



Compliments of Ask4Care Support Services Inc.

Issue #25

ASK4CARE Employee of the Month for January 2023 is **Adedoyin Adeleke!** ★

Although Adedoyin recently joined our organization in September 2023, she quickly gained the trust and confidence of her supervisor, residents, and coworkers at a group home in Barrie.



**Congrats to Adedoyin for being our January 2023 Employee of the Month! Keep it up!**

She has become a favourite staff at the location and can be identified by her **passion, honesty, and diligence.**

During a shift, Adedoyin had to handle a resident who got angry after refusing to give some space to another resident during dinner. Despite trying to calm him down, he yelled at her, called her names, and attempted to hit her.

Adedoyin quickly acted by ensuring the safety of the other residents by removing them from the scene to their various apartments. She then checked and removed anything that might hurt the resident and kept a safe management position and distance while talking to him. When it wasn't working, she kept quiet and allowed him to rant, which finally helped calm him down.

The resident later apologized repeatedly to Adedoyin, and she accepted the apology. She informed the worker at the location who then had a long talk with the resident, and everything worked out!

**"I want to thank Ask4Care and also promise to keep their flag flying and have it in mind that caregiving is a constant learning experience." - Adedoyin**

## Lunar New Year 2023: The Year of the Rabbit



Hi, this is Ivan Wong, and I am pleased to announce that **Chinese New Year (or otherwise known as the Lunar New Year)** has begun on January 22, 2023, with the celebration of the Year of the Rabbit.

Many families (including my own) take part in the tradition of decorating the house with red and gold colors and giving red envelopes or packets with money inside as gifts.



The Chinese zodiac repeats on a 12-year cycle, and every year is represented by a different animal, with this year being the Rabbit. I was born on one of the Years of the Rabbit and we are said to be peaceful, highly intelligent, but also can be pessimistic and be envious of others.

It is typically celebrated for 16 days and is marked with many **Chinese traditions and celebrations** including:

- Family reunions
- Fireworks
- Dragon dances
- Visiting ancestral graves
- Firecrackers



As well, **there are many superstitions that you must avoid doing on New Year's Day** that are passed down the generations including:

- No hair washing
- No sweeping the floors
- No porridge

Did you and your family celebrate the Lunar New Year this year? What traditions and superstitions do you believe in or find interesting?

No matter your background, I hope you learned something new, and I wish you all a happy new year!

**Source:** <https://www.chinahighlights.com/travelguide/special-report/chinese-new-year/>



## Simple Steps to Self-Care

**Self-care** can be defined as taking the time to take care of yourself physically, mentally, and socially. We all experience different forms of stress in our lives, but no matter who you are, it's important to take the time to reflect on how much time you spend on yourself.



There are a range of benefits of self-care including:

- Boosting your immune system and energy levels
- Strengthening emotional health
- Reduce burnout

Caregiving for clients and residents are essential for support workers and nurses, but you also must know when you need to take time to care for yourself and spend time with your friends and family.

Some methods and tips of how you can start working towards self-care include:

1. **Eating healthier foods** like vegetables and avoid eating too much take-out and junk food like chips, ice cream, and hamburgers.
2. **Drink plenty of water:** Always keep a water bottle next to you and drink up!
3. **Exercise:** Get your daily exercise by working out, walking the dog, joining the gym, or playing sports.
4. **Practice gratitude:** It's important to reflect on the things that you are grateful to have in your life such as your family and friends.
5. **Have fun!** Do what you love and try doing things that excite you like skydiving, paintball, or hockey. You can play with your kids or friends or watch a movie with the family. Just do whatever you want!



The importance of self-care might seem obvious, but you may not be thinking about spending time or money on yourself when you're busy with work or school. Life can be stressful, and it's essential that you take a step back and incorporate into your daily routine some of these tips.

**On behalf of Ask4Care Support Services Inc.**, thank you to all our support workers and nurses for their hard work and dedication! So please take some time to take care of yourself, so you're better able to take care of others.

Source: <https://www.betterup.com/blog/how-to-take-care-of-yourself>