



Hello April

A month to slow down, check in, and build
well-being through everyday moments.

Apr. 2026 edition | Issue No. 64

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

EMPLOYEE OF THE MONTH

ASK4CARE'S EMPLOYEE OF THE MONTH FOR APRIL 2026 IS OLUWATOYIN L.

HERE'S WHAT OLUWATOYIN HAS TO SAY ABOUT HIS JOURNEY SO FAR AT ASK4CARE:

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

My greatest achievement has been making a positive difference in the lives of the individuals I support. Building trusting relationships with residents and their families, promoting their dignity and independence, and seeing improvements in their well-being have been the most rewarding aspects of my work. Being recognized as Staff of the Month was also a meaningful milestone, as it reflected my commitment to providing compassionate, person-centred care and working collaboratively with my colleagues.

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

I appreciate Ask4Care's commitment to delivering high-quality, person-centred care. I also value the supportive team environment, where staff members work together, share knowledge, and help one another succeed. In addition, I appreciate the opportunities for professional growth through ongoing training and development, which allow me to continuously improve my skills and better serve the people we support.

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

Over the next few months, my goal is to continue enhancing the quality of care I provide while expanding my knowledge through additional training and certifications. In the coming years, I hope to take on greater leadership responsibilities, mentor new staff members, and continue developing professionally within the healthcare field. My long-term objective is to contribute to creating a safe, respectful, and supportive environment where every individual receives the highest standard of care.



EMPLOYEE OF THE MONTH

We are proud to have you at Ask4Care.
Thank you, Oluwatoyin, 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?

One challenging situation involved supporting a resident who became highly agitated and resistant to care due to anxiety and changes in their routine. I remained calm, spoke in a reassuring tone, respected the individual's personal space, and used person-centred communication techniques to help de-escalate the situation. I also collaborated with the staff to ensure the resident's safety and followed the established care plan. Once the resident was calm, we reviewed possible triggers and strategies to reduce the likelihood of similar situations in the future. This experience reinforced the importance of patience, empathy, teamwork, and effective communication.

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

My passion for helping others inspired me to pursue a career in healthcare. I have always found fulfillment in supporting individuals and making a meaningful difference in their daily lives. That passion led me to obtain the necessary education and training, and since then I have continued to grow professionally by gaining hands-on experience and embracing opportunities to learn and improve my caregiving skills.

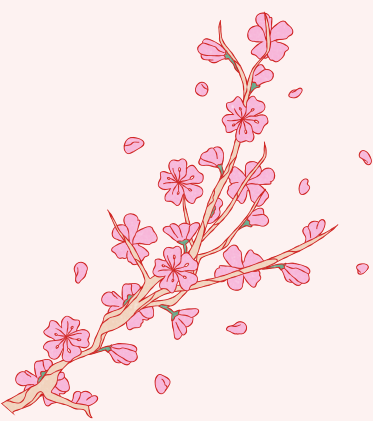
6. Do you have any inspirational quotes you would like to see in our newsletter?

"People may forget what you said or did, but they will never forget how you made them feel." — Maya Angelou

This quote reminds us that compassion, kindness, and respect leave a lasting impact on the lives of those we care for.

7. Any additional comments you would like to add?

I am grateful to be part of the Ask4Care team and appreciate the opportunity to contribute to an organization that values compassionate, person-centred care. Thank you to my colleagues and leadership for their ongoing support and encouragement. I look forward to continuing to learn, grow, and make a positive impact on the lives of the individuals we serve together.



World Health Day 2026

A Reminder That Health Is Built in Small Daily Habits

It's a typical afternoon at work. Meetings have filled the day, emails keep coming in and lunch was something quick between tasks. Many of us move through the day focused on deadlines and responsibilities, often putting our own well-being on hold.

But sometimes, small moments remind us to check in.

Standing up to stretch after long hours at a desk, taking a short walk to reset, or pausing for a proper meal can make a noticeable difference. These simple actions may seem minor, but they play an important role in maintaining our overall health. Often, well-being is shaped by these everyday choices.

Why Health Matters

Health is more than just avoiding illness, it directly impacts how we feel, think and perform. According to the World Health Organization, poor mental health costs the global economy over **\$1 trillion each year** in lost productivity.

In Canada, the impact is just as significant:

- 1 in 5 Canadians experience a mental health challenge each year.
- Nearly 500,000 Canadians miss work every week due to mental health-related issues.
- Mental health challenges cost the Canadian economy around \$50 billion annually.
- 47% of working Canadians say their job is the most stressful part of their day.
- About 30% of disability claims are linked to mental health.



Building Healthy Habits at Work

Good health doesn't always require major changes. It often starts with small, consistent actions throughout the day. Simple habits can have a meaningful impact, and studies show that workplace support and healthy routines can significantly reduce burnout while improving overall well-being.

A few simple practices to keep in mind include:

- **Take short movement breaks:** Even brief activity can reduce fatigue and improve circulation.
- **Stay mindful of nutrition:** Balanced meals and hydration help maintain energy and focus.
- **Prioritize mental well-being:** Short pauses can reduce stress and improve clarity.

A Small Reminder This April

World Health Day reminds us that health isn't built all at once, it develops through small and daily choices. The way we take care of ourselves during busy days can have a lasting impact over time.

At Ask4Care, we recognize that supporting health and well-being is essential to creating a positive work environment. By encouraging small, healthy habits and fostering a culture of care, we can help individuals and teams feel their best every day.

Sources:

<https://www.canada.ca/en/employment-social-development/services/health-safety/mental-health.html>
<https://www.canada.ca/en/employment-social-development/services/health-safety/reports/psychological-health.html>

<https://www.mhrc.ca/workplace-mental-health>

Nourishing your Body

Good nutrition plays a key role in supporting energy levels, concentration, and overall health. Eating a variety of whole foods such as lean proteins, vegetables, and healthy fats helps the body function at its best and promotes long-term well-being. Building simple, balanced meals at home is one of the easiest ways to develop sustainable healthy habits.

This lemon garlic salmon with roasted vegetables is a quick, nutritious meal that combines protein, fiber, and healthy fats for a well-rounded plate.

Lemon Garlic Salmon with Roasted Vegetables

Nutrition Facts (per serving)

450	25g	20g	35g
Calories	Fat	Carbs	Protein

Ingredients

Original recipe yields 2 servings

- 2 salmon fillets
- 3 tbsp olive oil (2 tbsp for salmon, 1 tbsp for vegetables)
- 2 cloves garlic (minced)
- Juice of 1 lemon
- 1 tsp dried oregano (or Italian seasoning)
- Salt and pepper to taste
- 1 zucchini (sliced)
- 1 red bell pepper (chopped)
- 1 cup broccoli florets

Directions

- Preheat oven to 400°F (200°C).
- Toss vegetables with olive oil, salt, and pepper. Spread on a baking tray.
- Roast vegetables for 10 minutes.
- Meanwhile, mix olive oil, garlic, lemon juice, oregano, salt, and pepper.
- Place salmon on a separate tray (or push veggies aside) and brush with the mixture.
- Add salmon to the oven and bake everything together for another 12–15 minutes, until salmon is cooked through.
- Serve warm with roasted vegetables on the side.



<https://www.recipetineats.com/lemon-garlic-salmon-tray-bake-easy-healthy/>

Newsletter created and curated by: Upasana K. and Madhusudan Sarkar
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