



Compliments of Ask4Care Support Services Inc.

ASK4CARE'S EMPLOYEE OF THE MONTH FOR OCTOBER 2025 IS WAN CHAN Y.

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

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

To make a difference for the residents' daily lives. Improving their wellbeing.

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

A flexible schedule that suit for my family life. And have the opportunity to learn new things on job.

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

Keep enlightening my skills and knowledge for the challenging tasks.

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?

It's a daily challenge for unexpected situations, and quick thinking to respond and cope with the situations. It's a matter of procedure and experience gained by years of practice.

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

It's all started with food service at the LTC back then, and getting interested in caring for the seniors.

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

Unconditional Support is the best support for both the residents and ourselves.



Employee of the Month

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

Every year on October 16, people around the globe come together to observe World Spine Day, an important health awareness event dedicated to promoting spinal health and well-being. Organized by the World Federation of Chiropractic, World Spine Day serves as a reminder of how vital our spines are to overall health and mobility and how often we take them for granted.

The spine is the central support structure of the body. It allows us to stand upright, move freely, and protects the spinal cord, a crucial part of the nervous system that transmits signals between the brain and the rest of the body. Poor posture, lack of exercise, prolonged sitting, and improper lifting techniques can all lead to spinal problems such as back pain, neck stiffness, and even long-term disabilities.

According to the World Health Organization (WHO), back pain is one of the leading causes of disability worldwide. It affects people of all ages and can significantly impact daily activities, productivity, and quality of life.

Each year, World Spine Day focuses on a specific theme to guide global awareness efforts. Themes often emphasize prevention, physical activity, posture, and community health. These campaigns encourage individuals, health professionals, and organizations to promote healthy spine habits and educate others about maintaining spinal wellness.

The theme for World Spine Day 2025, "Invest in Your Spine," emphasizes the importance of proactive measures to support spinal health. It encourages individuals, workplaces, and governments to prioritize prevention, education, and healthy lifestyle choices. Key strategies include maintaining proper posture, engaging in regular physical activity, designing ergonomic environments, and seeking timely medical or rehabilitative care to reduce the risk of spinal pain and disability. By taking these steps, people can promote long-term spinal wellness and overall quality of life.



Tips for a Healthy Spine

1. **Maintain Good Posture:** Be mindful of your posture whether sitting, standing, or sleeping. Avoid slouching and ensure your workstation is ergonomically set up.
2. **Stay Active:** Regular exercise, especially activities that strengthen the core muscles, helps support the spine and reduces the risk of injury.
3. **Lift Properly:** When lifting objects, bend at the knees—not the waist—to avoid straining the back.
4. **Stretch Frequently:** Take short breaks during long periods of sitting to stretch and move around.
5. **Sleep Right:** Choose a supportive mattress and pillow that maintain the spine's natural alignment.
6. **Maintain a Healthy Weight:** Excess weight puts extra pressure on the spine and can lead to chronic back pain.



Raising Awareness and Taking Action

World Spine Day encourages people from all walks of life to “love their spine.” Hospitals, clinics, schools, and community organizations often host workshops, fitness sessions, educational talks, and free spinal screenings to promote awareness.

By taking simple, proactive steps to protect our spines, we can prevent many musculoskeletal conditions and ensure a lifetime of mobility and comfort. World Spine Day is more than just a date on the calendar, it's a call to action for everyone to prioritize spinal health. A healthy spine supports a healthy life, and every small effort we make today contributes to a stronger, more active tomorrow.

Chicken Ginger Soup isn't just comforting, it's a powerhouse of nutrition and healing. Packed with protein, antioxidants, and anti-inflammatory compounds, this soothing soup supports your immune system and promotes overall wellness.

The combination of chicken, ginger, and fresh vegetables helps your body fight infections, reduce inflammation, and speed up recovery from illness. The warm broth keeps you hydrated and nourished, while ginger aids digestion and relieves cold and flu symptoms.

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 cup shredded cabbage
- 3 cloves garlic, minced
- 1 ½ tablespoons fresh ginger, minced
- 1 teaspoon salt (adjust to taste)
- ½ teaspoon black pepper
- ½ teaspoon turmeric
- ½ teaspoon onion powder
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- 6 cups chicken broth
- 2 boneless, skinless chicken breasts
- 1 cup frozen peas



Instructions

Step 1: Heat a large stockpot over medium-high heat. Add olive oil, followed by onion, carrots, celery, and cabbage. Sauté for 6–7 minutes, stirring occasionally, until the vegetables begin to soften.

Step 2: Stir in the minced garlic and ginger, along with salt, pepper, turmeric, onion powder, rosemary, and thyme. Cook for 2–3 minutes, stirring constantly, until fragrant.

Step 3: Pour in the chicken broth and bring to a boil. Lightly season the chicken breasts with salt and place them into the simmering broth. Reduce to medium heat and cook for 8–10 minutes, or until the chicken is cooked through. Remove the chicken and let it cool slightly.

Step 4: Shred the cooked chicken using two forks, or use a stand mixer with a paddle attachment for quicker shredding.

Step 5: Return the shredded chicken to the pot and add the frozen peas. Simmer for about 10 minutes, or until the peas are heated through. Taste and adjust the seasoning as needed.

Step 6: Ladle the soup into bowls, top with freshly ground black pepper, and serve warm.

suebeehomemaker.com/anti-inflammatory-chicken-ginger-soup/

Newsletter created and curated by: Upasana K.
TEAM LEAD – HEALTHCARE OPERATIONS TORONTO
ASK4CARE SUPPORT SERVICES INC. Canada's, "Most Trusted" Healthcare Service Provider

TORONTO: 365A Wilson Ave, Suite #205, Toronto, M3H 1T3
BRAMPTON: 7900 Hurontario St, Suite #202, Brampton ON L6Y 0P6
BARRIE: 100 Essa Rd, Suite #R4, Barrie, ON L4N 3K7
P: 416 565 9458 F: 416 907 1508 E: info@ask4care.com www.ask4care.com