



SEPTEMBER 2024 EDITION

Compliments of Ask4Care Support Services Inc.



Ask4Care's **EMPLOYEE OF THE MONTH** for September 2024 is **Tiffany S.**

Here's what Tiffany has to say about their journey so far at Ask4Care:

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

One of my greatest achievements while working with Ask4Care has been continuing the foot care and health care with the residents. This allows them uninterrupted care in this recent transition.

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

I appreciate the collaborative environment at Ask4Care, where team members support each other and share ideas freely.

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

In the short term, I aim to enhance orientation to better equip new staff for the challenges they face. Looking ahead, I hope to take on a leadership role where I can influence policy changes that improve care standards across the organization.

Employee of the Month

We are proud to have you at Ask4Care. Thank you Tiffany 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 where a resident was experiencing severe anxiety as they were in the palliative phase. To handle this, I took the time to listen to their concerns and provided reassurance.

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

I began my journey in healthcare volunteering at a local nursing home during high school. That experience ignited my passion for caring for others and led me to pursue formal education and a career in the field.

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

"Healthcare is a team sport. Together, we can make a difference."

7. Any additional comments you would like to add?

I'm grateful for the supportive culture at Ask4Care and look forward to continuing to make a positive impact in our residents lives. Thank you for the opportunity to share my thoughts!



World Alzheimer's Month

September is considered as World Alzheimer's Month while World Alzheimer's Day is on 21 September each year.

The campaign theme for World Alzheimer's Month 2024 is '**Time to Act on Dementia, Time to Act on Alzheimers**'. The initiative for this year focuses on eradicating the persistent stigma and discrimination associated with dementia along with improving public perceptions of the illness.

What is Alzheimer's disease?

A chronic neurodegenerative disease that slowly destroys brain cells, causing thinking ability and memory to decline over time and eventually, the ability to carry out the simplest tasks. Alzheimer's disease is not a normal part of aging, and is irreversible. This is the most common type of dementia accounting for 60 to 80% of all cases of dementia.

There are stages to this disease, indicating the severity of the symptoms.

Early stage: During the early stages the symptoms are mild. At this stage, the patient is fully aware of their condition and only needs minimal assistance if requested.

Middle stage: At the middle stage, symptoms tend to be more noticeable. The patient needs more assistance with their daily tasks at this stage.

Late stage: At this stage, the patient eventually is unable to communicate verbally or look after themselves. Therefore, proper care is required.

End of life: The patient requires 24-hour care once they reach this stage and the focus shifts to palliative care and comfort to ensure quality of death.



Alois Alzheimer



Often Alzheimer's disease and Dementia are used interchangeably hence, its important to know the difference between Alzheimer's disease and other dementias.

Dementia is a general term for a set of symptoms caused by physical disorders affecting the brain, and is used for a group of similar diseases, of which Alzheimer's is one. Alzheimer's is a specific disease.

Every case of Alzheimer's disease is an example of dementia, but not every type of dementia is Alzheimer's.

10 Early Signs and Symptoms of Alzheimer's and Dementia

1. Memory Loss that disrupts daily life - forgetting important dates, asking the same question over and over, forgetting recently learned information.
2. Challenges in solving problems - changes in the ability of the patient to develop and follow a plan such as a familiar recipe.
3. Confusion with time and place - patients lose track of time, and dates, and forget where they are.
4. Trouble understanding visual images and spatial relationships - changes in vision, may experience difficulties determining colours, or judging distance.
5. Difficulty with speaking and writing - trouble following or joining a conversation, struggle with vocabulary, and calling things by wrong names.
6. Losing the ability to retrace steps - may misplace things and be unable to trace back their steps to find something, may accuse others of stealing.
7. Decrease in the ability to make judgment - changes in decision-making or judgment, such as paying less attention to keeping themselves clean.
8. Withdrawal from social activities - unable to hold or follow a conversation, resulting in moving away from social gatherings, hobbies, and workplaces.
9. Mood and personality changes - may become depressed, fearful, anxious, and may easily get upset when put out of their comfort zone.

www.alz.org/alzheimers-dementia/10_signs



HEALTHY EATING

With Autumn just around the corner, bringing in comforting food and cozy weather with it, it's time to eat the last of our summer favourites and to welcome in fresh fall flavours!

Chicken Salad Niçoise

Total time : 30 minutes

Portion size : 4 servings

Ingredients

500g boneless skinless chicken breasts
salt and pepper to taste
2 teaspoons olive oil
12 baby potatoes, scrubbed
250g green beans, trimmed
4 cups packed mixed greens
2 hard-cooked eggs, quartered
2 tomatoes, cut into 8 wedges
1/3 cup pitted Kalamata olives

Thyme Vinaigrette Ingredients

1/3 cup olive oil
3 tbsp white wine vinegar
1 tbsp lemon juice
1tsp honey
1 tbsp chopped fresh thyme
salt and pepper to taste



Nutritional facts PER SERVING

Calories 520; Total fat 27g; Saturated fat 5g;
Cholesterol 190mg; Sodium 250mg; Total
carbohydrate 34g; Fibre 6g; Sugars 7g; Protein
35g; Iron 3.9mg

Method

1. Preheat the oven to 350°F.
2. Season chicken breasts with salt and pepper and keep aside.
3. In a large ovenproof skillet, cook the chicken breasts in olive oil over medium-high heat, flipping halfway through cooking time, until browned. Now, transfer the skillet to the oven; bake for about 10 minutes or until the chicken is no longer pink inside. Slice the cooked chicken with a sharp knife.
4. Additionally, boil water in a large saucepan, add some salt, and cook potatoes until tender-crisp for about 10 minutes. Now, add beans and continue cooking until tender-crisp for about 4 minutes. Drain the water and keep aside the vegetables. Cut the potatoes in half.
5. On a serving plate, arrange mixed greens, chicken, potatoes, beans, eggs, tomatoes, and olives. Drizzle with Thyme Vinaigrette.

To prepare Thyme Vinaigrette -

In a small bowl, combine olive oil, white wine vinegar, lemon juice, liquid honey, and chopped fresh thyme. Season with salt and pepper.

www.canadianliving.com/food/lunch-and-dinner/recipe/chicken-salad-nicoise