

December 2022 Issue Nº 24|
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Compliments of ASK4CARE
Support Services INC.



EMPLOYEE OF THE MONTH

ASK4CARE's Employee of the Month for DECEMBER 2022 is **ORD CLARKE!**

Ord has worked with ASK4CARE Support Services Inc. since May 2022.

Ord is best known for his willingness to take shifts, especially in behavioural homes. He has been requested many times to cover shifts by senior managers at our client facility owing to his strong work ethics.

He is hardworking, reliable and dedicated towards his work.



We are proud to have you as our
December 2022 Employee of the Month!

Thank you, Ord, for your hard
work and being an excellent role
model!



Once during Ord's shift at a particular behavioural group home, one of the residents supported was very violent and aggressive and would destroy the household decorations. Ord handled it by removing anything that could cause injury or serious harm and gave some snacks to calm him down.

Ord says that his greatest achievement working with ASK4CARE is being employee of the month. The main thing that he likes about working with ASK4CARE is that "the ASK4CARE Team is always quick to respond in any situation. You can call anytime and get a response and they always keep their staff busy."

• Healthy New Year's Resolutions that YOU can actually Keep!

As the new year signifies a fresh start, for many people it also means setting health goals, such as starting a healthy diet, losing/gaining weight, or starting an exercise routine. However, these resolutions must be realistic and achievable.

Here are some resolutions that you can actually keep.

"Be fearless in the pursuit of what sets your soul on fire."

1. **Eat more whole foods:** Whole foods such as vegetables, fruits, nuts, and fish, contain a plethora of nutrients that your body needs to function at an optimal level, and may significantly reduce heart disease risk factors.
2. **Move more, sit less:** Especially for those who have a desk job. Make a resolution to go for a 15-minute walk at lunch or to get up and walk for 5 minutes every hour.
3. **Get more quality sleep:** Sleep deprivation can cause weight gain, heart diseases and depression. Decreasing screen time before bed, cutting back on caffeine, and getting to bed at a reasonable hour are some solutions.
4. **Do a physical activity that you enjoy:** Bike riding, swimming or walking are simple and sustainable exercise solutions and can easily fit in your everyday schedule.
5. **Practice self-care:** Taking out time for yourself is optimal for your wellbeing. This can simply be taking a relaxing massage, attending weekly yoga, meditating, eating healthy meals, going for a walk in the nature or getting extra sleep.
6. **Cut back on alcohol consumption:** Frequent alcohol intake can keep you from reaching your health and wellness goal. Set a weekly limit on the intake and replace it with non-alcoholic drinks such as fruit infused sparkling water, kombucha, or a fun mocktail.
7. **Limit screen time:** Spending too much time on electronic devices and use of social media can lead to depression, anxiety and loneliness. Set a timer for your screen time and do not go over it.

Source: <https://www.healthline.com/nutrition/realistic-new-years-resolutions>

Note From Our Director

"To all my Beautiful Family Members!

From the bottom of my heart, Thank You for all you do to keep ASK4CARE in the Lord's good graces. May God bless us all abundantly in health, light and happiness.

Love & Prayers,
Mustafa Yacoob"

**365 new days,
365 new chances.**

International Day of Persons with Disabilities

3 December, 2022

International Day of Persons with Disabilities (IDPD) is an international observance promoted by the United Nations **every year on the 3rd of December** since 1992. It recognises visible or invisible disabilities and promote the importance of inclusion in life and the workplace.

It encourages organizations, both global and local, to come together to promote the rights, dignity, and well-being of people with disabilities at every level of society. Additionally, it also aims value the unique contributions of the disabled people as well as to raise awareness of the situations of persons with disabilities in all aspects of political, social, economic, and cultural life.

As per the World Health Organization (WHO) 2021, **more than 1 billion (15% of the world's population) people are disabled, with 80% living in developing countries**. This figure is expected to rise, due to the aging population as well as an increase in the prevalence of noncommunicable diseases. Along with that, up to 190 million (3.8%) people aged 15 and older are experiencing significant difficulties (barriers) in functioning and requiring frequent health care services.

The International Day of Persons with Disabilities theme for the year 2022 is **“Transformative solutions for inclusive development: the role of innovation in fuelling an accessible and equitable world”**, covering in the following three different interactive thematic topics:

Employment: Which discusses the connections between employment, knowledge, and skills required to get an employment opportunity in a fast-changing, innovative technological landscape and how technologies can help assist increase accessibility to employment.

Reducing inequality: This discusses the innovations and practical tools that will help reduce inequalities in public and private sectors that are committed to diversity and inclusion in the workplace.

Sport: Which is considered as an ideal sector for best practises in innovation, employment, and social justice.



TESTIMONIALS



Jennifer Barnes, one of our private home care clients in Toronto requested for services for her mother. This is what she had to say after her experience with ASK4CARE:

"ASK4CARE provided PSW services to my elderly mother for two months while she was in the hospital. The PSW Linda was amazing! She was kind, respectful and hard working. Linda was absolutely delightful company for my mother during a difficult time. The office was efficient and easy to deal with. It is always difficult to leave a loved one in someone else's care but this agency definitely ensured that we had a wonderful caregiver who was perfect for my mother. I highly recommend them!"

Tina Akintola, one of our most consistent and dependable staff here in Toronto. Here are some kind words that she had to say about our team:



"If you are talking about a good organisation to work with. An organisation that recognised , value and appreciate professionalism, An organisation who is so caring about their staffs and their client. Always delivering timely care and support services whenever needed because of reliable and dependable staff strength working with them and making sure that Client get the best services and care they require. Talk about Ask4Care Support services. This is a reputable organisation in the health services to reckon with. Have been with Ask4Care and i can boastfully testify that i do not regret working with this great organisation. Good organisation to work with ANY TIME, ANY DAY.

.....ASK4CARE AND WE WILL BE THERE....."

ASK4CARE SUPPORT SERVICES INC would love your feedback.

Leave us a review: <https://g.page/r/CcNyJSj1-yduEAg/review>