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ASK4CARE EMPLOYEE OF THE MONTH FOR MAY 2023 IS QUEEN URUGBA!

Queen has been employed with Ask4Care since October 2022. Despite only recently joining the organization, she has already contributed in a noteworthy way. The characteristic that sets Queen apart is her desire to put in the effort in all the duties and tasks she performs. In the field of work, in any situation that poses a challenge, Queen usually takes that challenge as her responsibility and an opportunity to enhance her skills. She recalls one recent occurrence where she assisted a resident to an appointment with their psychiatrist and post their arrival at the clinic/ hospital they were notified that their appointment was shifted to a different location. Post further investigation it was confirmed that there was a miscommunication at the house due to which the information wasn't relayed on time.



Queen began by sincerely apologizing to the nurse for the confusion and she was advised by the nurse on duty to reschedule the appointment which made the resident aggravated. She made sure that the resident was calm and reassured him that the appointment wouldn't be missed. Queen then proceeded to call the location and informed them about the confusion, thereby confirming that they will be arriving shortly. The resident was thankful and satisfied that Queen helped him over and beyond to make sure they attended his appointment.

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



HAPPY BIRTHDAY QUEEN VICTORIA!

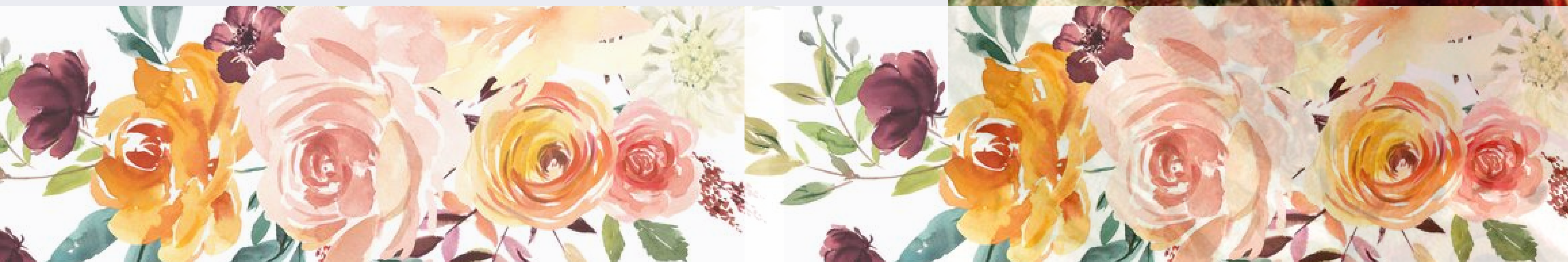
The British queen was born on May 24, 1819. She was a reigning monarch (queen) for 63 years, seven months, and two days.

Victoria Day was declared a Canadian holiday by the government in 1845. At that time, it was celebrated with picnics, parades, sporting tournaments, fireworks, and cannon salutes.

When Queen Victoria died in 1901, Canada's parliament officially named the holiday Victoria Day.

It was decided that the day would be celebrated on the second last Monday in May. In 2023, that's May 22nd.

why do we celebrate victoria day?



Benefits of Vitamin-D

From Head to Toe

BRAIN

When taken with fish oil, vitamin D is a powerful mood booster, according to a study published in the FASEB journal. The aptly named "sunshine vitamin" improves mood and lowers depression by aiding the conversion of the essential amino acid tryptophan into serotonin—a brain chemical that regulates mood. Meanwhile, previous research has found it may also have some protective effects against Alzheimer's disease.



EYES

Laugh lines aside, your eyes themselves undergo signs of aging that can impair your vision. A daily dose of vitamin D reduced some of the effects of aging on eyes, reduced inflammation, and improved vision in mice, according to a study published in Neurobiology of Aging.



A second study found that it may also help prevent macular degeneration, a common eye disease that can lead to blindness if it goes untreated.

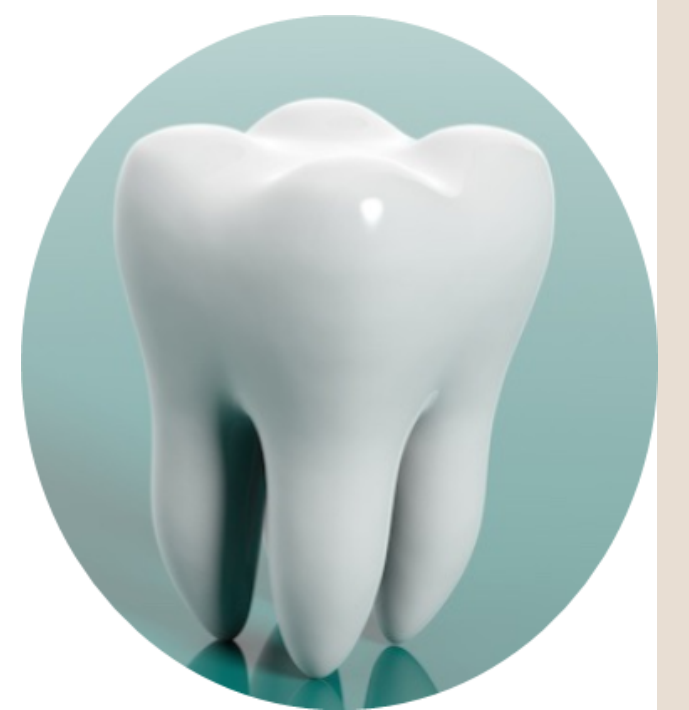
EARS



What causes vertigo, that disorienting sensation of dizziness and spinning? Vertigo may feel like your head is spinning, but the problem often stems from the structures in your inner ear that are responsible for the balance. However, taking vitamin D and calcium twice a day may reduce vertigo and lower your chances of getting vertigo again, according to a study published in Neurology.

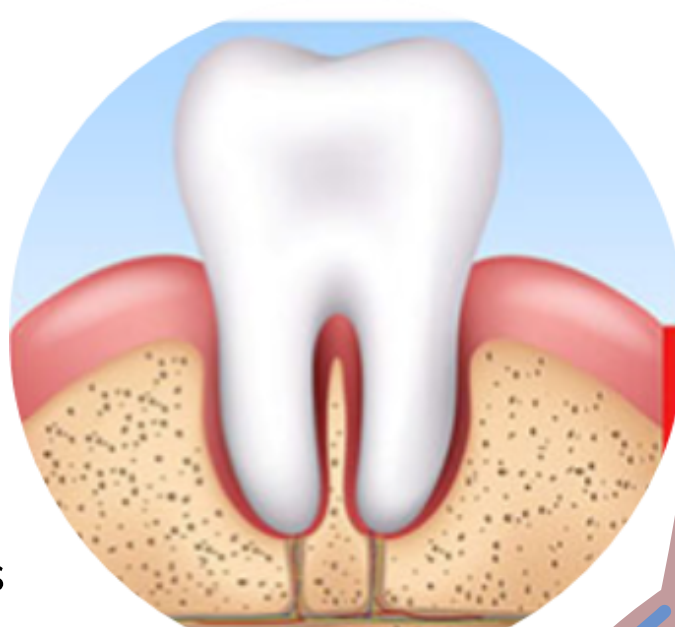
TEETH

Want stronger, whiter teeth and fewer cavities? Taking a daily vitamin D supplement may help, according to a meta-analysis published in Nutrients. Researchers analyzed dozens of controlled studies with thousands of participants in several countries to find that that vitamin D was associated with a 50-percent reduction in the incidence of tooth decay.



GUMS

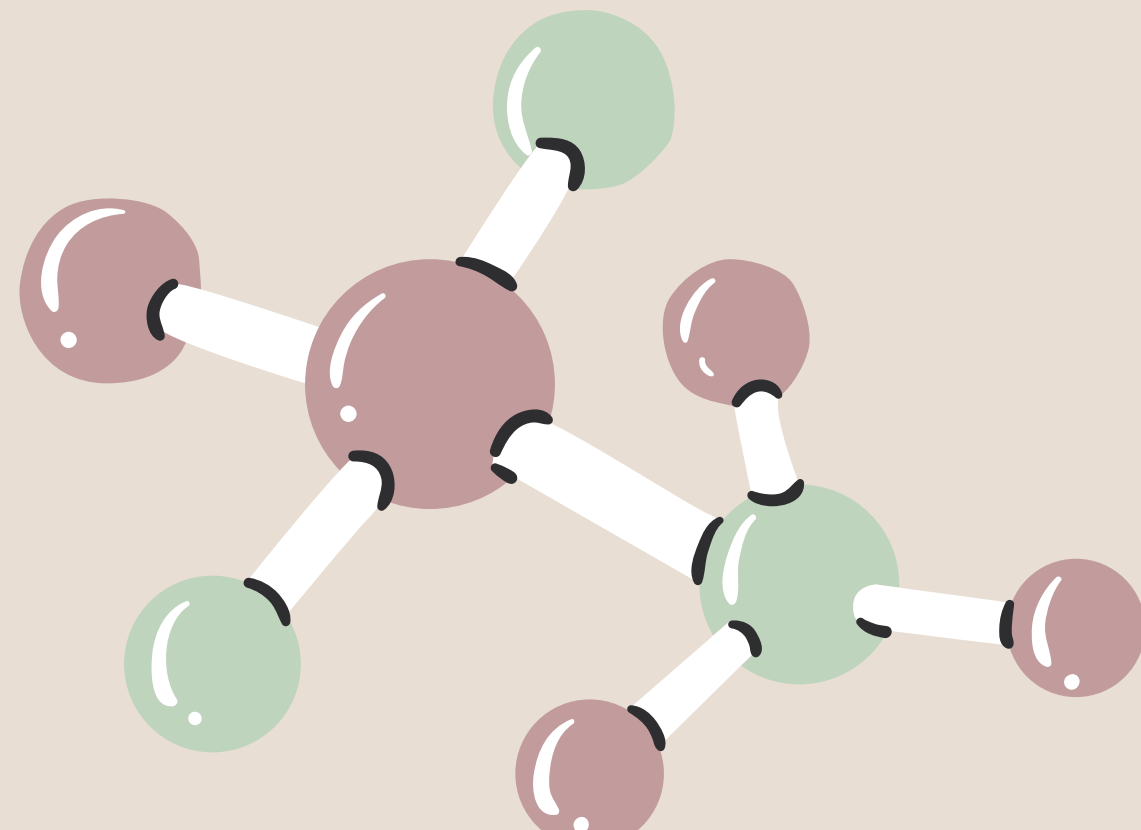
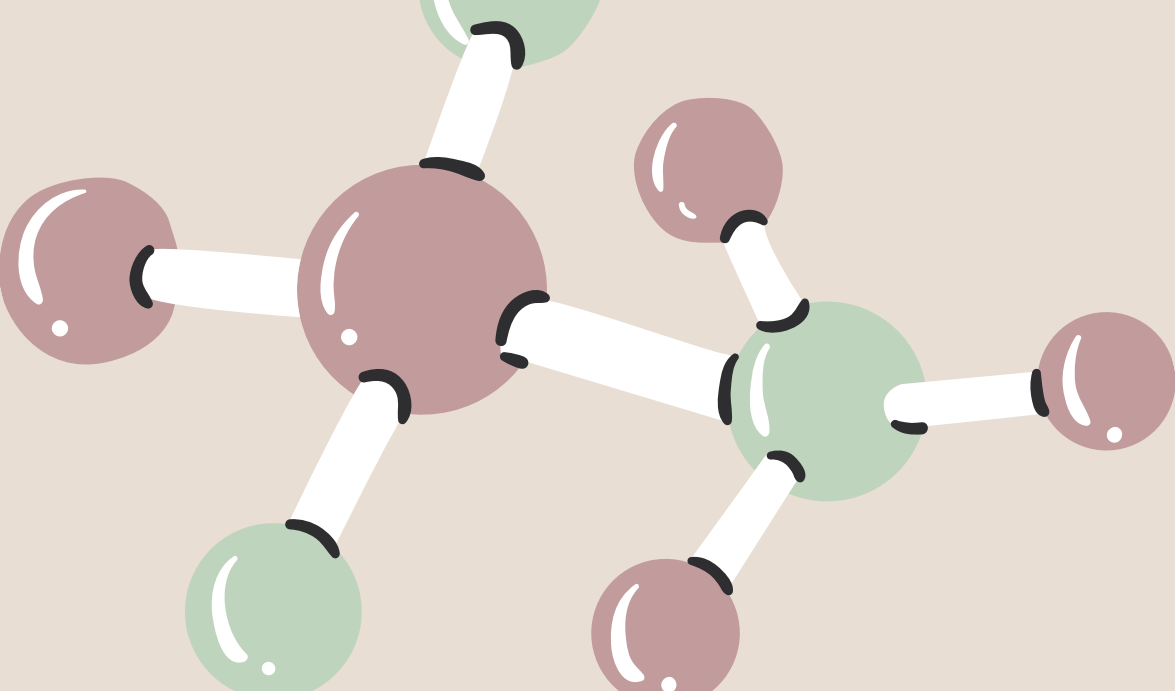
The same vitamin D supplement that strengthens your teeth can also help protect your gums from bacterial infections that lead to problems like gingivitis and periodontitis, according to the Nutrients study. Periodontitis, a potentially serious infection of the gum tissue, affects up to 50 percent of people in the U.S. It's a major cause of tooth loss and can also contribute to heart disease. Protect yourself by knowing the early signs of gum disease.



HEART

One of vitamin D's most powerful roles is in the cardiovascular system, where there are 200 genes regulated by vitamin D. How does it work? Vitamin D may help stop cholesterol from clogging arteries, regulate blood pressure, and improve the function of cells in the heart. Even better, it may also be able to help heal existing heart damage, according to research published in the International Journal of Nanomedicine.





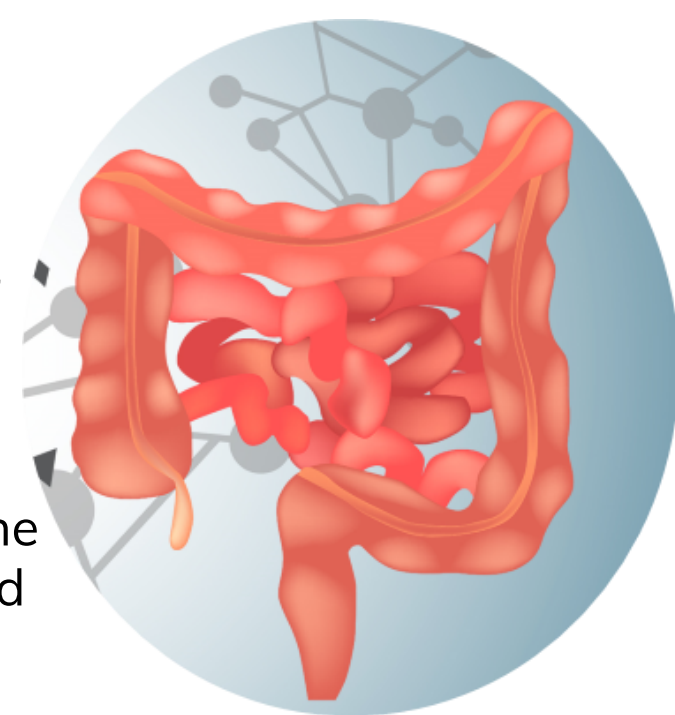
Asthma, chronic obstructive pulmonary disease (COPD), emphysema, and chronic bronchitis affect about 15 percent of Americans, according to the most current data from the CDC. While it's not a cure, vitamin D can reduce the number of lung disease flare-ups by 40 percent, a study published in *The Lancet* concluded. The same may be true for asthma, according to a separate study published in *Cochrane Review*. Researchers found that people who took a daily dose of vitamin D in addition to their asthma medication reduced the number of severe asthma attacks they experienced.

LUNGS



GUTS

People with metabolic syndrome—increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels—are at high risk for heart disease, stroke, and type 2 diabetes. Exercise and a healthy diet are important practices to avoid or heal the syndrome, but research has suggested vitamin D may also help. In a study published in *Frontiers in Physiology*, vitamin D improved signs of metabolic syndrome by boosting healthy gut bacteria in mice.



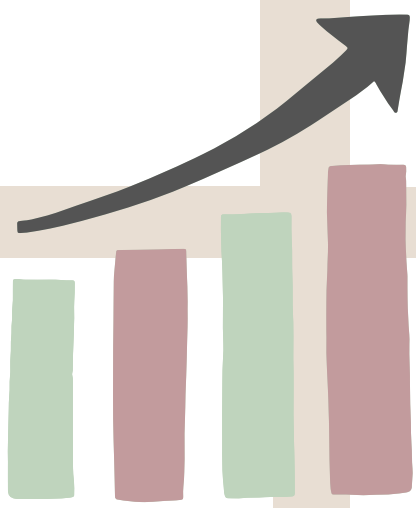
LIVER

Higher vitamin D levels are linked with lower levels of cancer in general, and less liver cancer specifically, according to a *BMJ* study. Researchers took samples from over 33,000 adult participants and found that higher levels of the nutrient were associated with a 20-percent reduction in cancer and a 30 to 50 percent reduction in liver cancer.



BONES

Think calcium is the best nutrient for bones? Think again. The positive effects of vitamin D on bone health are some of the most documented benefits of the nutrient. Vitamin D is essential to building and maintaining strong bones, while inadequate vitamin D can lead to osteoporosis, a brittle bone disease, according to the Mayo Clinic.



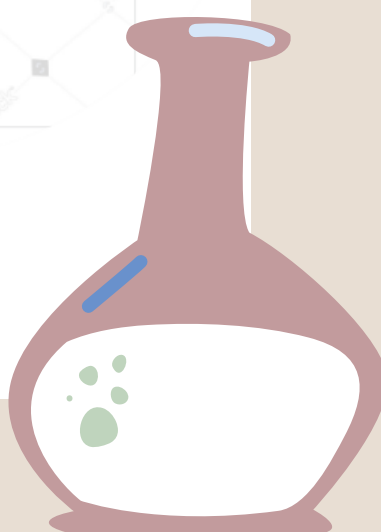
Your knees are one of the most-used joints in your body and often one of the first places to experience joint pain as you get older. Research has suggested the most common causes of joint pain are osteoarthritis from joint overuse or injury, and rheumatoid arthritis—an autoimmune disease that attacks joints. Vitamin D can help protect against both types of arthritis. People who maintained healthy vitamin D levels were less likely to get rheumatoid arthritis, according to a study published in *Journal of Autoimmunity*. Similarly, people with low vitamin D levels reported more symptoms of osteoarthritis, like knee pain and difficulty walking, according to research by the American College of Rheumatology.

KNEES



FEET

Stress fractures—microfractures that often occur in small bones due to overuse—are fairly common injuries, particularly in people who participate in high-impact activities, like running or sports, or people who are significantly overweight. According to a study published in *The Journal of Foot and Ankle Surgery*, vitamin D may reduce stress fractures by helping improve bone density.



Benefits of vitamin-D from head to toe.