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COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

Hello April

May this month bring blessings and
success in everything we do

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HERE'S WHAT ADETUTU HAS TO SAY ABOUT HER JOURNEY SO FAR AT ASK4CARE:

1. What do you think is the greatest achievement while working with Ask4Care?

One of my greatest achievements while working with Ask4Care was continuity and quality of care for high-need clients with complex medical conditions. Seeing the client's condition stabilize and knowing that my role helped improve their quality of life was incredibly rewarding.

2. Could you name a couple of things you like working with Ask4Care?

A couple of things I like working with Ask4Care are the opportunities for growth and development which I really value, Ask4Care encourages continuous training, growth, and mentorship which keeps me motivated.

3. What are your goals for the next few months/years?

My goals for the next few months/years are to improve accuracy and helpfulness to make me better at understanding ethics.

4. Can you state one situation/incident where you had a hard time dealing with the residents/person supported? How did you handle this kind of situation/incident?

The situation/incident where I had a hard time dealing with the resident was when a resident had behavioural challenges

and anxiety, became agitated during a change in routine due to a last-minute staff schedule adjustment. The resident began yelling, throwing items and refused to take their medication, which was critical for their health. What I did to resolve the issue was to stay calm and kept my tone gentle and reassured the client to avoid escalating the situation further. I used active listening to acknowledge the feelings of the resident and I redirected their focus by offering them a preferred calming activity (in this case I chose a short walk outside and some deep breathing exercises).

5. How did you get started in the healthcare industry?

It was based on my special interest, because I love helping people who are in need.

6. Do you have any inspirational quotes you would like to see in our newsletter?

Success is not final, failure is not fatal, it is the courage to continue that counts.

7. Any additional comments you would like to add?

I am truly honoured to have received this award, and I want to express my sincere gratitude for the recognition. It is incredibly motivating to know that my efforts are valued and seen. I'd like to thank my colleagues and leadership for their encouragement.



Employee of the Month

**We are proud to have you at Ask4Care.
Thank you Adetutu for being an excellent
role model.**

WORLD HEMOPHILIA DAY



What is haemophilia?

Hemophilia is a primarily inherited genetic condition that affects the blood's ability to clot properly—a critical process for stopping bleeding. The name comes from the Ancient Greek words *haîma* (meaning "blood") and *philía* (meaning "love of").

This disorder leads to prolonged bleeding after injuries, frequent bruising, and a higher risk of internal bleeding, especially in joints or the brain. People with mild forms may only notice symptoms following surgery or trauma. Bleeding into joints can cause lasting damage, while bleeding in the brain can lead to persistent headaches, seizures, or changes in consciousness.

There are two main forms: hemophilia A, caused by a deficiency in clotting factor VIII, and hemophilia B, caused by a deficiency in clotting factor IX. Both types are usually inherited through the X chromosome and are far more common in males, though females can be affected in rare cases.

Observed globally on April 17 each year, World Haemophilia Day aims to raise awareness about haemophilia, von Willebrand disease, and other inherited bleeding conditions. Promoting awareness plays a vital role in improving diagnosis and expanding access to treatment for millions who currently go without care.

The World Federation of Hemophilia (WFH) launched this initiative in 1989, selecting April 17 to commemorate the birthday of WFH's founder, Frank Schnabel, and to bring the bleeding disorders community together.

The global theme for 2025 is "Women and Girls Bleed Too", highlighting the often-overlooked experiences of females with bleeding disorders.

WFH's mission, "Treatment for All," envisions a world where everyone affected by inherited bleeding disorders—regardless of their condition, gender, age, or location—can receive proper medical care.

Since its establishment, World Hemophilia Day has been observed by patient organizations across the globe to enhance awareness and understanding of hemophilia and other inherited bleeding disorders.

The objectives of World Hemophilia Day include:

Highlighting the importance of unified efforts to realize the WFH's goal of "Treatment for All"
Bringing critical attention to bleeding disorders and advocating for those affected.

The Theme for 2025: Women and Girls Bleed Too

This year's theme, "Access for All: Women and Girls Bleed Too," focuses on the ongoing challenges faced by women and girls with bleeding disorders (WGBDs), who often go undiagnosed and lack proper care. The bleeding disorders community has both, the ability and the obligation to create change. By improving recognition, diagnosis, and access to treatment, we can elevate the quality of life for women and girls and strengthen the community as a whole.



The 2025 theme addresses several key issues:

1. **Underdiagnosis:** Many women and girls with bleeding disorders go undiagnosed or face significant delays in diagnosis due to misconceptions about the prevalence of these conditions in females.
2. **Inadequate Treatment:** Even when diagnosed, WGBDs often receive suboptimal care compared to their male counterparts.
3. **Lack of Awareness:** There is a general lack of awareness about how bleeding disorders manifest in women and girls, both among the public and healthcare providers.
4. **Impact on Quality of Life:** Undiagnosed or poorly managed bleeding disorders can significantly impact the quality of life for women and girls, affecting education, career, and personal relationships.

www.bleeding.org/news/wfh-unveils-2025-world-hemophilia-day-theme-access-for-all-women-and-girls-bleed-too

Prep Time: 30minutes Serves 6

Cook Time: 30minutes

Total Time: 1 hour

Ingredients

For the Beans:

- 1½ cups cooked black beans, drained and rinsed
- 1 tablespoon fresh lime juice
- 2 teaspoons Taco Seasoning
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon sea salt

For the Peppers:

- 2 teaspoons extra-virgin olive oil
- 2 red bell peppers, stemmed, seeded, and sliced into thin strips
- Sea salt and freshly ground black pepper

For the Burritos:

- 6 large flour tortillas
- Spinach or lettuce
- Spanish Rice, or Cilantro Lime Rice
- Guacamole
- Pickled Red Onions
- Fresh cilantro leaves
- Jalapeño peppers, thinly sliced
- Homemade Salsa, Tomatillo Salsa, or Corn Salsa, for serving



Instructions

1. Make the beans: In a medium bowl, stir together the black beans, lime juice, taco seasoning, olive oil, and salt. Set aside to marinate while you prepare the other components.
2. Make the peppers: Heat the olive oil in a large skillet over medium heat. Add the peppers, a pinch of salt, and several grinds of pepper. Cook, stirring occasionally, for 8 to 10 minutes, or until the peppers are soft and browned in places. Remove from the heat and season to taste.
3. Assemble the burritos: Fill the centers of the tortillas with a layer of spinach, a scoop of rice, some of the beans, the peppers, guacamole, pickled red onions, cilantro, and jalapeños. Tuck and roll closed. Serve with salsa.

www.loveandlemons.com/vegan-burrito/#wprm-recipe-container-70682

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TEAM LEAD – HEALTHCARE OPERATIONS TORONTO

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