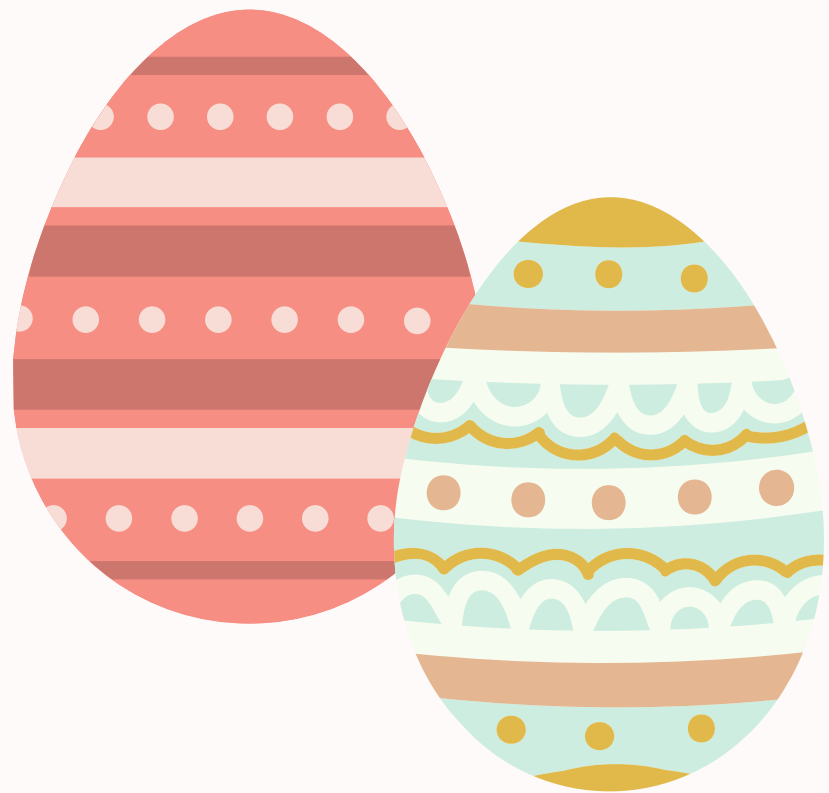




**APRIL 2023
EDITION**

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

**EMPLOYEE OF THE MONTH
Correna Kisun**



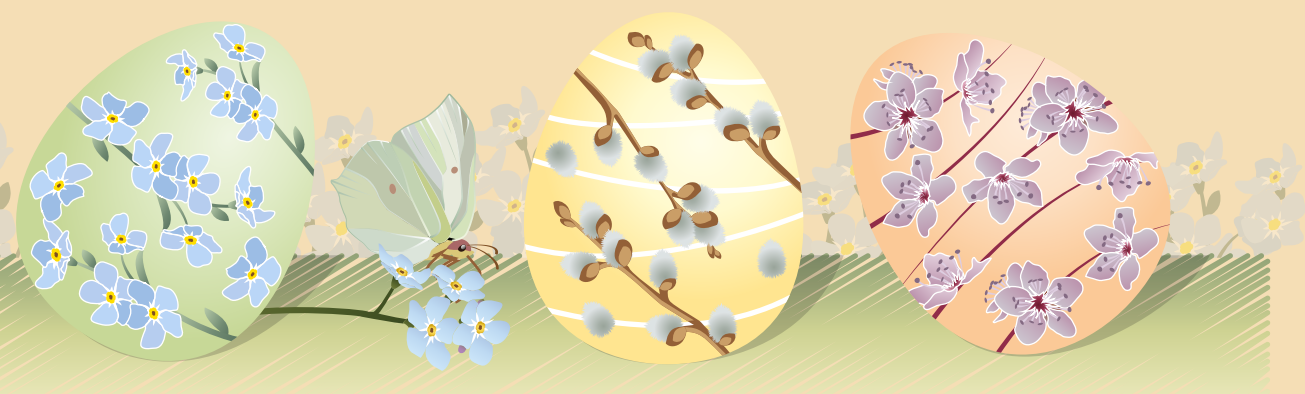
*Happy
Easter Day!*




Although Correna recently joined Ask4Care, she has quickly developed strong relationships and great rapport with the residents and healthcare members she works alongside. She enjoys prompt and open communication with the Ask4Care team and takes an active role as a healthcare leader.


“Early on in my career, I learned about the importance of having love in your heart, being patient, understanding, and compassionate towards everyone. I believe including these qualities has made me successful in my profession.”

- Correna Kisun





Easter Traditions of Latin America



In Canada, Easter is celebrated by many and lasts for 40 days, from March to April every year. Children enjoy receiving chocolate bunnies, candies, and other treats.

However, did you know that in Latin America, this holiday is celebrated totally differently?

In Latin America, Easter is one of the most widely celebrated Catholic traditions. During Easter, people are expected to avoid:

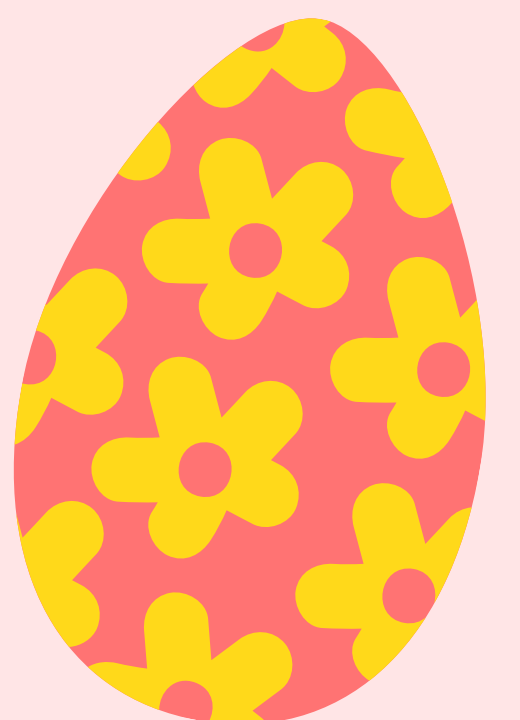
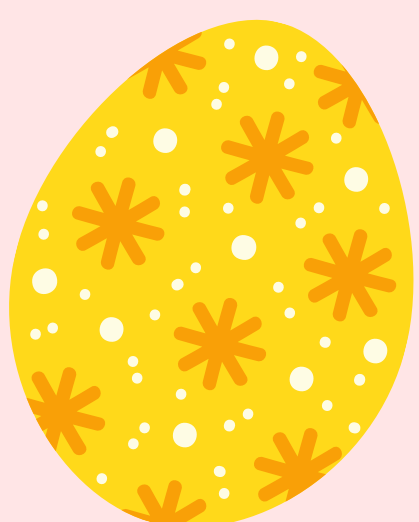
- Eating meat, pork, or chicken during the whole week. They can consume fish though.
- Having negative thoughts in general.

People take part in mass processions and some put a cross on their forehead to celebrate Ash Wednesday. Elderly people still believe that if a woman bathes during Easter Sunday, she can turn into a mermaid.

The most typical food to eat during this week is **fanesca**, a soup made of fish, vegetables, and beans.

Source:

<https://www.thecanadianencyclopedia.ca/en/article/easter-in-canada>



EARTH DAY

APRIL 22

3 Facts About Earth Day

In 1970, Earth day was started to promote environmental policies nationally.

In 1990, 141 countries participated in protecting the environment.

Earth Day led to the passage of the Clean Water and Endangered Species Acts.

Actions we can take to protect the Earth

Collect some seeds to plant

Avoid buying new flower pots, instead, you can recycle containers

Don't let the water run while you are brushing your teeth

Plant some fruits and vegetables in your backyard

You can make pass with some fruits and vegetables peels

Turn off the lights in your house if not required

Classify waste correctly

Join volunteer groups to clean and recycle

Compost food waste

Use the public transportation

Use ecological bags

Use other sources of energy such as solar energy

Respect the nature and the animals and teach your kids how to do it

Source: <https://www.goodgoodgood.co/articles/how-to-celebrate-earth-day>