



July 2022 Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

ASK4CARE Employee of the Month for July is FIDELIA OLUCHI!

Fidelia Oluchi has worked with Ask4care Support Services Inc since June 2022. She is renowned for her hard work and dedication in supporting residents and staff during the [O'Brien House outbreak](#).

One of her memorable moments occurred when she handled a difficult situation with an agitated resident when their electric wheelchair malfunctioned. [Fidelia remained calm and assured the client](#) and the other residents by proactively taking the following steps:

1. De-escalated the situation and troubleshooting
2. Contacted locations with wheelchairs and 24/7 repair service companies
3. Promptly notified the supervisor, on-call, and night staff
4. Reduced the client's anxiety by assuring them they would be riding in the agency van for their outing

"Don't count the days,
make the days count."
- Muhammed Ali



"Since working with Ask4Care, I have cultivated successful working relationships and have thoroughly enjoyed supporting the clients with their [growth and development](#)." – Fidelia Oluchi



Thank you, Fidelia, for being an excellent staff member and role model! We are proud to have you as our [July 2022 Employee of the Month!](#)

Fruit and Yogurt Granola Parfaits

Crunchy granola with a hint of maple is sure to satisfy your sweet tooth!

Prep Time: 5 minutes
Cook Time: 30 minutes
Servings: 10

Ingredients:

- 250 mL (1 cup) steel cut oats
- 250 mL (1 cup) large flake oats
- 150 mL ($\frac{2}{3}$ cup) slivered almonds
- 75 mL ($\frac{1}{3}$ cup) wheat germ
- 60 mL ($\frac{1}{4}$ cup) flaxseed meal
- 45 mL (3 tbsp) pure maple syrup
- 15 mL (1 tbsp) vanilla
- 30 mL (2 tbsp) canola oil
- 1 L (4 cups) 0% fat plain or Greek yogurt
- 750 mL (3 cups) fresh berries, such as raspberries, blueberries, or blackberries



Directions:

1. On a large baking sheet, spread steel-cut, large flake oats, almonds, wheat germ and flaxseed meal in single layer. Bake in preheated 180°C (350°F) oven, stirring a couple of times, for about 15 minutes or until light golden. Scrape into a bowl.
2. In a small bowl, whisk together maple syrup, vanilla, and oil. Pour over oat mixture and stir to coat evenly. Spread mixture onto baking sheet and return to oven for about 15 minutes or until golden brown, stirring at least twice. Let cool completely.
3. When ready to serve, divide half of the granola among 10 small glasses or parfait dishes. Divide yogurt among glasses and sprinkle with some of the fruit. Top with remaining granola and fruit and enjoy. Alternatively, cover and refrigerate for up to a day.

Tips:

- Switch up the berries with other fresh fruit like chopped peaches or plums. Or use frozen fruit.
- Transform the granola into a trail mix by adding cashews and dried fruit such as raisins and apricots.
- Little chefs can help assemble the parfaits layer by layer.
- Try using less of the ingredients that are high in added sodium, sugars, or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Source

Richards, E. (2022, Sept 14). Fruit and yogurt granola parfaits – Canada's food guide. *Government of Canada*. <https://food-guide.canada.ca/en/recipes/fruit-yogurt-granola-parfaits/>

COVID-19 Rapid Antigen Testing: Everything you Need to Know

Leslie Young, Global News

Posted September 30, 2021

Rapid antigen tests (RAT) for [COVID-19](#) are quicker and easier, but also less accurate, than the PCR (polymerase chain reaction) tests that Canada has relied upon during the pandemic.

But as various provinces make rapid antigen tests more widely available to businesses, schools and other groups, here's what you need to know about how to use them.



When should you take a rapid test?

Rapid tests are for people who have no symptoms of COVID-19, like coughing or fever, said Sarah Mostowich, program lead for the StaySafe Initiative, which provides rapid test kits in Waterloo Region in Ontario.

She said it's important to note that rapid tests are generally offered as part of a frequent testing program and aren't normally administered just once.

"This is something [that should be done two to three times a week](#) or so if you're feeling healthy," Mostowich said. The idea is to use it as a screening tool, to catch whether you have COVID-19 before you potentially spread it to others in your workplace, school, or other higher-risk setting, she said.

With COVID-19, people who don't have symptoms can still transmit the virus, she said, "And so it's really important for us to have a measure to detect and shut down asymptomatic transmission."

"It's not a diagnostic tool. It is a screen that people are using like when someone does a temperature check on you before you enter the door, like the symptom-screening questionnaires that you must answer. And this is another tool to kind of rule out whether you have COVID or not."

If you have COVID-19 symptoms, you should report to a PCR testing centre and get that test instead, said Dr. Susy Hota, an infectious diseases specialist and medical director of infection prevention and control at the University Health Network in Toronto.

How do the tests work?

The tests typically come in a small kit containing a test strip, a swab, a vial of buffer solution and a test tube, Mostowich said.

"The rapid tests are simple. [It's about two minutes or so to take the test](#). Then it takes 15 minutes to process," she said.

First, you add some buffer solution to the test tube, then you swab inside your nostril, and put the swab into the tube, she said. Then, you swirl it around in the liquid five or 10 times, squeeze out any residual liquid from the swab and break off the top of the swab. Then, you squeeze five drops of the solution onto the test device and wait 15 minutes.

After 15 minutes, the window of the test strip can be read a lot like a pregnancy test, she said. One line means negative, and two lines mean positive.

“The rapid antigen tests are basically designed to look for a small piece of the virus that could be present if you swab the nose,” Hota said.

How are they different from other COVID-19 tests?

Compared to the PCR COVID-19 tests that you might get at a designated testing centre, these rapid antigen tests are easier to use, Hota said.

For one thing, the swab doesn't go as far up your nose so it's a little more comfortable, she said. It's also more convenient.

“It can be done at home and self-administered, which is an advantage. PCR tests, obviously, you must go to an approved centre like an assessment centre,” she said.

You can also get results in 15 minutes after taking the test, instead of waiting up to 36 hours for a PCR test, she said. However, PCR tests can give more information than just whether you have COVID-19, Mostowich said.

“Typically, when you get a PCR test, there's other components that they do – not just to diagnose COVID-19, but genome sequencing to determine which type of COVID you have.” This can be valuable information for public health, she said.

Where can you get rapid tests?

Access to rapid tests varies significantly across the country, so you should check the website of your province's health ministry for details. [You can visit <https://covid-19.ontario.ca/rapid-test-locator> to find RAT kits near you]

What should you do after you get your result?

“If you test positive on a rapid antigen test, you should immediately self-isolate and get your close contacts to do so as well,” Mostowich said. Then, she said, the individual who tested positive should get a PCR COVID-19 test as soon as possible to confirm the result.

If you test negative, you should continue to adhere to public health measures and test again in about two days to confirm you are still negative, Hota said. “Having a negative test result is not license to go out and party,” she said.

Hota worries that people might place too much faith in rapid tests and ignore the other public health measures, like masking and distancing, that have also been shown to prevent COVID-19 transmission.

Source

Young, L. (2021, Sept 30). COVID-19 rapid antigen tests: Everything you need to know. *Global News*. <https://globalnews.ca/news/8231074/covid-19-rapid-test-explained/>

