ISSUE NO. 54

JUNE 2025 EDITION

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

JUNE

ASK4CARE'S EMPLOYEE OF THE MONTH FOR JUNE 2025 IS CHAU NGOC (JUNE) T.

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

Employee of the Month

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

One of my greatest achievements at Ask4Care has been building strong, trusting relationships with the individuals I support, which has led to noticeable improvements in their daily engagement and well-being.

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

I really appreciate the supportive team environment and the emphasis on providing compassionate, client-centered care.

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

I aim to continue growing professionally, possibly pursuing additional certifications, and taking on more responsibilities within the organization.

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?

I once supported a resident who experienced frequent emotional outbursts. I remained calm, used de-escalation techniques, and focused on active listening to help the individual feel heard and safe.

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

I've always had a passion for helping others, which led me to pursue training and a career in healthcare support.

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

"The most important thing in life is not how much money you make, but how much happiness you bring to others." – Chow Yun-Fat

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

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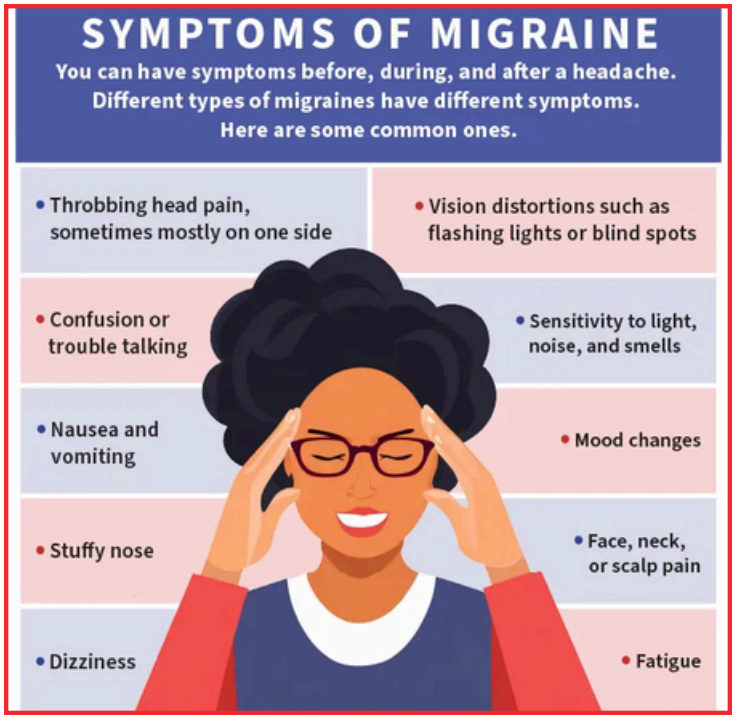
MIGRAINE AWARENESS MONTH

June is Migraine Awareness Month, a time dedicated to shedding light on one of the most misunderstood and debilitating neurological conditions—migraine. Often brushed off as "just a headache," migraine is far more complex. It is a chronic disorder that affects over one billion people worldwide, causing intense, often one-sided throbbing head pain, nausea, vomiting, and extreme sensitivity to light, sound, or smells. Some individuals also experience visual or sensory disturbances known as aura. Migraine attacks can last anywhere from a few hours to several days, and for those with chronic migraine, the pain can strike 15 or more days each month, deeply impacting quality of life. Despite its prevalence, migraine is often underdiagnosed and undertreated. Many people suffer in silence, misunderstood by family, employers, and even healthcare providers.

Migraine Awareness Month seeks to break the stigma, promote accurate diagnosis, and encourage empathy for those living with this invisible illness. Raising awareness matters because it helps validate people's experiences, improves access to care, and encourages more inclusive environments at work, in schools, and in healthcare systems. It also pushes forward the conversation around new treatments and the need for better research funding.

This month is about more than awareness—it's about compassion and education. It is also an opportunity to highlight advances in migraine treatment, such as CGRP inhibitors, neuromodulation devices, and newer abortive medications. Lifestyle strategies—like stress management, sleep regulation, and trigger identification—are also essential parts of migraine care. Migraine Awareness Month reminds us that migraine is real, it's disabling, and those who live with it every day deserve recognition, relief, and respect.



The Severe Impact of Migraine

Migraine affects more than just the head—it can cause intense pain, overwhelming fatigue, disrupted sleep, severe nausea, and extreme sensitivity to light and sound. These symptoms can significantly disrupt daily life, interfering with work, social engagements, and emotional health. Over time, the chronic nature of migraines can severely diminish a person's quality of life and may even contribute to the development of additional health issues. Migraine affects an estimated five million Canadians and is recognized as the third most common disease globally, impacting approximately 14% of the world's population.

uhnfoundation.ca/stories/getting-ahead-of-migraines/

What Causes Migraines?

Migraines are influenced by a combination of genetic and environmental factors. They can be triggered by a variety of conditions, including emotional stress, irregular sleep patterns, certain foods and food additives, physical overexertion, and hormonal fluctuations.

Strategies for Migraine Prevention and Management

Making intentional lifestyle changes can significantly reduce the frequency and severity of migraines. Key strategies include:

1. **Managing Stress**

Practice stress-reducing techniques such as deep breathing, mindfulness, meditation, taking short breaks, and engaging in activities that bring joy. Lowering stress levels can help prevent migraine onset.

2. **Establishing Consistent Sleep Habits**

Aim for a regular sleep schedule and adequate rest each night. Poor sleep can aggravate migraines, while quality sleep can provide relief and prevention.

3. **Maintaining a Healthy Diet**

Eat a balanced diet rich in whole foods—such as fruits, vegetables, whole grains, and lean proteins. Avoid common migraine triggers like processed foods, caffeine, and alcohol.

4. Staying Hydrated

Drink plenty of water throughout the day to maintain proper hydration, which can help ward off headaches and migraines.

5. Engaging in Regular Physical Activity

Moderate exercise can help reduce stress and improve well-being. However, be cautious, as intense physical exertion may trigger migraines in some individuals.

6. Limiting Caffeine and Alcohol

Both substances are known to trigger migraines for many people, so it's helpful to reduce or eliminate them from your routine.

7. Tracking Symptoms and Triggers

Keeping a migraine diary can help you identify patterns and triggers specific to you. This awareness allows for better prevention through informed lifestyle choices.

PREPPING FOR CANADA DAY FESTIVITIES

Canada Day

Canada Day is just around the corner, and it's time to get ready for a celebration filled with outdoor adventures, patriotic spirit, and lasting memories. Here are some ways you can celebrate Canada Day.

Show Your Canadian Pride:

Dress in red and white, the colors of the Canadian flag, and consider wearing accessories like maple leaf pins or hats.

Outdoor Celebrations:

Participate in parades, attend festivals, or enjoy a picnic in the park. Many communities organize events, including live music and cultural performances.

Backyard BBQs and Potlucks:

Gather with friends and family for a traditional Canadian BBQ or potluck, enjoying classic Canadian dishes.

Fireworks:

Many cities and towns host impressive fireworks displays to cap off the day's celebrations.

Plan Ahead:

For popular events, arrive early to avoid crowds and ensure a good viewing spot.

Embrace Indigenous Culture:

Consider incorporating Indigenous traditions and perspectives into your celebrations.

Enjoy Canadian Cuisine:

Try classic Canadian dishes like poutine, maple syrup-infused treats, or Canadian beef burgers.

Support Local:

Visit local vendors and artists at Canada Day markets and festivals.

Prepare for the Weather:

July 1st can be warm, so remember to stay hydrated and apply sunscreen.

Canada Day fireworks displays will be held across Toronto and the GTA on July 1st.

Ashbridges Bay Park: Fireworks at 10 p.m.
Centennial Park: Fireworks at 10 p.m.
Milliken Park: Fireworks at 10 p.m.
Stan Wadlow Park: Fireworks at 10 p.m.
Amesbury Park: Fireworks at 10 p.m.
Harbourfront Centre: Fireworks at 10:45 p.m.
Mel Lastman Square (North York): Fireworks at 10 p.m.
Canada's Wonderland: Fireworks on Canada Day (June 30th) at 10:00 PM

Other Events and Considerations:

Harbourfront Centre will also have free and ticketed programming, including music, an outdoor market, food, and comedy, from 12 p.m. onwards.
Mel Lastman Square in North York will have a Kids Zone with activities until 8 p.m., and a food and vendor fair until 9:30 p.m.
Residents are encouraged to check the City of Toronto's website for the most up-to-date information on Canada Day events and any potential changes.

UPCOMING TRAININGS

CLI College of Business, Health & Technology

Address: #203, 2300 Sheppard Ave W, North York, ON M9M 3A4

Date and Time Slot: Saturday, Aug 16th,2025 @ 9am

Payment: $130 per person

Phone: +1 (416)-747-5152

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