



## NOVEMBER 2022 EDITION

**Web: [www.ask4care.com](http://www.ask4care.com)**

**Compliments of Ask4care support services INC.**

### **ASK4CARE Employee of The Month for November 2022 is Shellyann!**

Shellyann Derrell or Shelly as we like to call her has been employed with Ask4care Support Services, Inc. since March 2022. Although Shelly has joined us recently, her commitment and dedication has always been top notch. She has always served as an inspiration to everyone in the house where she works. Her services go above and beyond the job needs. Through her work, she has incredibly demonstrated to us her highest professionalism and dedication. Although Shelly has dealt with several difficult clients, she claims that working with a resident who often used derogatory language was the most difficult circumstance she has ever faced. However, she found it difficult to hear those comments as she was providing the client with the services. Shelly would frequently start up new discussions with the client in an effort to divert her attention.

Shelly believes her greatest achievement while working with Ask4Care is the opportunity to connect to multiple people thereby providing her with the

opportunity to help and provide care to the people in community, making them happy.

Shellyann, Your good work is commendable, and We're proud to have you in our team. Wishing you all the best.



*This is a job where I ensure to work alongside the residents to make sure they are comfortable & cared for in the best way that I know how – Shellyann Derrell*



## FAMILY FRIENDLY CHRISTMAS EVENTS

- **THE SANTA CLAUS PARADE 2022** – Season officially kicks off on Sunday, November 20, 2022, the day of the Santa Claus Parade. See the return of amazing floats, bands performing holiday classics, marchers, Celebrity Clowns and of course, Mrs. Claus and Santa! If you would prefer to stay warm, you can watch the Santa's Claus Parade on television. CTV will be broadcasting the Santa Claus Parade 2022 later the same day at 4:30 p.m.

- **FESTIVE NIGHTS AT BLACK CREEK PIONEER VILLAGE 2022** – Black Creek Pioneer

Village is hosting Festive Nights, a family-friendly holiday event in Toronto, on December 3, 10, and 17, 2022 from 6 p.m. to 9 p.m. The village will be decorated for Christmas and feature twinkling lights, cozy fires, and rustic oil lamps. Enjoy live entertainment and taste scrumptious holiday treats. Tickets are Adults (18+) \$31.45 plus HST; Children/Youth (ages 3-18) \$26.79 plus HST. Conservation Parks Members Adults (18+) \$28.31 plus HST; Parks Members Children/Youth (Ages 3-18) \$24.11 plus HST. Purchase tickets online.

- **VISIT WITH SANTA AT TORONTO EATON CENTRE 2022** – Visit with Santa at Toronto Eaton Centre from Saturday, November 19, 2022, to Saturday, December 24, 2022. CF Insiders can reserve their spot online now before it opens to the public. The cost is \$10, which includes your visit and five professional digital photos.
- **WINTERFEST AT CANADA'S WONDERLAND 2022** – Taking place from November 18-December 31, 2022, on select dates, WinterFest returns to Canada's Wonderland. This Toronto Christmas family event features live entertainment including the all new Tinker's Toy Factory, Four Drummers Drumming and Cool Yule Christmas. Take a walk down Candy Cane Lane and watch the lights dance to holiday music. Go ice skating on Snow Flake Lake and write a letter to Santa. Decorate Christmas cookies with Mrs. Claus and get a family photo with Santa.

# REMOTE DIAGNOSTICS, REMOTE MONITORING, AND REMOTE CARE



Remote care refers to the delivery of care at a location and time that is convenient for all members within the circle of care. The proliferation and expansion of remote care technologies that allow for the diagnosis, monitoring, and management of patients outside of traditional health care settings may fundamentally shift the way health care is provided and the way people access health care in Canada. These technologies include synchronous (real-time) apps such as videoconferencing and asynchronous (store-and-forward) technologies such as digital pathology or digital dermatology tools.

The importance and use of remote diagnostics, remote monitoring, and remote care management emerged throughout the COVID-19 pandemic (e.g., virtual emergency departments) and have begun to highlight the potential for these technologies to impact patient outcomes. Effective and efficient interventions may allow for more strategic resource allocation and health care utilization and diffusion through a more accessible and personalized approach to care and a general shift in the way society thinks about the delivery of health care.

Remote care technologies have the potential to expand access to health care across wider geographic areas, for example, by enabling people living in rural and remote areas to connect with specialists and specialty care otherwise unavailable to them without travel. These technologies may also help facilitate tailored management of chronic conditions, such as diabetes or heart failure, or change care pathways, for example, by allowing care to be provided by a broader group of health care professionals.

Improved monitoring of chronic conditions may lead to improved patient outcomes in a less invasive manner. An additional benefit of being able to offer personalized care plans remotely is that it may be a more cost-effective solution for both individuals and the health system. However, the proliferation of these technologies does not come without challenges related to equity and implementation, such as bandwidth and connectivity, equitable design, and culturally appropriate care.

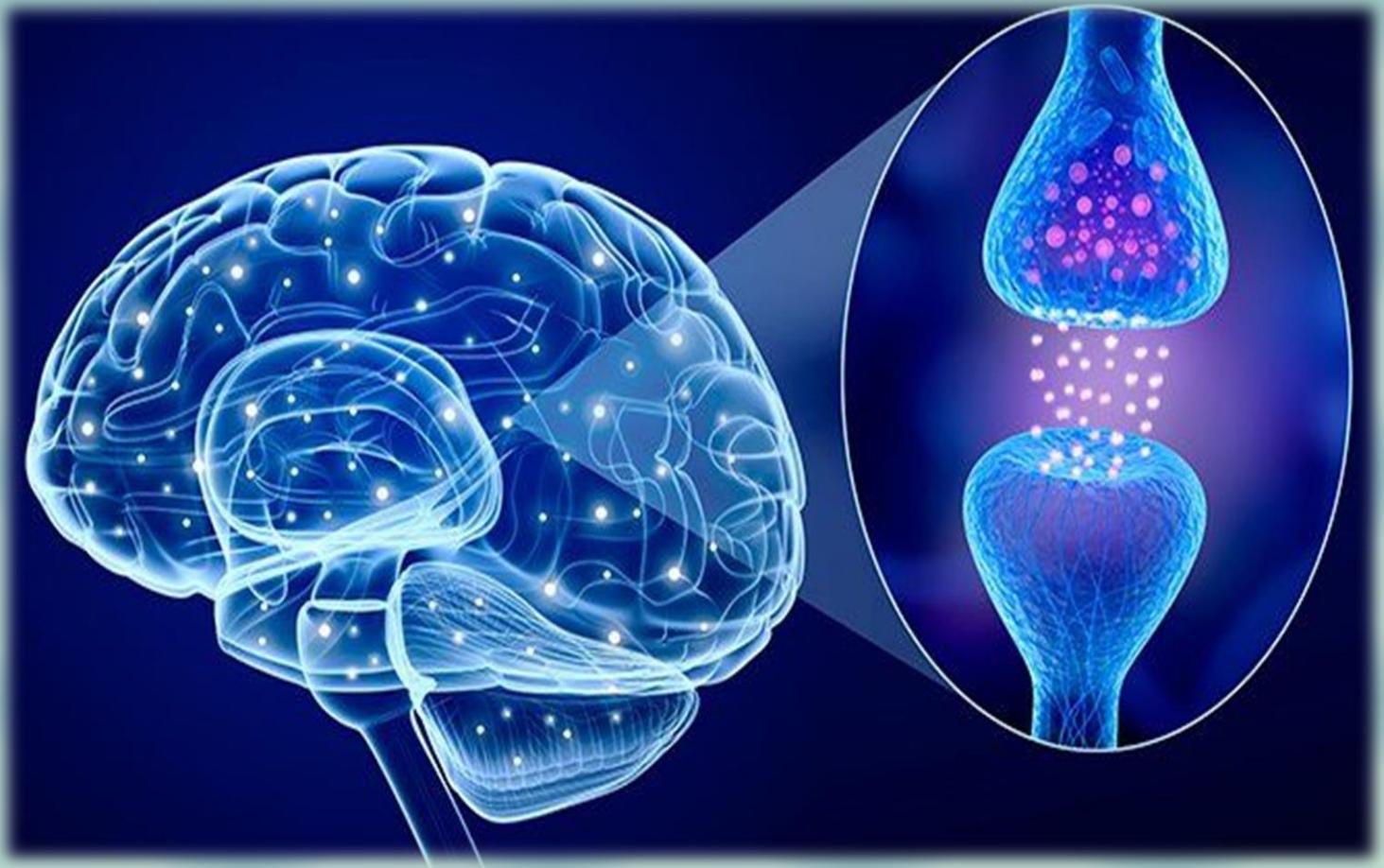
CADTH previously conducted an Health Technology Review that assessed the implementation of remote monitoring programs for the management of chronic heart failure, atrial fibrillation, hypertension, and cardiac rehabilitation for acute and chronic conditions. CADTH is also undertaking a Health Technology Assessment related to internet-delivered cognitive behavioral therapy for chronic non-cancer pain.

Examples of emerging remote care technologies and applications include:

- Remote examination and diagnosis. This includes the use of connected devices to support remote examination and diagnosis in primary and specialty care.
- Digital biomarkers for Alzheimer disease or dementia. Emerging tools to assess “digital biomarkers” that monitor hand and eye movements or changes in speech may allow clinicians to monitor changes or in diagnosing people with conditions such as Alzheimer disease or dementia.

<https://www.canjhealthtechnol.ca/index.php/cjht/article/view/er0012/576>

# A HAPPY CHEMICAL: SEROTONIN



Serotonin is sometimes known as the happy chemical because it appears to play an important role in regulating mood, and low levels of serotonin in the brain have been associated with depression.

While there's a link between low levels of serotonin and depression, it's not clear whether low serotonin levels cause depression or whether depression causes a drop in serotonin levels.

As a neurotransmitter, serotonin sends messages between nerve cells in the brain. That makes serotonin an important molecule for influencing mental health and brain function.

## THE ROLE OF SEROTONIN IN BRAIN FUNCTION

In addition to depression, serotonin may play a role in other brain and mental health disorders, including anxiety disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), phobias, and even epilepsy.

Serotonin plays an important role in many other body functions, too. It's involved in appetite and digestion (bowel function and bowel movements), bone health, sex, and sleep.

Serotonin is a precursor to melatonin, a chemical that helps regulate the body's sleep-wake cycle. Certain antidepressants that raise serotonin levels have been associated with sexual dysfunction.

Too high or too low levels of serotonin have been linked to diseases like irritable bowel syndrome (IBS), heart disease, and osteoporosis — a disease that weakens the bones.

## **GUT BACTERIA AND SEROTONIN PRODUCTION**

Scientists have found that gut bacteria help to produce serotonin and that most of the body's supply of serotonin can actually be found in the lining of the stomach and intestines. It's not clear yet whether — or how — altered serotonin levels in the gut influence brain activity. Some researchers have postulated that serotonin in the gut may stimulate the vagus nerve, the long nerve that connects the digestive tract to the brain.

## **SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIS)**

Selective serotonin reuptake inhibitors, or SSRIs, are a class of drugs used to treat depression and anxiety. They're the most popular class of antidepressants.

Commonly prescribed SSRIs include: citalopram (Celexa), escitalopram (Lexapro), fluoxetine (Prozac), paroxetine (Paxil), sertraline (Zoloft) and vilazodone (Viibryd).

## **HOW DO SSRI DRUGS WORK?**

SSRIs are thought to work by increasing serotonin levels in the brain. SSRIs do this by blocking the absorption of serotonin by nerve cells, keeping more of it available for passing along further messages between nerve cells in the brain. Other groups of antidepressants, called serotonin and norepinephrine reuptake inhibitors (SNRIs) and serotonin-norepinephrine-dopamine reuptake inhibitors (SNDRI), block the absorption of serotonin and the other neurotransmitters norepinephrine and dopamine.

## **WHO BENEFITS FROM USE OF SSRIS?**

SSRIs appear to work best for people with major or severe depression. A 2018 review of studies found that most antidepressants, including commonly prescribed SSRIs, offered a modest benefit over a placebo treatment for people with major depressive disorder. According to another report, antidepressants, including SSRIs, helped to relieve depression symptoms in about 20 percent of people compared to the placebo. The benefits of SSRIs for people with mild to moderate depression remain unclear.

Some researchers have shown that SSRIs are most effective when they are combined with talk or behavior therapies that help depression sufferers learn new strategies for coping with troublesome thoughts. One study suggested that serotonin may help to speed learning, which could help to explain these findings

## **SEROTONIN FOODS AND SUPPLEMENTS**

Serotonin isn't found in foods, but its precursor, tryptophan, is. Tryptophan is an essential amino acid that is important in the production of serotonin. Amino acids are the building blocks of protein. Tryptophan is present in most protein-rich foods. Foods high in tryptophan include: Eggs, Nuts and seeds, Turkey and other poultry, Soy foods, Cheese and Seaweed.

Some studies have proposed that eating tryptophan-rich foods may increase levels of serotonin in the brain and help treat depression symptoms. Other studies have found no correlation between tryptophan-rich foods or supplements and depression symptoms, according to a 2016 review.

Most research indicates that any serotonin boost you might get from eating high-tryptophan foods is probably small. That's because foods rich in tryptophan tend to be rich in other amino acids as well — and these molecules all have to compete with one another to be absorbed into the brain.

## **SEROTONIN SYNDROME**

Serotonin syndrome, also called serotonin toxicity, is a rare but potentially life-threatening condition that can happen when serotonin levels are too high.

Serotonin syndrome is most likely to occur when starting an antidepressant medication, increasing the dosage of an antidepressant medication, or when two drugs that raise the body's levels of serotonin are taken at the same time, causing too much serotonin to accumulate in the brain.

[What Is Serotonin? | Everyday Health](#)