



**January 2024  
Edition**

Compliments of Ask4Care Support Services Inc.

Issue #37

ASK4CARE Employee of the Month for January 2024 is  
**Bolanle Fasika!**



As part of her passion in taking care of the elderly, Bolanle got interested in the healthcare industry and decided to study as a PSW.

Her greatest achievement while working with Ask4Care is making a positive impact on the lives of the clients she cares for. She is proud to see them regain their independence and improve their overall well-being.

**Testimonial:** Thank you for the support and I thank my coworkers for voting for me to have an opportunity.



**Congrats to Bolanle for being our January 2024 Employee of the Month! Keep it up!**

**“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis**

# Meeting your New Year's Resolutions



With 2024 comes a new year and with it comes endless possibilities. To start off your new year with a blast, many people come up with a New Year's Resolution.

Many resolutions are aimed at growing oneself and becoming a better person. However, most people end up failing their resolutions. But here are some tips on how YOU can achieve your goals for 2024!

- A. **Use SMART Goals.** If you are truly dedicated to achieving your New Year's Resolution, try avoiding vague goals and instead use Specific, Measurable, Achievable, Relevant, and Time-Specific Goals.
- B. **Visualize how you will Achieve your Goals.** Take the time to figure out what you want and how you will get there.
- C. **Build your Way Up.** You cannot achieve your goals in one fell swoop. Start small and build up gradually by developing and maintaining good habits.
- D. **Record your Progress!** Achieving your goals start by writing it down so that you can see and visualize what you want. Take notes on your progress and challenges and keep working hard!
- E. **Use your Resources.** Talking to your family and friends about your resolution and goals will make it more real. Ask them for advice and ideas, as they can help you along the way.

## SMART

GOALS

**S** **P**ECIFIC  
Plan effectively with specific targets in mind. 

**M** **E**ASUREABLE  
Track your progress and reevaluate along the way. 

**A** **T**TAINABLE  
Set realistic goals that are challenging but achievable. 

**R** **E**LEVANT  
Ensure the goal serves a relevant purpose. 

**T** **I**ME-BOUND  
Specify a deadline, monitor progress and reevaluate. 

**Challenge: Come up with a New Year's Resolution and plan on how you will achieve it by incorporating these tips!**

Source: <https://www.betterup.com/blog/new-years-resolutions-ideas>

# Artificial Intelligence and the Future of Healthcare

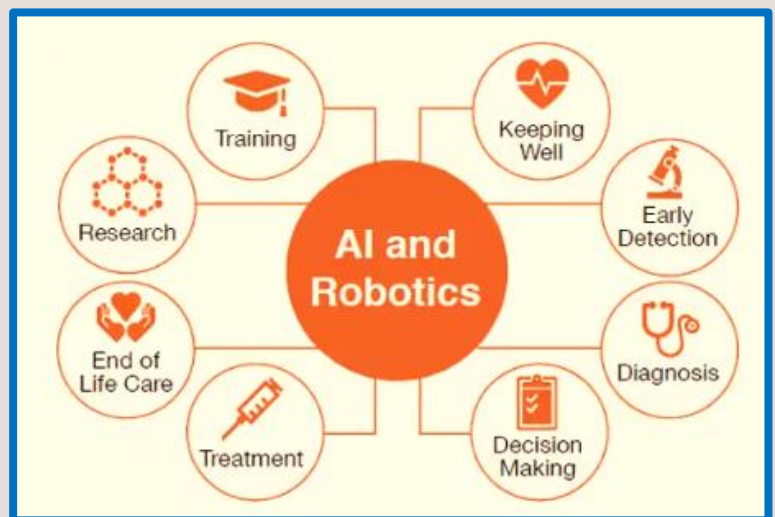
Artificial intelligence (AI) is the ability for computers and technology to learn and adapt, in this form becoming smarter through their experiences and environment.

With the soaring popularity of ChatGPT and AI image generators, the success of these AI tools poses questions on how we can use and adopt artificial intelligence as an integral part of our healthcare system.

Many AI technologies that are being researched and developed can benefit many sectors in healthcare includes:

- A. Automating administration tasks.
- B. Predictive analytics based on patient history and medical records.
- C. Artificial intelligence assisted robotic surgery.
- D. Improving diagnostic imaging devices like MRI and X-Rays.

However, there are potential drawbacks and worries about the advance of AI that can result in job losses and the misuse of AI. Nonetheless I believe that the healthcare industry and the world can benefit when AI is adopted based on research and complaint with moral and legal requirements.



## Thought Challenge:

Have you seen or used artificial intelligence as part of your work as a healthcare worker?

If not, how would you imagine artificial intelligence can be used to support residents in group homes, hospitals, and long-term care homes?

**Source:** <https://www.pwc.com/gx/en/industries/healthcare/publications/ai-robotics-new-health/transforming-healthcare.html>