



HAPPY HOLIDAYS

COMPLIMENTS OF ASK4CARE SUPPORT
SERVICES INC.

ASK4CARE'S EMPLOYEE OF THE MONTH FOR DECEMBER
2025 IS OLUKEMI ABOSEDE A.

HERE'S WHAT OLUKEMI 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?

My greatest achievement is being able to make a positive difference in the lives of the individuals I support. Seeing them grow in confidence and independence is very rewarding. Receiving the Best Employee Award is also a proud moment that motivates me to continue giving my best.

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

I appreciate the supportive team environment and the opportunity to build meaningful relationships with the residents while helping improve their quality of life.

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

My goal is to continue developing my skills in healthcare, gain more experience, and provide the best possible support to the individuals in my care.

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?

There was a time a resident was upset and refused assistance. I stayed calm, listened patiently, and gave them time and reassurance. With patience and understanding, I was able to help them feel comfortable and complete their routine.



EMPLOYEE OF THE MONTH

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



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

I chose healthcare because I have a passion for helping others and supporting people to live meaningful and fulfilling lives.

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

"Small acts of care can make a big difference in someone's life."

7. Any additional comments you would like to add?

I'm grateful to be part of such a supportive team and thankful for the opportunity to make a difference every day.





Caring with Dignity, Respect, and Compassion

A client was nervous about accepting help for the first time. Instead of rushing, a caregiver took a moment to sit beside them, listen and reassure them. That small act? It was respect in action. Every year on December 10, the world observes Human Rights Day, a reminder that every person deserves dignity, respect, and fairness. While the idea may seem broad, in healthcare it comes alive in everyday moments, like the one above.

Everyday Acts of Respect

Human rights in healthcare mean more than policies on paper. They are about:

- Treating clients with empathy and patience
- Protecting privacy and personal choices
- Supporting independence and confidence

Even small gestures, a calm tone, a listening ear, or a reassuring smile can make a world of difference. These moments show clients that they are valued, safe, and understood.

Fun fact: Studies show that patients who feel respected and heard are more likely to follow care plans, feel satisfied with services, and experience better health outcomes. Respect is not just kindness, it improves care.

Why This Matters?

For seniors, people with disabilities, and anyone relying on care, dignity is just as important as the services they receive. Caregivers are often the first line of protection for these rights, ensuring that every individual feels heard and respected.

Human rights in healthcare also include freedom from abuse, neglect, and discrimination. Sadly, studies show that 1 in 6 older adults report experiencing some form of abuse or neglect in care settings.

At ASK4CARE, we enforce a zero-tolerance policy against any form of abuse or neglect. Our team works tirelessly to create safe, supportive environments where clients are treated with compassion, professionalism, and genuine care.

A Thought to Take with You

"Every act of care is an act of respect."

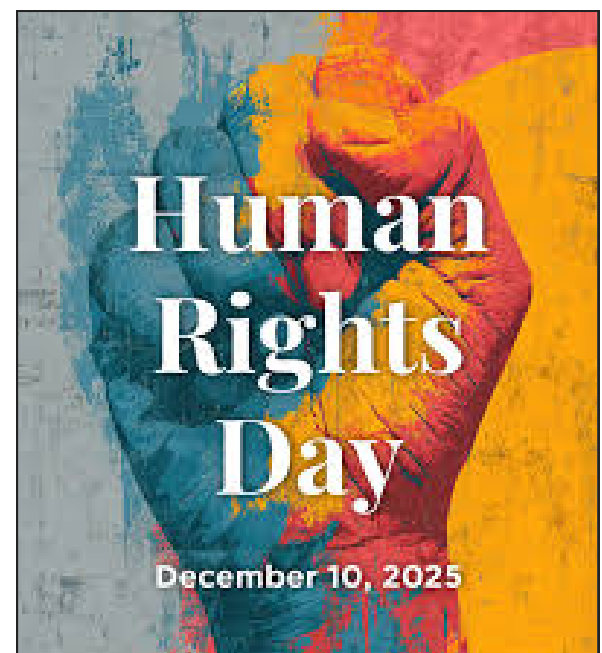
Human Rights Day reminds us that every interaction matters. A kind word, a patient smile, or simply taking the time to listen are small but powerful ways we honor the humanity of the people we support.

It's a day to celebrate the difference we make every day, and to remember that even simple gestures leave a lasting impact on someone's life.

At ASK4CARE, we are proud of our team's compassion, professionalism, and commitment to dignity because care is never just a service; it's a reflection of respect for every individual.

Sources:

- ✉ <https://pubmed.ncbi.nlm.nih.gov/28602565/>
- ✉ <https://link.springer.com/article/10.1186/s12910-024-01015-1>
- ✉ <https://www.who.int/news-room/fact-sheets/detail/abuse-of-older-people>



Chopped Italian Chickpea Salad

In a world where life moves quickly, choosing nourishing food is one of the simplest ways to care for your body and mind. Preparing healthy recipes at home also gives you control over what goes into your food—less unnecessary sugar, salt, and additives, and more natural flavor and nourishment. Over time, these small choices can support better heart health, stronger immunity, improved mood, and overall well-being. So here's a simple, wholesome recipe to bring a little more balance, flavor, and goodness to your day.

Active Time:

15 mins

Nutrition Facts (per serving)

Total Time:
15 mins

373	24g	28g	15g
Calories	Fat	Carbs	Protein

Servings:

4

Ingredients

1/2x
1x
2x
Original recipe (1X) yields 4 servings
¼ cup extra-virgin olive oil
2 tablespoons red-wine vinegar
1 tablespoon lemon juice
1 tablespoon Dijon mustard
1 teaspoon salt-free Italian seasoning
½ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon crushed red pepper
¼ teaspoon ground pepper
4 cups shredded iceberg lettuce
1 (15-ounce) can no-salt-added chickpeas, rinsed
1 pint cherry tomatoes, quartered
½ cup chopped red onion
4 ounces sharp provolone cheese, cubed (¼-inch)
¼ cup chopped roasted red bell peppers
¼ cup chopped mild banana pepper rings
¼ cup chopped fresh flat-leaf parsley



Directions

1. In a small bowl, whisk together ¼ cup oil, 2 tablespoons vinegar, 1 tablespoon lemon juice, 1 tablespoon mustard, 1 teaspoon Italian seasoning, ½ teaspoon garlic powder, and ¼ teaspoon each of salt, crushed red pepper, and black pepper until well blended.
2. In a large bowl, mix 4 cups lettuce with the rinsed chickpeas, quartered tomatoes, ½ cup onion, cubed provolone, and ¼ cup each of red peppers, banana peppers, and parsley. Pour the dressing over the salad and toss until everything is evenly coated.

www.eatingwell.com/chopped-italian-chickpea-salad-11917294



ASK4CARE CHRISTMAS FOOD DRIVE

This December, Ask4Care hosted a Food Drive, inviting our employees, staff, and local community members to contribute food donations. All donated items were distributed to local charities near our office locations.

As part of society, supporting food banks helps address hunger in our communities, offering a vital support system for those working to improve their lives. Now more than ever, your help is crucial. Together, we can ensure that no one has to go without food. Food insecurity remains a pressing concern for many families, with the rising cost of living making it increasingly difficult for people to afford meals. We urge you to contribute what you can to a local food bank, shelter, or anyone in need.



Ask4Care Support Services Inc. would like to thank everyone who took part in our food drive. We are truly amazed by the overwhelming response, and we deeply appreciate the effort that went into each donation.

On behalf of Ask4Care, we would like to express our sincere gratitude for your generous food donations to support those facing food insecurity. Together, we gathered over 250 pounds of food —what a remarkable accomplishment!

We are truly grateful to each and every one of you who contributed to making this food drive such a success. It wouldn't have been possible without you!

Ask4Care wishes you Happy Holidays. We hope that this Holiday Season brings you joy, prosperity, and good health. Have a Happy New Year!



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