

hello
September

ASK4CARE'S EMPLOYEE OF THE MONTH FOR SEPTEMBER 2025 IS IDOWU O.

HERE'S WHAT IDOWU 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?

My greatest achievement has been forming meaningful, trusting relationships with clients who were initially withdrawn or resistant to care. By showing patience, understanding their preferences, and respecting their dignity, I was able to create a sense of comfort and safety for them.

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

I enjoy the flexible scheduling, which allows me to balance my personal life while still giving my best to clients. I really like the supportive environment at Ask4Care and the team communicates well, and I feel valued in my role.

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

In the coming months, I want to continue improving my efficiency, communication, and time management while working with clients. Looking toward the next few years, I aim to grow within the company, take additional certifications, and continue building a stable, rewarding career in healthcare.



Employee of the Month

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

I once supported a resident who was experiencing agitation and mild aggression due to dementia. They were yelling and refusing medication. I stayed calm, kept a safe distance, and used a gentle tone. I avoided arguing, redirected their attention to something comforting, and waited until they were less overwhelmed. After they calmed down, I tried again by explaining slowly and clearly why the medication was important. They eventually cooperated, and no one got hurt. This situation reminded me how crucial de-escalation techniques and patience are when working with vulnerable individuals.

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

My interest in healthcare began when I helped care for a family member who was ill. That experience showed me the importance of patience, empathy, and quality care. It motivated me to pursue formal training and start working professionally so I could support other families going through similar situations.

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

- i. "Care with your hands, heal with your heart"
- ii. "Small acts of care create the biggest impact."
- iii. "To care for those who once cared for us is one of the highest honors."

7. Any additional comments you would like to add?

I remain committed to providing compassionate and reliable care for all clients. I'm proud to represent the values of Ask4Care in the work I do every day.



World Duchenne Awareness Day 2025

World Duchenne Awareness Day 2025: “Family – The Heart of Care”

Every year on September 7, the global community comes together to mark World Duchenne Awareness Day (WDAD) — a day dedicated to raising awareness about Duchenne muscular dystrophy (DMD), a rare genetic condition that causes progressive muscle weakness.

This year, the 2025 theme is:

“Family: The Heart of Care”

A powerful reminder that behind every person living with Duchenne is a network of love, strength, and support.

What is Duchenne?

Duchenne muscular dystrophy is a genetic disorder that primarily affects boys, usually appearing between ages 2 and 5. It’s caused by mutations in the dystrophin gene, which is essential for maintaining healthy muscle cells. Without dystrophin, muscles gradually weaken over time — affecting mobility, the heart, lungs, and eventually, every aspect of life.

While there's currently no cure, medical advances, early diagnosis, and coordinated care have significantly improved life expectancy and quality of life.

Why This Day Matters

World Duchenne Awareness Day is not just about science — it’s about people. Families. Communities. Advocates. Researchers. It’s a day to:

Honor those living with Duchenne and their caregivers

Educate the public about the condition

Advocate for better access to care and therapies

Support research toward a future where Duchenne is treatable — or even curable

2025 Theme: Family at the Center

This year’s theme, “Family: the heart of care,” celebrates the essential role families play in the Duchenne journey from providing daily care and emotional support to navigating medical systems and advocating for research. Parents, siblings, extended family members, and even close friends often become lifelong caregivers, educators, and warriors in the fight against Duchenne.

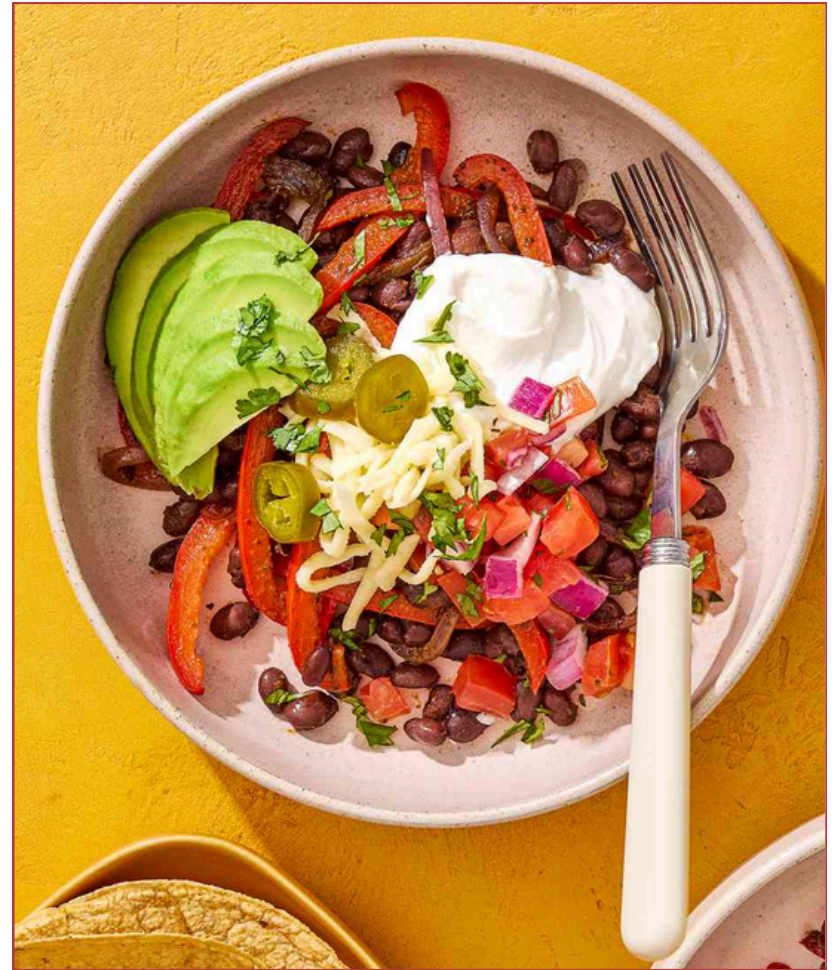
A special documentary launched for WDAD 2025 showcases the personal stories of families around the world, highlighting both the challenges and extraordinary resilience within the Duchenne community.



High-Protein Black Bean Breakfast Bowl

Ingredients

1 1/2 teaspoons extra-virgin olive oil
1 small bell pepper, thinly sliced
1/4 medium onion, thinly sliced
1/2 teaspoon ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon paprika
1/4 teaspoon salt
1 15-ounce black beans, boiled
1 medium avocado, sliced
6 tablespoons pico de gallo (a fresh Mexican salsa made from finely chopped tomatoes, onions, serrano or jalapeño peppers, and cilantro, seasoned with lime juice and salt)
6 tablespoons Greek yogurt
6 tablespoons shredded Monterey Jack cheese
3 tablespoons sliced pickled jalapeños
3 tablespoons chopped fresh cilantro
1 tablespoon lime juice
3 corn tortillas, warmed



Directions

1. Heat some oil in a medium-sized skillet over medium heat. Add the bell pepper, onion, cumin, oregano, paprika, and salt. Cook for 4 to 5 minutes, stirring now and then, until the vegetables turn golden and fragrant. Stir in the beans and continue cooking for another 2 to 3 minutes, or until heated through.
2. Divide the bean mixture among 3 bowls. Top each with avocado, pico de gallo, yogurt, cheese, jalapeños, cilantro, and a squeeze of lime juice. Serve with warm tortillas on the side.

www.eatingwell.com/high-protein-black-bean-breakfast-bowl-8601451



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