



★
October 2023
Edition

Compliments of Ask4Care Support Services Inc.

Issue #34

**ASK4CARE Employee of the Month for October 2023 is
Temitope Bayowa!**



Temitope's journey with Ask4Care has not only been about providing support, but also building lasting connections with clients and uncovering some hidden talents of her own such as developing her skills as a cook.

Temitope is now a professional comedian because she has figured out ways to make her clients laugh and forget about their problems.

One morning, a client of hers didn't want to eat their breakfast but she had to take her medications. Temitope persevered by continuing to redirect and prompt her and went so far as to sing for her!



Congrats to Temitope for being our October 2023 Employee of the Month! Keep it up!

The client finally ate and apologized to Temitope as she was having a bad day, and she told Temitope that her singing made her forget about her worries!

Favourite Quote: "Life is 10% what happens to you, and 90% how you react to it."

Spooky Halloween Activities

Halloween is a scary time of the year, and who doesn't want to have a nice spook and enjoy this time of the year.

To make the most of this Halloween, here are some things you can explore:



- ✓ Halloween Boat Party Cruises
- ✓ Watch Horror Movies
- ✓ Trick-or-Treat
- ✓ Visit a Haunted House
- ✓ Throw a Costume Party
- ✓ Carve a Pumpkin
- ✓ Escape a Corn Maze



Many people have phobias or fears, which include the following: heights, spiders, social situations, public speaking, clowns, and death. What scares you the most?



Challenge: Try to confront one of your fears this Halloween or before the end of this year and record the results or post what happened on your social media!

