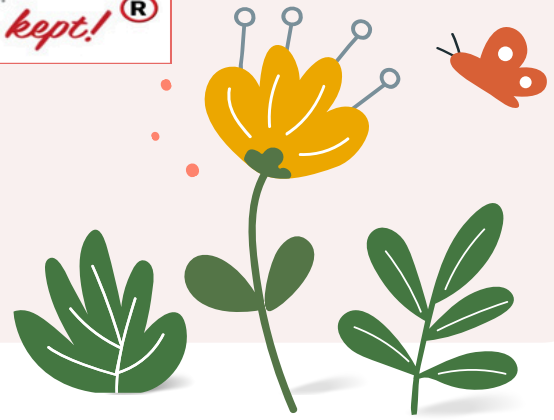


MARCH 2024 EDITION



COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

HELLO SPRING!

Spring is the time of new beginnings and new possibilities.
What quality would you like to grow this spring?

Ask4Care's EMPLOYEE OF THE MONTH for
March 2024 is **FOLASADE L. !**

Folasade L. has been working with Ask4Care Support Services Inc. since March 2022 and has just completed 2 years with us!

Here's what Folasade has to say about her journey so far at Ask4Care:

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

My greatest achievement while working for Ask4care is being Recognized for my service by Ask4care.

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

I love Ask4care for their great service provider, valued life, respect for their workers and well organized.

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

My goals is to continue to work with the company and to advance my career.

- 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 of my hard time while working for Ask4care was on overnight shift, a resident became aggressive and attacked me but for the safety of both of us I used a safety management method and call for help and this was resolved.

- How did you get started in the healthcare industry?

I was introduced to the profession through a friend working in the PSW industry.

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

My quote is from the holy bible: Collosian 3 vex 23 which states that what ever you do, work at it with all your heart and strength.

- Any additional comments you would like to add?

It is with great pleasure to serve the clients I work with and to know Ask4care as a company that hired all race that qualifies.



EMPLOYEE OF THE MONTH

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



International Day of Happiness

What does happiness mean to you?...

International Day of Happiness is celebrated worldwide on **Mar 20th** every year and aims to remind and to make one realize the importance of happiness within their lives.

Launched in 2015 by the United Nations, this day recognizes the importance of happiness and well-being in promoting sustainable development and global peace. It also promotes one's overall well-being as well as plays an important role in the eradication of poverty.

The International Day of Happiness 2024 is centered around the theme, **"Reconnecting for Happiness: Building Resilient Communities."**

Community resilience means the preparedness of a community to use available resources in the event of a disaster (natural or man-made), to respond, withstand and, recover from it, or persist sustainably in the face of a new, ongoing hardship. Resilient communities are able to overcome the disaster and return to normal life effortlessly. These calamities can be natural such as earthquakes, hurricanes, and tsunamis, or, Man-made such as nuclear wars or cyberwarfare.

In order to build a resilient community we must focus to:

1. Strengthen the physical and mental health of the population.
2. Improve social connectedness. This helps create large and diversified social circles and build high-quality relationships that provide a greater variety of resources, information, and opportunities to help us with life's many challenges. It also fosters a sense of togetherness and reliability.
3. Increase government integration and involvement in planning, response, and recovery.
4. Ensure effective risk communication to the population and especially to at-risk groups in times of disasters.
5. Build the social and economic health of the community. Social and economic opportunities, such as good schools, stable jobs, and strong social networks. These opportunities affect our ability to make healthy choices and manage stress.

'The purpose of our lives is to be happy.' -

Dalai Lama

Here are some ways to get involved in International Day of Happiness or tips to just be happy!...

Spread happiness

Spread positivity, pass on a compliment, send over flowers, share positive messages on social media, or volunteer for a local charity to spread happiness and positivity. This supports stronger relationships and promotes empathy.

Reflect on your happiness

Take time to reflect on what makes you happy, and make a plan to incorporate those things into your daily life. Do more of what makes you happy.

Celebrate with others

Host a happiness-themed party or event with friends, family, or coworkers to celebrate the day together. Happiness multiplies when shared with others.

Learn about happiness

Read books or watch documentaries on the science of happiness and well-being, and share your newfound knowledge with others.

Take part in Physical Activities

Research suggests physical activities as simple as walking regularly, release Oxytocin, also known as the happy hormone, in our body, thereby reducing stress, depression and anxiety.

https://en.wikipedia.org/wiki/Community_resilience
<https://urbanfootprint.com/community-resilience-meaning/>

