



August 2022 Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

ASK4CARE Employee of The Month for August is AWELE!!

Awele Nwakuwa has been employed with Ask4Care since the year 2018. Awele believes that she has grown and built a good career within this field with the support of Ask4Care, and has learned how to be more patient, caring, and empathetic towards others. Awele's initiative and selflessness are what we believe helped her achieve this award.

Her selflessness was shown when she was with an individual who would not eat whenever she was given food. Awele was concerned and took the initiative to speak with the individual to find out her likes and dislikes. Later, she spoke with other staff and put in a personal request when shopping to buy the individual's favourites. Only after that was the individual able to eat and enjoy her food.



"I was glad I was able to advocate for and help the individual." – Awele Nwakuwa

Thank you, Awele, for everything you have done for the company. You truly are an asset to Ask4Care!

INSIDER'S DO'S AND DON'T'S!

PSW SHOULD:	PSW SHOULD NOT:
Constantly observe the person(s) and their surroundings	Fall asleep while working
Protect the privacy and confidentiality of individuals' health information to third parties	Share the individual's information on social media
Assist person(s) with activities of daily living	Act as power of attorney or substitute decision-makers for the individual
Assist with medication and medication reminders	Administer medication themselves
Perform light housekeeping duties	Be aggressive toward individuals, even if the individual is aggressive
Show respect to individuals' culture, identity, beliefs, values, and goals	Imposing your personal beliefs and biases on the individual. These include political, religious, and cultural beliefs
Treat the individual with care and compassion	Be judgmental towards the individual
Acknowledge the individual's right to express concerns and respond appropriately	Be disrespectful towards the individual and be hostile
Communicate and demonstrate basic information in accordance with a pre-established plan of care	Practice unsafe, incompetent, unethical behaviour towards others, including any type of abuse
Maintain Integrity	Work while being impaired by any substance

PODCASTS OF THE MONTH!



Here are a few podcasts for our PSWs to guide them through such stressful times one may encounter whether with work or personal obstacles:

A. Deep breathing techniques for Anxiety – 10 Minute guided meditation – Meditation Mountain by Guided Meditation

B. Deep breathing meditation – 15 Min

Meditation

for stress – Meditation Mountain by Guided Meditation

Here are a few informational podcasts for PSWs and readers to learn on what's going on in the healthcare industry:

A. Is Healthcare Amazon's Next Big thing? – The Journal – By The Wall Street Journal

B. Emphasizing patient centered care to improve cancer treatment – Healthcare Strategies – By Xtelligent Healthcare Media

Advice from other PSWs:

A. The role of personal support worker in LT care: a conversation with PSW Jackie McDonald – Strengthening a Palliative Approach in LT care –

B. Lets talk PREP with PSW Ann Piercy – OH MY GOSHH! – By GOSHH

HOW TO DE-STRESS – REAL TIPS

Healthy Ways to Overcome Stress

- 1. Adopt healthy eating and lifestyle habits**— Making unhealthy eating choices can be due to many reasons, including stress, boredom, lack of time, or convenience," Hanson says. "When it comes to diet, exercise, and healthy eating plans, remember it is not a 'one-size-fits-all' solution. It's important to find an eating plan that fits into your personal lifestyle, with healthy food choices that increase your wellness and energy. In my experience, I've found that when someone finds an eating and exercise plan that they enjoy and can stick with long-term, many times they feel happier and healthier, with an increased level of self-awareness, energy, and confidence."
- 2. Go outside** – Immersing yourself in nature and the warm sun can improve levels of vitamin D, help with concentration, and prevent illnesses.
- 3. Listen to music** – Listening to music can help you recover from stress faster, and it can also help the endocrine and psychological stress response, according to the National Institutes of Health.
- 4. Read or listen to stories** – Reading draws your focus away from your stress. By immersing yourself in a novel, you let your brain absorb the story, and you let the stress and everything around you dissipate. If you don't like reading novels, you can always read news articles or other pieces of similar length. There are also audiobooks by Audible or Blinkist, where you can listen to stories instead of reading them.
- 5. Get organized** – Clean up your room or clear off a desk. Organizing is one of the best ways to recover from a stressful day at work because it will help you decompress and help push your life in a positive direction.
- 6. Pet therapy** – Having a dog, cat, or any pet around comes with many benefits. The simple act of interacting with and petting an animal releases the feel-good chemicals "oxytocin" and "serotonin", which can help promote relaxation and decrease stress and anxiety levels, according to Psychology Today.
- 7. Take some time off** – Whether it's a day, a weekend, or a full vacation, getting away from the stress of work can be a positive experience.



8. **Use essential oils** – Concentrated oils, or essences, have many uses. Lavender oil is often used to fight anxiety, depression, headaches, and/or muscle pain. Rub a tiny bit of oil in your hands and take a few deep breaths. But use caution. Bottled oils can be potent—up to 50 to 100 times more concentrated than the oils in plants, according to *The Washington Post*—and can be risky if used incorrectly.
9. **Take time for gratitude** - "Every morning when I wake up and every evening when I go to bed, I make it my mantra to say what I'm grateful for, including my family, friends, community, career, good health and wellness, and more," Dr. Hanson says. "Giving gratitude for what we have, what we can share, and how we can help others is a strong stress reliever and helps us to appreciate all the positive things in life."

CONNECT WITH US!

LinkedIn: <https://www.linkedin.com/404/>

Youtube: <https://www.youtube.com/channel/UCN97-puOqN3VhBqvXok-F0w>

Twitter: <https://twitter.com/ask4care?lang=en>

Facebook: <https://www.facebook.com/Ask4care-Support-Services-INC-111750690303295/>

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DO'S AND DON'T:

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