

# Newsletter

## ASK4CARE'S EMPLOYEE SURPRISE REVEALED

As you all may know a sneak preview of something new starting at Ask4Care was sent out via; email.

We want to wish a big **Congratulations to Nordia Scott** as she has been selected as 'Employee of the Month' for May 2018.

We appreciate the determination Nordia has put into her work as a Personal Support Worker. Nordia has displayed a great passion to learn and grow professionally, exceeding the employee of the month expectations and criteria.

As the company grows and achieves new milestones we are excited to see our team efforts towards achieving our organization goals.

We never fail to notice the hard work of our staff, and we are delighted to inform the team that we will be continuing the recognition, every month with exciting new gifts of gratitude.

### EMPLOYEE OF THE MONTH

*Congratulations Nordia Scott on becoming the 1<sup>st</sup> ever Employee of the Month at Ask4Care!*



*"The best way to find yourself is to lose yourself in the service of others"*

- Mahatma Gandhi

Spreading Compassionate Care Throughout Our Community





# Healthy Gut, Healthy Mind: 5 Foods to Improve Mental Health

## Five foods for better mental health

Carolyn C. Ross M.D., M.P.H.

You've heard of eating well to improve heart health and reduce the risk of diabetes, high blood pressure and certain cancers, but what about taking care of your mind? A few simple dietary changes may boost cognitive function and reduce symptoms of depression, anxiety and other mental health disorders.

When most people think of boosting their brain power, they think of learning something new or engaging in thought-provoking debate. As it turns out, one of the best ways to improve your mental health is through your gut.

Like your brain, the gut has its own nervous system, which sends information to the brain via the vagus nerve. This helps explain why you might feel queasy when you're nervous or stressed. Just as the brain impacts the gut, what we put in our gut can impact the functioning of the brain. Here are five foods that keep the mind working at its best:

### #1 Fatty Fish

### #2 Whole Grains

### #3 Lean Protein

### #4 Leafy Greens

### #5 Yogurt with Active Cultures

## APPLE PECAN ARUGULA SALAD RECIPE

A healthy, hearty summer salad with peppery arugula, crisp apples, and toasted pecans. Dressed in a simple, vibrant lemon vinaigrette, it makes the perfect light-yet-satisfying plant-based meal or side.

### Ingredients

#### SALAD

- 1/2 cup (50 g) raw pecans
- 7 ounces (198 g) arugula (organic when possible)
- 2 small apples (1 tart, 1 sweet), peeled, quartered, cored and thinly sliced lengthwise
- 1/4 red onion thinly sliced
- *optional*: 2 Tbsp (20 g) dried cranberries

### Dressing

- 1 large lemon juiced (~3 Tbsp, 45 ml)
- 1 Tbsp (15 ml) maple syrup
- Pinch each sea salt + black pepper
- 3 Tbsp (45 ml) olive oil

### Instructions

1. Preheat oven to 350 degrees F (176 C) and arrange pecans on a bare baking sheet.
2. Bake pecans for 8-10 minutes or until fragrant and deep golden brown. Remove from oven and set aside.
3. While pecans are toasting, prep remaining salad ingredients and add to a large mixing bowl.
4. Prepare dressing in a mixing bowl or mason jar by adding all ingredients and whisking or shaking vigorously to combine. Taste and adjust flavor as needed.
5. Add pecans to salad and top with dressing. Toss to combine and serve immediately. Serves two as an entrée and 4 as a side.
6. Store leftovers (dressing separate from salad) covered in the refrigerator for 2-3 days (though best when fresh). Dressing should keep at room temperature for 2-3 days when well-sealed.



# EXCITING NEWS ASK4CARE HAS EXPANDED TO BARRIE!

Ask4care is making tremendous strides in achieving our strategic goals by increasing our client services.

We have earned a great reputation as Canada's most trusted home and community healthcare service provider, and we want our reputation of excellence to spread beyond imaginable.

We are delighted to announce that we have a new staffing agreement, and they are beyond pleased with the level of service that we are providing.



**National Health and Fitness Day** – June 2

**World Environment Day** – June 5\*

**World Elder Abuse Awareness Day** – June 15\*

**MISSISSAUGA WATERFRONT FESTIVAL** - June 15 to 17, 2018

Spend some quality family time at Port Credit Memorial Park, a beautiful, waterfront area in Mississauga. Enjoy a colourful carnival, outdoor concerts, theatre and a petting zoo. Don't miss this event for kids of all ages.

**Father's Day** - June 17th

**International Day Against Drug Abuse and Illicit Trafficking** – June 26\*

**Brain Injury Awareness Month** – June 29

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