



*Where promises are kept!* ®

## ASK4CARE'S EMPLOYEE OF THE MONTH FOR AUGUST 2023 IS GRACE GIWA

Grace started working with Ask4care in September 2019. “Keen Observation and Critical Thinking” is what differentiates Grace from others. She takes great pride in her line of work and aspires to change lives by offering the high-quality services that communities require. She also loves to get feedback so she can improve her approach to providing personal support to all her clients.



When Grace was asked “How does she differentiate between her client’s needs and wants?” she explained - *“I sympathize with my patients, but I understand that it's important to distinguish between their wants and needs. I once looked after an individual who refused to eat peas or other nutritious foods because her teeth were beginning to fall out. She complained that they were uncooked and overly hard despite how tender i had cooked them. I started squashing or blending some of her food, and she was really appreciative of the accommodations I made.” - Grace*

**We are proud to have you as our August 2023 Employee of the Month!  
Thank you, Grace, for your hard work and for being an excellent role  
model!**



**RECIPE OF THE MONTH - AUGUST 2023**

**VEGETARIAN  
STUFFED PEPPERS  
WITH FALAFEL**

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## Ingredients



4 servings



45 minutes

- **4 tbsp.** extra-virgin olive oil, divided
- **1** large yellow onion, finely chopped
- **3** garlic cloves, minced
- Salt and freshly ground black pepper
- **2** 15.5-ounce cans of chickpeas, drained
- **2 tsp.** ground cumin
- **1 tsp.** ground coriander
- **1/4** plus 2 tablespoons chopped curly parsley
- **4** bell peppers, halved lengthwise,
- **1/4** finely chopped tomatoes
- **1/4** finely chopped cucumbers
- **1/2** lemon

## Directions

### Step 1

Preheat oven to 400°F. In a large skillet, heat 2 tablespoons olive oil over medium-high heat. Add onion and garlic and season with salt and pepper. Cook, stirring often, until softened, about 5 minutes. Transfer the onion mixture to a bowl.

### Step 2

Add chickpeas, cumin, coriander, 1/4 cup parsley, and 1 tablespoon olive oil to bowl; season with salt and pepper and toss to combine.

### Step 3

Arrange bell peppers in a baking dish and fill with chickpea mixture. Roast until peppers are tender, about 30 minutes.

### Step 4

Meanwhile, toss tomatoes and cucumbers with lemon juice, remaining 2 tablespoons parsley, and 1 tablespoon olive oil.

### Step 5

Serve peppers topped with tomato salad and drizzled with tahini.



# INTERNATIONAL OVERDOSE AWARENESS DAY



International Overdose Awareness Day (IOAD) is the world's largest annual campaign to end overdose, remember without stigma those who have died from an overdose, and acknowledge the grief of the family and friends left behind.

The IOAD 2023 theme "Recognizing those people who go unseen" is about acknowledging people in our communities who are affected by overdose but might go unseen in the crisis.



According to provisional data from the CDC, of the nearly 110,000 reported drug overdose deaths in 2022, about three-quarters were attributed to opioids.

Workplace unintentional overdose deaths from nonmedical use of drugs or alcohol have increased by 536% since 2011, totaling 464 in 2021 and accounting for nearly 9% of all occupational injury deaths that year.

International Overdose Awareness Day (IOAD) is a global event held on Aug. 31 each year to remember those gone too soon from overdoses and commit to our goal of preventing these deaths, from the workplace to any place. You can help protect your loved ones, co-workers, and neighbors by learning more about the risks of an opioid overdose and what you can do to save lives.

# WHAT CAN YOU DO TO MAKE A DIFFERENCE?

- Talk to your workplace about adding naloxone nasal spray to their first aid kits and training employees to use it as part of an emergency first aid response.
- Learn to spot the signs of an opioid overdose so you're prepared to take action in an emergency.
- Encourage your workplace to participate in IOAD observance activities
- Hear and share stories of NSC Survivor Advocates whose lives were changed forever due to opioids.
- Learn more about opioids and how to talk to your family about this issue with Connect2Prevent.
- Train your supervisors to address workplace impairment.



We all know someone who has struggled with substance use, and we can all make a difference, whether it's for our friends, co-workers, or loved ones. Workplaces can have a positive impact by equipping their first aid kits with lifesaving naloxone and training their employees to use it as part of an emergency first aid response. We can protect our families by learning more about this issue and discussing it even when it's difficult. And we can all support each other by taking action on International Overdose Awareness Day.

[https://www.nsc.org/community-safety/safety-topics/overdose-awareness-day?](https://www.nsc.org/community-safety/safety-topics/overdose-awareness-day) <https://www.overdoseday.com/>