

2026

HAPPY NEW YEAR

HELLO January

Hello, January! A month of resolutions,
reflections, and the excitement of a blank
canvas for the year ahead.

HERE'S WHAT SANDRA 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?

One of my greatest achievements while working with Ask4Care as a personal support worker has been building meaningful, professional, and trusting relationships with the residents I support. Being able to positively impact their lives, improve their comfort, and contribute to their well-being has been very rewarding and fulfilling. I also consistently provide compassionate and reliable care to residents and communicate effectively with them and their families.

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

I really appreciate the supportive team and the opportunity to make a meaningful difference in people's lives. I also value the learning opportunities and the way the organization encourages growth and development through training and quizzes to test staff knowledge, skills and understanding.

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

In the next few months, my goal is to continue improving my skills and gaining more hands-on experience as a registered nurse in hospitals, nursing homes, retirement homes, and group homes, as I have just graduated. Over the next few years, I hope to further my education in healthcare as a Nurse practitioner in psychiatric and mental health and take on more responsibilities, possibly moving into a leadership or specialized role.



EMPLOYEE OF THE MONTH

We are proud to have you at
Ask4Care. Thank you Sandra 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?

There was a situation in which a resident became upset, uncooperative, and vehemently refused care. I remained calm, gave them space, and tried to understand the cause of the patient's distress and agitation. I applied a gentle, respectful and de-escalation technique to calm the patient down. I communicated with the patient therapeutically by reassuring him of his safety and adjusted my care based on their comfort level. I also followed workplace policy by documenting the incident correctly via crm and followed up with the supervisor and agency. Eventually, the resident became more cooperative and stable. This experience taught me the importance of patience, empathy, and therapeutic communication.

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

I got started in healthcare because I've always had a passion for helping others. I was drawn to the field because I was raised by my grandmother who passed away at the age of 124 years. I took care of her till death and it allows me to make a real difference in people's lives, especially those who need support and care the most such as the vulnerable elderly clients, neurodegenerative, underdeveloped and children with special needs.

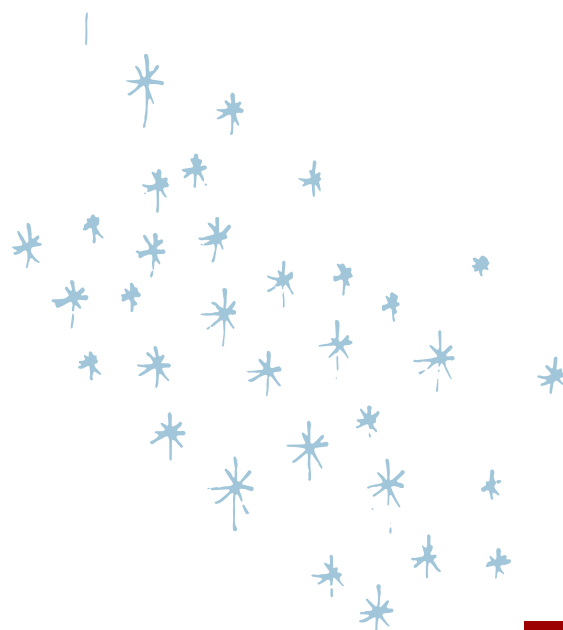
6. Do you have any inspirational quotes you would like to see in our newsletter?

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou



7. Any additional comments you would like to add?

I'm very grateful to be part of this great team that is dedicated to providing quality and safe care to individuals in GTA. I look forward to continuing to grow and contribute in a positive way in this organization. Thanks for giving me this opportunity.





National Blood Donor Month The Power of One Donation

It's late at night in a hospital emergency room. Medical staff work swiftly as a trauma team prepares to attend to a patient involved in a severe accident. Further down the corridor, another patient begins their treatment for leukemia while a surgeon gets ready for a complicated operation.

These patients may never cross paths, but they have one thing in common, their treatment could depend on blood provided by someone they will never meet.

Throughout North America, millions of patients depend on donated blood annually for surgeries, emergency care, cancer therapies, and chronic health conditions. In fact, hospitals across the United States need approximately 33,000 blood donations every day to assist patients in need.

Did you know?

Here are a few remarkable facts about blood donation in North America:

A single blood donation typically collects about 450 millilitres of blood, roughly 10% of a donor's total blood supply.

Blood can be separated into red blood cells, plasma, and platelets, meaning one donation can help multiple patients.

In Canada, nearly 820,000 units of blood are collected each year to support hospitals across the country.

Despite the need, only about 2% of eligible Canadians donate blood or plasma.

To meet patient needs, Canada needs about 450 new donors to join every day.

The rarest blood types (like AB-) are always in short supply, making every donation even more valuable.

Some patients need blood from up to 50 donors to survive trauma, while leukemia treatments may require multiple donors each week.

These numbers highlight just how important community participation is in supporting healthcare systems.



Stories Behind the Stats:

Although happiness may seem like a grand concept, it frequently starts with basic actions.

A child with leukemia may need blood transfusions weekly to continue life-saving chemotherapy.

A car accident victim could rely on the generosity of dozens of donors to survive surgery.

For many patients, a single donation is not just a unit of blood, it's a chance for another birthday, another hug, another day with loved ones.

A Community Effort:

Behind every blood transfusion is a network of individuals working together to save lives doctors, nurses, caregivers, and the donors who give their time to help others.

At ASK4CARE Support Services, we recognize that excellent healthcare relies on empathy, teamwork, and community assistance. National Blood Donor Month highlights that even a minor gesture of kindness can lead to significant effects.

Sources:

<https://www.blooddonormonth.org/donorimpact>

<https://www.canada.ca/en/health-canada/services/healthy-living/blood-organ-tissue-donation/blood-platelet-plasma.html>

<https://myaccount.blood.ca/en/term/facts>

Healthy Eating

Healthy food is essential for maintaining overall well-being and energy throughout the day. It includes a balanced mix of fruits, vegetables, whole grains, lean proteins, and healthy fats that nourish the body and support proper functioning. Choosing wholesome, nutrient-rich foods can help improve mood, boost immunity, and reduce the risk of chronic illnesses, making it an important part of a healthy lifestyle.

This simple, wholesome ice cream is packed with natural ingredients and big flavor.

Chocolate-Strawberry Ice Cream

Nutrition Facts (per serving)

128	1g	30g	3g
Calories	Fat	Carbs	Protein

Ingredients

Original recipe yields 4 servings

- 2 cups chopped fresh strawberries, plus more for garnish
- 3 ripe medium bananas, sliced and frozen (about 3½ cups)
- 2 tablespoons unsweetened almond milk
- ¼ cup unsweetened cocoa powder
- Flaky sea salt for garnish (optional)

Directions

- Add 2 cups of chopped strawberries to a small bowl and mash them until mostly broken down, leaving a few small chunks. Transfer the mashed strawberries to a fine-mesh strainer and let any excess liquid drain off.
- In a food processor, combine frozen banana slices, 2 tablespoons of almond milk, and ¼ cup of cocoa powder. Blend until the mixture is smooth and creamy, scraping the sides as needed, about 3 to 4 minutes. Transfer to a medium bowl and mix in the drained strawberries. Place the mixture into an airtight, freezer-safe container and freeze until firm, for at least 4 hours or up to 12 hours. Garnish with additional strawberries and a sprinkle of sea salt, if desired.
- Keep stored in an airtight container in the freezer for up to 1 month.



www.eatingwell.com/chocolate-strawberry-nice-cream-11683637

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