsp) sesame oil
- 4 scallions, thinly sliced.



Directions:

1. In a large wok or high-sided sauté pan, heat 15 mL (1 tbsp) of vegetable oil over medium-high heat. Pour eggs into the wok and scramble for about 1 minute or until just cooked through. Transfer to a plate and set aside.
2. Add the chicken to the wok and heat for about 4 minutes, stirring occasionally. Transfer the chicken to the plate with the eggs.
3. Heat the remaining 15 mL (1 tbsp) of oil in the wok. Add the garlic and ginger and cook for 1 minute over high heat. Add the onion and bok choy and sauté for about 3 minutes or until golden. Add the rice, soy sauce, and sesame oil. Mix well to break up rice and spread seasoning around.
4. Add cooked eggs, chicken, and 30 mL (2 tbsp) of the scallions. Stir-fry for about 2 minutes or until the rice is hot.
5. Transfer to a serving bowl and sprinkle with the remaining scallions.

Tips:

- If you do not have sesame oil, try using canola or peanut oil.
- You can replace fresh vegetables with frozen ones (such as peas, carrots) or canned ones (such as baby corn, water chestnuts, heart of palms).
- Make a vegetarian version by replacing the chicken with tofu or edamame.
- Your little chefs can help you measure out ingredients. Chances are, because they have helped, they will enjoy eating it too!

<https://food-guide.canada.ca/en/recipes/fried-brown-rice-chicken/#edit-group-directions>



SOCIAL NETWORKING

The term "social network" refers both to a person's connections to other people in the real world and to a platform that supports online communication, such as Instagram, Facebook, or Twitter. The term is now used more often in the second sense, and the Internet provides an opportunity for anyone to create an online identity, connect with friends, family, and strangers alike, acquire knowledge, and share ideas and information without having to be physically present. Instead, one's presence is represented on social media by shared comments, photos, videos, and other images.

WHY ARE SOCIAL NETWORKS IMPORTANT?

Expanding your social network beyond your familiar circle of friends can have surprising benefits, as social networking activities become socioeconomic opportunities, bringing fresh ideas through shared information and unexpected opportunities in the form of a job, an apartment, even a partner. Social networks provide limitless opportunities to connect with others who have cultural, political, religious, and other interests like your own. The Internet provides tools for cultivating, managing, and capitalizing on those networks, allowing you to form an initial relationship with someone you have never met in person, who not only enhances but could, in fact, change the direction of your life.

Through online tools like social media, a person can actively engage with other people around the world. They can pursue their curiosity and learn, pick up hobbies, and develop new skills. They have access to a world of information, including life-saving health tips. They can practice kindness and give and receive emotional support.

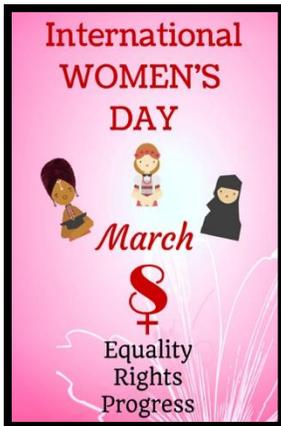
THE IMPORTANCE OF REAL-WORLD CONNECTIONS

Offline social networks differ in ways far beyond a dependence on Internet connectivity. People behave and work together differently, communicate differently, and spend different amounts of time together when they meet offline than when they connect online.

An individual's online social network does not generally represent their "real-life" social network. While a large network of friends and acquaintances is possible on social media platforms, many of these connections are weak ties; the amount of social support one has offline is likely to be more important to one's ultimate feelings of life satisfaction and psychological well-being.

<https://www.psychologytoday.com/ca/basics/social-networking>

March 2021 Calendar of Activities



March 8th, 2021 – International Women's Day

International Women's Day is a global holiday celebrated annually on March 8 to commemorate the cultural, political, and socioeconomic achievements of women. It is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence against women.

International Women's Day is commemorated in a variety of ways worldwide; it is a public holiday in several countries and observed socially or locally in others. The UN observes the holiday in connection with a particular issue, campaign, or theme in women's rights. In some parts of the world, IWD still reflects its political origins, being marked by protests and calls for radical change; in other areas, particularly in the West, it is largely sociocultural and centered on a celebration of womanhood. (https://en.wikipedia.org/wiki/International_Women's_Day)



March 17th, 2021 – St. Patrick's Day

Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.

The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green.

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. (<https://www.history.com/topics/st-patricks-day>)

March 20th, 2021 – Spring (Northern Hemisphere)



Spring, also known as springtime, is one of the four temperate seasons, succeeding winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures, and customs. Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth. Cultures may have local names for seasons which have little equivalence to the terms originating in Europe. Many flowering plants bloom at this time of year, in a long succession, sometimes beginning when snow is still on the ground and continuing into early summer. In normally snowless areas, "spring" may begin as early as February (Northern Hemisphere) or August (Southern Hemisphere), heralded by the blooming of deciduous magnolias, cherries, and quince. Many temperate areas have a dry spring, and wet autumn which brings about flowering in this season, more consistent with the need for water, as well as warmth. ([https://en.wikipedia.org/wiki/Spring_\(season\)](https://en.wikipedia.org/wiki/Spring_(season)))

March 21st, 2021 – International Day of Forests

The International Day of Forests is held annually on 21 March to raise awareness of the importance of forests to people and their vital role in poverty eradication, environmental sustainability, and food security. Sustainable management of all types of forests are at the heart of unlocking challenges of conflict-affected, developing, and developed countries, for the benefit of current and future generations. (<https://www.cepf-eu.org/event/international-day-forests-2020>)



March 22, 2021 – World Water Day

The World Water Day celebrates water and raises awareness of the global water crisis, and a core focus of the observance is to support the achievement of Sustainable Development Goal (SDG) 6: water and sanitation for all by 2030.

The theme of World Water Day 2021 is valuing water. The value of water is about much more than its price – water has enormous and complex value for our households, food, culture, health, education, economics, and the integrity of our natural environment. If we overlook any of these values, we risk mismanaging this finite, irreplaceable resource. SDG 6 is to ensure water and sanitation for all. Without a comprehensive understanding of water's true, multidimensional value, we will be unable to safeguard this critical resource for the benefit of everyone. (<https://www.unwater.org/worldwaterday2021/>)



March 23rd, 2021 – World Meteorological Day

World Meteorological Day is celebrated every year on 23 March to commemorate the entry into force in 1950 of the convention that created the World Meteorological Organization. The day also highlights the contribution that National Meteorological and Hydrological Services make to the safety and well-being of society. The United Nations' (UN) World Meteorological Day is annually held on or around March 23 to remember the World Meteorological Organization's establishment on that date in 1950. Many different activities and events are organized for this occasion.

World Meteorological Day often features various events such as conferences, symposia and exhibitions for meteorological professionals, community leaders and the general public. Some events aim to attract media attention to raise meteorology's profile. (https://en.wikipedia.org/wiki/World_Meteorological_Day)

