



**APRIL 2024
EDITION**

Ask4Care's EMPLOYEE OF THE MONTH for April 2024 is Mercy O. !

We are grateful to extend our congratulations to **Mercy O.** who has been working with us since January 2022!

Here is what Mercy has to say about her journey with Ask4Care!

Greatest Achievement: Implementing a new patient care protocol that significantly improved the quality of care and satisfaction for our residents.

Getting Started: I began my career in healthcare as a volunteer at Kipling Acres when I first relocated to Canada. This experience sparked my passion for patient care, leading me to pursue formal education and training as a PSW then later to DSW and Nursing.

Goals: In the next few months, I aim to complete my nursing career as an RPN. Over the next few years, I plan to pursue a leadership role within Ask4Care, where I can contribute to strategic planning and policy development to further enhance our services.

Testimonial: I am grateful for the opportunity to work at Ask4Care and contribute to such a dedicated and compassionate team. I look forward to continuing to grow and make a positive impact on the lives of our residents.



**Congrats to Mercy for
being our April 2024
Employee of the Month!**

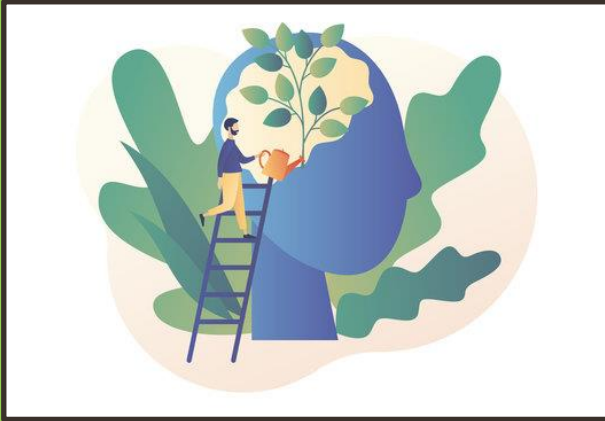


"To care for those who once cared for us is one of the highest honors." – Tia Walker



Spring Cleaning: New Beginnings

With the month of April comes the blooming of flowers and showers, making it perfect for spring cleaning, but more than that, it can represent an opportunity for new beginnings.



When I think about spring cleaning, I think about cleaning the house in general such as taking the flowers and plants outside and washing the rugs.

Like how we look to physically clean up the place, there is an opportunity to clean up and brighten up parts of our life via emotional and social change.

There are many ways you can “dust” off parts of your self and become anew, such as:

- Reading self-help and self-improvement books.
- Engaging in meditation and yoga.
- Practicing organization and responsibility by acting.
- Participating in local clubs, events, and activities.
- Reflecting on your values, goals, and desires.



Thinking Challenge:

- What moments in your life do you consider to be life-changing? Why were they important?
- What are some habits in your life you want to adopt or change? What are the obstacles and how can you overcome them?
- What are your most important values, and do you believe that your work/family life aligns with those values?

Source: <https://www.ornish.com/zine/spring-cleaning-change-growth/>





Travelling Around the World

One of the best experiences you can have in life is to travel to different cities and explore the world. Many people have their reasons for doing so, such as to:

- A. Learn new languages.
- B. Meet new people.
- C. Opening yourself to new perspectives
- D. Explore the Earth that we've been born on.



Some of the top destinations that I have on my bucket list to visit include Paris, Tokyo, Japan, and Hawaii.

The spring month of **April** is a great time to travel the world with the Winter season and cold weather behind us and with the month comes the blossoming of flowers and nature.

However, if travelling the world seems like a far off dream, then it's great to start locally and within Canada!



There are many places in Canada such as Toronto, the Canadian Rockies, Vancouver, and Baffin Island that you can visit that are top destinations.

Thinking Challenge:

- What are the top places that you have visited in the world that you would recommend?
- What are your dream destinations/cities and why do you think they are worth visiting?
- Do you think travelling the world is important or essential for growing as an individual?



Source: <https://www.farandwide.com/s/best-places-visit-world-0697723328374f59>