

HAPPY HOLIDAYS!

DECEMBER 2024 EDITION

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

Ask4Care's EMPLOYEE OF THE MONTH for December 2024 is Olutayo Samuel A.

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

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

My greatest achievement is the personal care and assistance to individuals who may be elderly, disabled, or otherwise in need of support.

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

(i) Witnessing the positive impact my care has on the quality of life of my clients.

(ii) As regards to schedulers of ASK4CARE, I have seen in them a dedication to duty and they are very fair to all in the discharge of responsibilities.

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

My goal is to become a full-time permanent staff to be able to prove my mettle.

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?

Working with client with challenging behavior.

What I did in most cases is to listen actively and show empathy and validation.

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

I got education and training with skills on excellent communication, empathy and compassion and the physical stamina for assisting with daily activities.

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

"Caregiving is not just a responsibility, it's a privilege."



Employee of the Month

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

DECEMBER IS SEASONAL AFFECTIVE DISORDER (SAD) AWARENESS MONTH

Seasonal Affective Disorder Symptoms

- Feeling low, tearful, or sad most days
- Low energy or lethargy
- Loss of interest in activities you usually enjoy
- Feeling irritable or agitated
- Difficulty concentrating
- Feeling guilty, worthless, or hopeless
- Sleep issues
- Changes to appetite and weight
- Reduced sex drive
- Wanting to avoid people and socialize less
- Suicidal thoughts or feelings



SEASONAL AFFECTIVE DISORDER

Many people experience brief periods of sadness or feel unlike their usual selves. These mood changes can sometimes coincide with the changing seasons. For instance, many individuals feel "down" or have the "winter blues" when the days grow shorter in fall and winter, and feel better in spring when daylight hours increase.

In some cases, these mood shifts are more severe and can impact a person's thoughts, feelings, and actions.

Typically, SAD symptoms begin in late fall or early winter and disappear by spring and summer, which is known as winter-pattern SAD or winter depression.

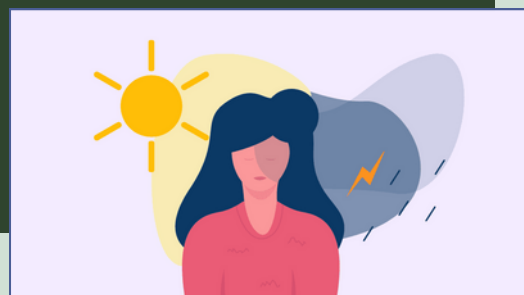
In rarer cases, some people experience depressive symptoms during spring and summer, referred to as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like "hibernating")

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior



EFFECTIVE WAYS TO TREAT SAD

Light therapy has shown to be effective for those with seasonal affective disorder (SAD). This treatment involves sitting near a special light for about 30 minutes each day. The bright artificial light triggers a chemical change in the brain that can improve mood and reduce SAD symptoms.

Medication can also be beneficial for treating various types of depression, including SAD. Different medications work in different ways, so it's important to talk to your doctor to determine if medication is right for you and to understand how to use it properly.

Counseling, particularly cognitive-behavioral therapy (CBT), is an effective treatment for depression. A trained professional using this approach can help you shift negative thought patterns and behaviors associated with depression. CBT is often combined with other treatments like light therapy or medication.

Regular exercise, a healthy diet, good sleep habits, staying connected with others, balanced thinking, and stress management are all shown to alleviate depression symptoms.

HERE ARE SOME TIPS TO HELP EASE YOUR WINTER SAD SYMPTOMS

- Spend more time outdoors during daylight hours to maximize exposure to natural light.
- Arrange your living spaces to let in as much sunlight as possible, and keep curtains open during the day.
- Trim tree branches or hedges that may be blocking sunlight from entering your home.
- Sit near a window while working, or exercise near a window if you work out indoors.
- Consider installing skylights or adding extra lamps to brighten up your space.
- Incorporate physical activity into your daily routine, ideally before SAD symptoms start. Regular exercise helps relieve stress, boosts energy, and improves both physical and mental well-being.
- Make a daily habit of taking a walk around noon, especially if you commute in the dark during the morning and evening hours.
- If possible, plan a winter vacation to a sunny location to get a dose of sunlight—though keep in mind your symptoms may return after you're back.
- Try to resist cravings for carbohydrates and excessive sleep, both common with SAD.

<https://bc.cmha.ca/documents/seasonal-affective-disorder-2/>



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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