



ISSUE NO. 51

WELCOME TO OUR *Monthly Newsletter*

MARCH 2025
EDITION

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

Ask4Care's **EMPLOYEE OF THE MONTH** for March 2025 is Kayode O.

Kayode has been working with Ask4Care Support Services Inc. since **June 2023**.

Here's what Kayode has to say about his journey so far at Ask4Care:



EMPLOYEE OF THE MONTH

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

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

I am organized at my job which makes it easier for me and my co-workers. I respect myself and my co-workers, my supervisor, my manager, and the clients.

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

ASK4CARE doesn't delay payments, sends swift shifts, they are organized, they are problem-solver.

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

I started with Ask4Care as a personal support worker and I want to further my education to become an RPN and to develop myself in the health sector.

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

A friend introduced me to this field during the Covid-19 5 years ago. I was working in the factory at the time and it gave me motivation to enroll in the school and pursue this career.

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

"Whatever is worth doing at all is worth doing well!"

6. Any additional comments you would like to add?

I always say prayers each day for Ask4Care that God should continue to enlarge their coast, more jobs, money, and peace to all.



ART THERAPY: A WAY TO HELP KIDS COPE WITH DIFFICULT EMOTIONS

Art therapy is a form of psychotherapy which, offers individuals a way to express themselves through emotions and experiences that are hard to communicate verbally.

CREATIVE ARTS THERAPIES WEEK (CATS WEEK)

Creative Arts Therapies Week (CATs Week) is observed every year during the third week of March. In 2025, it will take place from March 17th to 23rd.

The week is dedicated to raising awareness of the benefits and significance of different creative arts therapies, such as art therapy, music therapy, and dance/movement therapy. It is believed to be particularly helpful for individuals who struggle to express themselves verbally, address difficult emotions, or manage trauma.



Expressive therapies involve using creative arts as a therapeutic approach, encompassing fields like expressive arts therapy and creative arts therapies like art therapy, dance/movement therapy, drama therapy, music therapy, writing therapy, poetry therapy, and psychodrama. These therapies are grounded in the idea that individuals can heal through various forms of creative expression.

Expressive therapists believe that engaging the imagination and creative processes allows people to explore their bodies, emotions, feelings, and thought patterns. Is primarily used to treat mental health conditions, helping individuals manage symptoms related to challenging behaviors, slow cognitive decline and improve overall quality of life.



Art therapists, trained at the master's level, work with individuals across a variety of settings, including hospitals, schools, psychiatric centers, rehabilitation facilities, and crisis centers.

A recent six-month study showed that caregivers of individuals with long-term illnesses experienced less stress, reduced anxiety, and incredible positive emotions by regularly participating in creative activities. Additionally, art therapy has been found to reduce the need for sleep medication and shorten hospital stays for patients.

It's a unique way to reduce stress, enhance cognitive abilities, boost self-esteem, and build emotional resilience and social skills.

It is also helping individuals release emotional tension and foster personal growth and self-affirmation. Additionally, expressive therapy can support physical pain relief and rehabilitation, providing a holistic approach to healing.

Music Therapy

Music therapy uses music-making or related activities within a therapeutic relationship to address emotional, cognitive, social, and physical needs. It helps individuals communicate, process emotions, and improve motor or cognitive functions by engaging multiple areas of the brain.



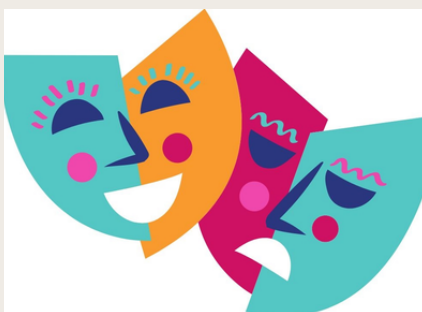
Poetry Therapy

Poetry therapy, or bibliotherapy, uses written words to foster healing and personal growth. Unlike other creative arts therapies that focus on nonverbal communication, poetry therapy harnesses language to help individuals cope with emotional challenges such as anxiety, depression, and insecurity. For example, poems like The Caregiver's Poem—which speaks to the struggles and resilience of those who care for others—can be used to help caregivers process their emotions and find strength.



Dance/Movement Therapy

Dance/movement therapy uses movement as the primary tool for healing, based on the belief that mind, body, and spirit are interconnected. It is especially helpful for those who prefer expressing themselves through movement rather than words.



Drama Therapy

Drama therapy combines theatre techniques with psychotherapy to treat individuals with mental health, cognitive, and developmental issues. Through role-playing and the art of pretend, it helps individuals gain perspective on their life experiences, a process known as "aesthetic distance."



International Women's Day 2025: Accelerating Action for Gender Equality

March 8 is more than just a date — it's a day of reflection, action, and celebration. International Women's Day (IWD) is a time to honor the remarkable achievements of women across all walks of life, while acknowledging that we still have much work ahead to achieve gender equality.

In the spirit of honoring the immense impact women have had across every field, especially the culinary world, we present a delicious recipe that celebrates women's influence in kitchens everywhere. From Alice Waters, a trailblazer in sustainable cooking, to Ruth Rogers, co-founder of the iconic River Café, women have shaped what we eat and how we think about food. 🍴🌱



A Culinary Tribute to Women: Roasted Vegetable Salad with Lemon Tahini Dressing 🌱

Today, we celebrate them by sharing a recipe that brings together fresh, vibrant ingredients — just like the women who've brought so much color and flavor into our lives! 🍴🌸 This Roasted Vegetable Salad with Lemon Tahini Dressing is nourishing, simple, and full of flavor. It's perfect for International Women's Day and can be enjoyed by anyone looking to celebrate women's enduring contributions to food, sustainability, and culture.

Ingredients:

- 1 medium sweet potato, peeled and cubed 🍠
- 1 zucchini, sliced into half moons 🥒
- 1 red bell pepper, chopped 🌶️
- 1 tablespoon extra virgin olive oil 🌿
- Sea salt and freshly ground black pepper, to taste 🧂
- 1 tablespoon tahini 🥜
- 1 tablespoon freshly squeezed lemon juice 🍋
- 1 teaspoon maple syrup (optional for sweetness) 🍁
- 1 small garlic clove, finely minced 🧄
- Fresh parsley or cilantro, for garnish 🌿



Method:

- 1.Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper. 🍴🌱
- 2.In a large bowl, toss the sweet potato, zucchini, and bell pepper with olive oil, sea salt, and freshly ground black pepper. Spread the vegetables evenly on the baking sheet. 🍴
- 3.Roast for 25–30 minutes, stirring occasionally, until the vegetables are golden and tender. 🕒
- 4.Meanwhile, prepare the lemon tahini dressing: In a small bowl, whisk together tahini, lemon juice, maple syrup (if using), minced garlic, and a pinch of salt. Gradually add water, one tablespoon at a time, until the dressing reaches a creamy, pourable consistency. 🌱
- 5.Once the vegetables are done roasting, allow them to cool slightly before transferring them to a serving dish. 🍴
- 6.Toss the roasted vegetables with the tahini dressing, ensuring they are evenly coated. Garnish with fresh parsley or cilantro. 🌿🌟

Accelerating Action: Building a More Equitable Future for All Women

As we enjoy this vibrant, nutrient-packed dish, let us take a moment to reflect on the power of collective action. International Women's Day is not just a celebration of what women have already achieved — it is a call to accelerate change. While we've made significant strides in areas like education, business, and politics, true gender equality remains elusive. ⚖️

Let us use today as a reminder that the work toward gender equality is ongoing and requires all of us to be active participants. Together, we can build a world where every woman has the freedom, opportunity, and platform to succeed

The theme of accelerating action challenges us to do more — to advocate for policy reforms, support women's leadership, and elevate women's voices in every space. From food to business, education to arts, women have already demonstrated their immense capacity to create positive change. 🌍👩🏽👩🏻👩🏼



Here's to all the women who inspire us every day! 🌸

Whether through their creativity, resilience, or leadership, their contributions shape the world we live in. So, as we celebrate International Women's Day 2025, let's make a commitment to accelerate action — and create a future where gender equality is a lived reality for all. ✨🌍

Read about the origins and significance of International Women's Day: https://www3.weforum.org/docs/WEF_GGGR_2024.

Discover the impact of Alice Waters on sustainable cuisine: <https://www.chezpanisse.com/> - Chef and Food Advocate

Learn more about the global movement for gender equality: <https://www.unwomen.org/en/get-involved/international-womens-day->