

Ask4Care's EMPLOYEE OF THE MONTH for January 2024 is Elizabeth A.

Elizabeth A. has been working with Ask4Care Support Services Inc. since **March 2022** and has just completed 2 years with us!

Here's what Elizabeth has to say about her journey so far at Ask4Care:

1. What do you think is the greatest achievement that you have achieved while working with Ask4care?

The greatest achievement while working with Ask4care is that I have the opportunity to help members achieve greater independence, confidence, and inclusion in society. It's not just about providing care but empowering them to live fulfilling lives on their own terms.

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

Working with Ask4care has really impacted my life in so many ways. I have the opportunity to work with a supporting team that appreciates hard work by encouraging their employees.

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

My goals are gaining new qualifications and specialized training in disability support and leadership.

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? I had a situation where the member refused to bathe in the morning, he was to go to day program but he refused to bathe. I tried persuading him but he was adamant, I solved the issue by giving him space for about 15 mins, I went back and spoke to him calmly and told him the benefits of having a bath in the mornings, I persuaded him and he later agreed to shower.

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

My passion for working in the healthcare started when I took care of my late grandmother. After she passed on, I realised I love the job, that made me become a personal support worker.

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

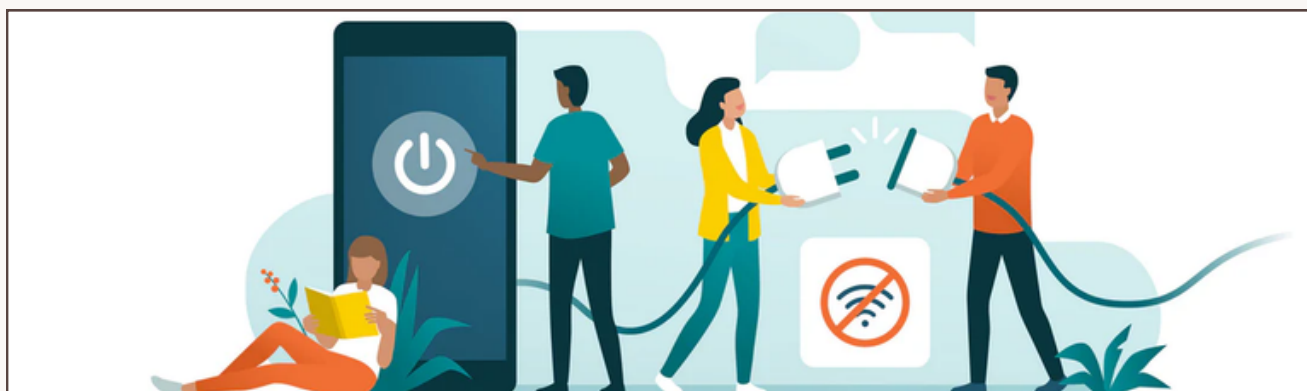
"The best way to find yourself is to lose yourself in the service of others".



Employee of the Month

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

DIGITAL DETOX ✦



What is a Digital Detox?

The concept of "detoxification" refers to removing harmful substances or influences. In the context of a digital detox, it means temporarily disconnecting from digital devices and platforms—such as smartphones, computers, tablets, and TVs—that have become integral to modern life. The aim is to give yourself space to experience the world beyond the constant digital connection. It provides an opportunity to engage with others face-to-face, de-stress, and recharge by stepping away from digital distractions. A digital detox involves taking a purposeful break from digital devices and social media to reduce screen time and engage in offline activities, with the goal of improving both mental and physical health.

The Challenges of the Digital World

While technology offers undeniable benefits, such as immediate communication and vast access to information, it also brings several downsides. These include:

Information Overload: A constant stream of news and messages can lead to anxiety, poor decision-making, lack of focus, and diminished productivity.

Job Displacement: As technology advances, many jobs are being replaced by automation or digital tools.

Decreased Attention Span: The constant influx of information has led to shorter attention spans, which hampers focus and efficiency.

Privacy Concerns: With so much of our personal life online, technology puts our privacy at risk, from targeted ads to identity theft.

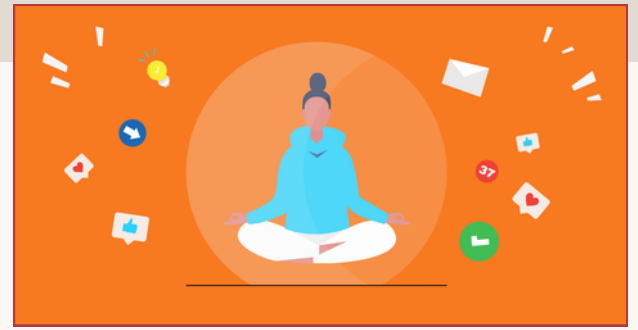
WWW.BROWNHEALTH.ORG/BE-WELL/WHAT-DIGITAL-DETOX-AND-DO-YOU-NEED-ONE

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Benefits of a Digital Detox

Strengthening Relationships

Digital detoxes can help improve personal relationships by promoting more in-person interactions. People are less distracted by their devices, allowing them to engage more meaningfully with others.



Health Benefits

Spending less time on digital devices can improve physical health, including reducing eye strain, dryness, and blurred vision. A break from constant screen time may also alleviate neck pain caused by poor posture while using phones.

Better Sleep Quality:

Disconnecting from screens before bedtime can improve sleep quality and duration, as the blue light emitted from screens can interfere with melatonin production, which regulates sleep.

Rekindled Passions and Hobbies:

A digital detox can provide an opportunity to reconnect with old hobbies or discover new ones, allowing you to explore your interests and passions.

Increased Creativity:

Stepping away from screens can stimulate creativity and allow for more imaginative thinking.

Greater Appreciation for the Present Moment:

A digital detox can help you appreciate the present moment and become more mindful of your surroundings.

Reduced Stress and Anxiety:

Digital detox can help alleviate stress and anxiety by reducing exposure to constant notifications and the pressure to stay "connected".

How to Do a Digital Detox

If you find that your relationship with digital devices is interfering with important aspects of your life, it may be time to consider a break. For some, a complete detox may be necessary, but for most, small, gradual changes can be just as effective.

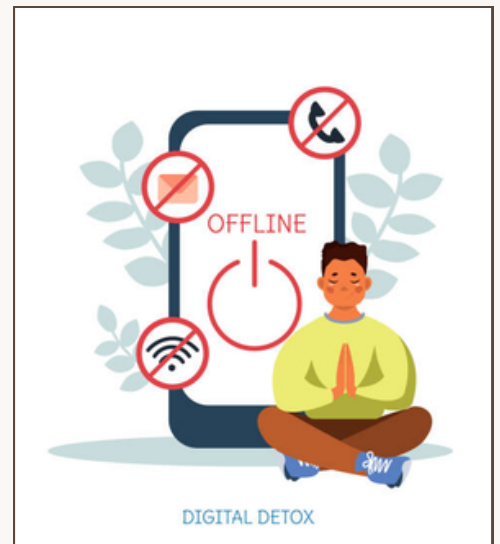
1. Plan: Identify what digital activities are causing stress or distraction, then set a strategy to address them. For example, designate certain times of the day to check emails or messages instead of constantly being connected.

2. Set Specific Goals: Choose concrete goals, such as having device-free meals with loved ones or taking a break from certain social media platforms.

3. Inform Others: Let family and friends know you're taking a break from digital devices, so they won't expect instant responses. This support can make the process easier.

4. Evaluate Your Progress: After committing to your digital detox, assess how you feel. Are you less stressed? Have your sleep or productivity improved? If you notice positive changes, it will be easier to make lasting changes to your digital habits.

By consciously reducing screen time and taking a step back from digital distractions, you can foster greater well-being, mental clarity, and stronger connections with others.



CHIA SEED PUDDING

Ingredients

- 1 cup unsweetened coconut or almond milk
- 1 cup plain low-fat (2 percent) Greek yogurt
- 2 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 cup chia seeds
- 1 pint strawberries, berries, or any fruit of your choice, hulled and chopped
- 1/4 cup sliced almonds, toasted

Prep: 40 min
Yield: 4 servings



Directions

In a medium bowl, gently whisk the coconut or almond milk, yogurt, 2 tablespoons maple syrup, and vanilla.

Whisk in the chia seeds; let stand 30 minutes. Stir to distribute the seeds if they have settled. Cover and refrigerate overnight.

The next day, spoon the pudding into 4 bowls or glasses; garnish with your choice of fruit on top and serve.

WWW.FOODNETWORK.COM/RECIPES/GIADA-DE-LAURENTIIS/CHIA-SEED-PUDDING-3362661

Chia seeds are small round seeds, and can be black, brown and white in color. They are harvested from a flowering plant in the mint family known as *Salvia hispanica*, and are native to parts of Mexico and Guatemala. Chia seeds are an excellent source of fiber and promote intestinal health. Chia seeds support strong bones, improve blood sugar management, is rich in omega-3 fatty acids, and protein. They're loaded with antioxidants, which can support heart health, digestion, weight management, and overall well-being.

Nutritional Analysis	Per Serving
Calories	201 calorie
Total Fat	8 grams
Saturated Fat	1 grams
Cholesterol	4 milligrams
Sodium	129 milligrams
Carbohydrates	25 grams
Dietary Fiber	6 grams
Protein	8 grams
Sugar	16 grams