



August 2021 Edition

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COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## ASK4CARE Employee of The Month for August is FARDOWSA GABEYRE!

Fardowsa Gabeyre is employed with Ask4care Support Services Inc since October 2019. She has been consistent and dedicated in giving care to individuals at Caledon Community Services. Her flexibility to change her scheduled shift last minute or during on call is greatly appreciated by Ask4care scheduling team and with CCS managers. Fardowsa has the initiative to arrange her schedule, if necessary, in order not to hinder the entire operations.

One of the challenging experiences she had was working with individual who was very particular with the food that she wanted to eat. However, she was able to handle them with open communication by asking the resident what she really wants to have for lunch/dinner; by showing everything to the resident piece by piece; and by acting professionally towards the client. In that way, resident was happy and satisfied by the service given to her.

*"Ask4care Support Services Inc helped me in a way that I developed the value of patience and tolerance towards older people". – Fardowsa Gabeyre*

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

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



Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.  
– Margaret Cousins



## Cauliflower and Bean Dip

Roasted cauliflower gives a fresh twist to this dip. Serve it with vegetables, whole grain pita or crackers for a delicious snack.

Prep Time: 15 minutes  
Cook Time: 45 minutes  
Serves: 6



### Ingredients:

- 1 head cauliflower, cut into small florets
- 30 mL (2 tbsp) olive oil, divided
- 1 can (540 mL/19 oz) no salt added white kidney beans, drained, and rinsed
- 2 mL (½ tsp) garlic powder
- 2 mL (½ tsp) paprika
- 2 mL (½ tsp) lemon juice
- 125 mL (½ cup) water
- Salt and pepper to taste

### Directions:

- Preheat oven to 375 °F (190 °C).
- In a large bowl, combine the cauliflower and 15 mL (1 tbsp) oil. Mix well.
- Spread the cauliflower on a non-stick baking sheet and roast for 45 minutes or until soft, turning over halfway to keep from burning. Let cool.
- In a blender or food processor, blend the cauliflower, beans, garlic powder, paprika, lemon juice, water, the remaining olive oil, and salt. Mix until smooth.
- Transfer the dip to a serving bowl.

### Tips:

- For a boost of flavor, use lower sodium vegetable broth instead of water.
- Don't have fresh cauliflower on hand? Try using frozen ones. Thaw first and roast for 20 minutes.
- Little chefs can help measure out ingredients and add them to the blender. They will find it impressive to watch ingredients blend.
- Chill leftover dip in an airtight container for up to 3 days in the refrigerator.
- Remember, a little salt goes a long way. Taste the food before adding any salt.

Recipe developed by Indigenous Chef David Wolfman for PHAC and Health Canada. For more recipes by Chef Wolfman, see Nutrition North Canada.

# 5 Ways Toxic Relationships Are Ruining Your Life

By: Susie Miller, Contributor - Communication & Relationship Expert

We are created for relationships. We long for connection, and often this longing can lead us to settle for less than healthy relationships. Even worse, we may be so hungry to belong, or desperate to connect that we continue in toxic relationships when they are ruining our lives and happiness.

Toxic means poisonous, damaging, or deadly. A toxic relationship drains the life from you, damages your self-esteem, or kills your dreams. While this sounds deadly, toxic relationships can be subtle and do vast harm before we realize it.

## 1. Toxic relationships destroy your self-esteem and self-confidence.

Our self-image is deeply impacted by our relationships. Spending time with friends and family who enjoy you, affirm your talents, embrace your personality, and celebrate your uniqueness, inevitably improves your self-esteem, and fuels your self-confidence. When these are high, not only are you more successful, but life is also more enjoyable. Toxic relationships ruin your life as they most dangerous poison your self-concept, eroding your self-confidence like drops of rain wear away at a canyon wall.

## 2. Toxic relationships consume your energy.

A toxic relationship is often a marathon of your effort geared toward making sure the other person is happy. Your mind is always on hyper alert scanning their moods and needs while seeking to anticipate anything that could upset or disappoint them. The time you spend together is "all about them," with little to no room for you to share your thoughts or feelings, let alone ask for their support. Toxic relationships leave us woozy and weak-kneed like exiting a roller coaster ride; sure, footing is gone, and our energy is consumed in navigating uncertainty.

## 3. Toxic relationships breed negativity.

Toxic relationships are negative. Something is always wrong with you, the situation, their friends or family, the economy, the weather, and you feel pressure to make it better, even when the situation is beyond your control. Your mindset and mood are impacted by their negativity and unhappiness like being slimed like a Nickelodeon Game Show contestant, with none of the fun.

## 4. Toxic relationships form a template for your other relationships.

We learn by example and experience. Toxic relationships, while unhealthy, can become so familiar that you seek similar ones with others. Additionally, you may not be able to recognize when a healthy relationship comes along. Toxic relationships foster skepticism and disbelief when someone treats you well.

## 5. Toxic relationships increase your stress level which negatively impacts your health.

No matter how old you are, health is important for a good quality of life. While you may not be able to control all the contributory health factors like DNA, or family history, you can make choices about the stress you allow in your life via relationships. Toxic relationships are emotionally, mentally and physically stressful, and Psychology Today calls stress "the silent killer."

Be honest with yourself about your relationships and be courageous enough to make a change. Your quality of life and your happiness depend on it!

# September 2021 Calendar of Activities

## September 1, 2021 – National Cherry Popover Day

Today is a sweet day. It is National Cherry Popover Day. Cherry Popovers are tasty treats made from an egg batter and flour mix. This doughy muffin is filled with cherries, then baked. It is baked in either a muffin tin, or a special popover tin. Either way it is totally delicious!

We just love food holidays. They taste so good, and everyone can participate in this special day. Just eat a cherry popover. If you are a baker, you can even have more fun today, as you bake cherry popovers. If you are going to make some to share with people at work, it is okay to make them the night before.

Have a Happy National Cherry Popover Day!

## September 3, 2021 – Skyscraper Day

Skyscraper Day is a day to appreciate and admire the world's tallest skyscrapers.

Skyscrapers are truly engineering and architectural marvels. In many crowded cities, space is in short supply, and real estate prices are ever increasing. Building "up" becomes more and more logical. As technical capabilities in construction improved, skyscraper buildings have become taller and taller. In addition, there is a certain prestige to have one of the tallest buildings in the world in your city and country.



## September 5, 2021 – Cheese Pizza Day

Cheese Pizza Day is a day to chow down with a couple slices of one of America's favorite meals. Pizza is a favorite of young and old. Originating from Italian cuisine, it's a staple in the American diet. For many American families "Pizza night" is a Friday or Saturday routine. It's also popular at parties.

You can have Cheese Pizza anyway you want. There's thin or thick crust. Extra cheese is the "norm" for many cheese pizza lovers.

To celebrate Cheese Pizza Day, just order a cheese pizza or make a homemade cheese pizza.

If you decide you just have to add other toppings, its okay. We won't tell.

Have a happy Cheese Pizza Day!



## September 6, 2021 – Labor Day

Dedicated in honor of the American worker, it is also appropriately called the "workingman's holiday". The holiday is dedicated to you in respect and appreciation for the work you do in or outside of the home, union or non-union, big company, small companies, or government. As long as you work somewhere at something, this holiday is for you!

The first Labor Day was held celebrated in New York City on September 5, 1882 and was started by the Central Labor Union in New York City. In 1884, it was moved to the first Monday in September where it is celebrated today.

Labor Day quickly became popular and one state after another voted it as a holiday. On June 28, 1894, the U.S. congress voted it a national holiday.

Labor Day is also viewed as the official end of summer. While the Fall Equinox is still a couple of weeks away, kids go back to school and summer vacations are over.

#### September 11, 2021 – 9/11 Remembrance Day

I doubt anyone will ever forget where they were on the morning of September 11, 2001, when they heard of the attacks on the twin World Trade Towers in NYC and the Pentagon in Washington. This horrible and tragic day is etched forever in our memories.

Like the attack on Pearl Harbor that brought us into World War II, the 9/11 attacks led us into a new war... the war on terrorism. It also touched and changed forever, the lives of each and every American.

On the anniversary of 9/11, we encourage you to spend a few minutes reflecting upon this event, and praying for the victims who died, and their families and friends.

#### September 12, 2021 – National Grandparent's Day

It is only right and fitting that one day of the year is set aside to honor our grandparents. It is time to celebrate those special people who are always there with a hug, a kiss, a cookie, something special, or take us somewhere.

National Grandparent's Day originated in 1978. Then President Jimmy Carter declared it to be the first Sunday after Labor Day.

If you can, enjoy the day with them. That is the greatest gift they can receive from you. If you can't see them, call them, or skype. When you call, make sure you have the time for a long conversation. Remember, grandparents will always ask about you first and listen intently to everything you have to say. They are never rushed or in a hurry. They are there just for you.



#### September 16, 2021 – Working Parent's Day

Working Parents Day gives recognition to moms and dads who work hard to provide for their children. Everyday dad, and often mom, go off to work. They work hard to earn money to make ends meet. They work hard to be able to afford the extras that kids want and need. This includes things like school trips, funding the proms, athletics, music, dance classes, clubs, and much, much more.

Today is a chance for the kids to show a little appreciation. We suggest doing the dishes, cleaning up, and overall doing extra chores around the house. If you are old enough, make dinner for the folks.



#### September 21, 2021 – International Peace Day

International Peace Day seeks a global cessation of violence and war. Each year on this day, celebrations are held in hundreds of countries, all with the same goal in mind...to stop war and violence. Created and sponsored by the United Nations, this day seeks to end war, starting today.

The United Nations goal for this day is "a day of non-violence and cease fire". Wouldn't it be nice if this one day succeeded and spread, country by country, day by day, until there is no more war or violence. Can this goal ever succeed? Former Beatle John Lennon had the right vision in his song "Imagine".

#### September 25, 2021 – National Comic Book Day

National Comic Book Day is a super cool day. Share a comic book with a friend today. We don't know of anyone who doesn't like a good comic book.

Comic books are great reading. They either tell an ongoing story, provide humor, or offer intrigue and suspense. In all comic books, good eventually prevails over evil. So, comic books always make us feel good.

Did you Know? (of course you did!): Comic books have great value as a collectors item. Don't ever throw away those old comic books. Down the road, the series you are collecting today, may be worth its weight in gold!

<http://www.holidayinsights.com/moreholidays/September/comicbookday.htm>