

# JULY 2024 EDITION

Compliments of Ask4Care Support Services Inc.

**Ask4Care's EMPLOYEE OF THE MONTH for July 2024 is VICTORIA E. !**

Victoria E. has been working with Ask4Care Support Services Inc. since Nov 2023.

## **Here's what Victoria 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?**

Being named the Best Employee of July 2024 is significant for me. It highlights my dedication to providing compassionate and effective support to our residents. One of my proudest accomplishments was developing a personalized care plan for a resident that greatly improved their quality of life and independence.

### **2.What do you enjoy the most about working with Ask4Care?**

I appreciate the supportive and inclusive culture at Ask4Care. The organization prioritizes employee well-being and resident care, creating an environment where everyone can thrive. Additionally, the opportunities for ongoing Work with individual /clients is a great development and have been invaluable in enhancing my skills.

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

In the next few months and years, I aim to further specialize in areas such as dementia care, mental health support, and giving care to autistic and people with Epilepsy and anxiety. I also hope to take on more leadership roles within the team, where I can mentor new staff and contribute to innovative care strategies.



## **Employee of the Month**

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

#### **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 once worked with a resident who was experiencing severe anxiety whenever a new staff member was present in the group home and was reluctant to get close and accept care. I approached this by building a trusting relationship, listening to their concerns, and gradually introducing activities that aligned with their interests. Over time, they became more engaged and comfortable in working with me.

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

My journey into the healthcare industry began with a desire to make a meaningful difference in people's lives. I pursued training as a support worker because I wanted to be directly involved in providing care and support to those in need.

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

An inspirational quote I find meaningful is, 'To care for those who once cared for us is one of the highest honors.'

#### **7.Any additional comments you would like to add.**

I'm incredibly grateful for the recognition and support from my colleagues and supervisors. I am committed to continuing to provide high-quality care and to fostering a positive and supportive environment for both residents and staff.

# International Self-Care Day

International Self-Care Day, celebrated on July 24th, is a wonderful opportunity to prioritize your mental, physical, and spiritual well-being. This day encourages everyone to engage in practices that enhance their health and happiness, ultimately allowing you to better care for those around you. Remember, self-care looks different for everyone, so take some time to discover what works best for you!

Here are some fun and effective ways to celebrate:

- **Get Moving:** Incorporate daily exercise into your routine. Whether it's a brisk 30-minute walk or a fun workout, physical activity boosts both your mental and physical health.
- **Stay Nourished:** Hydration and a balanced diet are key! Drink plenty of water and enjoy nutritious meals to keep your energy levels high throughout the day.
- **Sleep Well:** Establish a regular sleep schedule. Prioritize rest by limiting screen time before bed to improve your sleep quality.
- **Relax and Reflect:** Explore new relaxing activities such as breathing exercises, guided meditations, or journaling. Consider using wellness apps to help integrate these practices into your daily life.
- **Connect with Loved Ones:** Surround yourself with family and friends who provide emotional support and encouragement.
- **Practice Gratitude:** Take a moment to reflect on the positives in your life. Writing down what you're grateful for can enhance your overall outlook.



## Empowering Your Health 24/7!

**This symbolic day was chosen because self-care can be practiced “24 hours a day/7 days a week”.**

International Self-Care Day is a clever reminder that self-care benefits us 7 days a week, 24 hours a day! It's all about making choices that enhance your physical and mental health, from eating well to getting enough sleep. Canadians are savvy self-care enthusiasts, using a variety of products to maintain health, tackle minor issues, and enhance their appearances. These over-the-counter essentials fall into three categories

- Cosmetics: For that extra sparkle
- Natural health products: Nature's little helpers
- Non-prescription drugs: Quick fixes without the prescription

[www.who.int/news-room/events/detail/2024/06/24/default-calendar/self-care-month-2024](http://www.who.int/news-room/events/detail/2024/06/24/default-calendar/self-care-month-2024)

Did you know self-care has two parts? That's right—self-care actions and self-care interventions! Think of them as your ultimate tag team for boosting your health and happiness.

**Self-care actions** are the daily habits, practices, and lifestyle choices we make to maintain and improve our health and well-being.

- Think of these as your personal health superpowers:
- Move that body! Exercise is like a magic potion for your heart, mind, and muscles.
- Eat the rainbow! Fill your plate with colorful fruits, veggies, and whole grains.
- Mind your mind! Nurture your mental health with nature walks, chats with friends, and stress-busting techniques.
- Ditch the vices! Say goodbye (or at least "see you less often") to alcohol and tobacco.

### Self-Care Interventions:

- These are the cool gadgets and tools backed by science:
  - Quality meds when you need them
- Nifty devices to keep you in tip-top shape
- Smart diagnostic tools
- Cutting-edge digital health apps



Tell us how you take care of yourself by playing a fun game of Bingo!



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