



WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

June's edition

At **ASK4CARE SUPPORT SERVICES INC.** our largest asset by far are our front-line workers that touch several thousand families each year.

Each individual support staff makes a valuable contribution to all aspects of the community. We would like to Congratulate **CONSTANCE ABINAH**, Ask4Care's Employee of the month for June. Constance is one of our longest working cherished staff.

Known as a natural leader paving the way in the healthcare environment, Constance is motivated to do the best that she can. She gladly looks forward to any additional trainings that may advance her skills, and without out a doubt is an asset to not only the homes and residents she is supporting but also to the Human Resources and scheduling team at Ask4Care.

With her impeccable work habit, flexibility, and availability to take on last minute on call shifts stands out.

Constance will not only answer 99.9 % of our phone calls, but she would also shuffle her entire schedule to help fill shifts. The Ask4Care staff genuinely appreciates what you do, and the efforts are highly recognized.

“When we strive to become better than we are, everything around us becomes better too.”

- *Paulo Coelho*



**ASK4CARE Employee of
The Month for June
Congratulations
Constance Abinah!**





GIVE LIFE

BY DONATING BLOOD
IN THE NAME OF

ALL PATIENTS



YOUR **DONATION** HAS THE POWER TO HONOUR **SOMEONE IMPORTANT**

ASK4CARE Blood Drive

Thursday, August 9
Jesus Christ & the Latter Day Saints
Gym area

Sign up with Stephanie at service@ask4care.com

Book your appointment to donate blood at blood.ca



Eligibility Guidelines Checklist – Pre-Recruitment



- ◆ To help determine if you are able to donate take the [Eligibility Quiz](#) as a first step <https://blood.ca/en/blood/eligibility-quiz>
- ◆ If you have specific questions and want to look something up, visit the [ABC's of Eligibility](#) or call 1 888 2 DONATE
- ◆ Here is a run-down of the [donation process](#)

CHECKLIST

STEP #1:

- ✓ Are you between the ages of 17 – 23? If so, please refer to Estimated Blood Volume Chart.

STEP #2:

- ✓ Have you had any tattoos or piercings in the last 3 months?

STEP #3:

- ✓ Have you travelled outside of Canada or the U.S. in the last 12 months? Refer to list of countries.

STEP #4:

- ✓ Please ask student to bring their I.D. on the day of the clinic (Driver's license or health card with picture and signature)

Please ask donor to eat/drink well before and on the day of the clinic.

Partners[®] For Life



Give Life Together. Adopt a Blood Donor Clinic in Your Community.

The need for blood continues to grow. Community groups are a vital part of our blood program, and your participation is critical in achieving and maintaining an adequate, stable supply of blood in Canada.

What do we need?

- Canadian Blood Services is asking organizations to rally colleagues together to donate blood and help save lives! In Peel region alone, close to 700 blood donations are needed EVERY WEEK to help support local patients.

What do you need to do?

- ASK4CARE SUPPORT SERVICES INC. blood donor clinic date is – on

Thursday August 9th, 2018 at the Jesus Christ of Latter Day Saints.

The clinic is open from 2:00pm pm to 8:00pm for blood donations

Shuttle busses will be accommodated if need up to 7 persons can be scheduled at one time

Departing from 2250 Bovaird Drive E, Brampton Ontario, L6R-0W3 (departing times may vary)

Unable to donate?

- Encourage friends & family to donate on your behalf of your school. If you are between the ages of 17-35, you can sign up for www.onematch.ca. Promote the need for blood & stem cell registrants.

Every minute of every day someone in Canada needs blood. It may be a loved one, friend, co-worker, student or even you. Please take the time to help. You are needed!



Preventing seniors from falls can be a life-or-death matter, warns physiotherapist

CBC Radio · March 29

The consequences of a fall on an older person can be the difference between life and death, according to Barbara Adams, Nova Scotia's self-proclaimed "queen of falls prevention."

Adams, a long-time physiotherapist and Progressive Conservative MLA, has been teaching people how not to fall for three decades.

It's estimated that between 20 and 30 per cent of Canadian seniors fall each year, according to a report by the Public Health Agency of Canada.

"The biggest misconception is that a fall is not that big a deal and that it's just an embarrassing moment that the person wants to forget about," Adams tells *The Current's* Anna Maria Tremonti.

But far too often, falls can lead to serious repercussions, says Adams.

"A senior who has a fall and breaks a hip has a 20 percent

chance of dying that year from complications like blood clots and pneumonia," she explains.

"I see it far too often. That statistic is real."

Falling is not an accident. It's something Adams can gauge "months ahead of time" by assessing their balance, speed of walking and length of steps.

The sitting disease

"The number one reason why seniors are falling is they sit too much," she says. "We call it the sitting disease."

Adams suggests walking is a key exercise that all seniors can do to prevent a fall. She also suggests squats.

"If every senior practiced going from sitting to standing every single day they will lower the risk of falling significantly."

The cognitive connection to mobility

Dr. Manuel Montero-Odasso agrees exercise can alter the risk of falling and adds that it's not just good for you physically, but mentally too. His latest study suggests cognitive improvement in older people can be a complementary way to reduce falls.

He tells Tremonti that resistant-training and balance exercise apply to muscle and joint flexibility but also cognition.

"The effect of exercises are not just focusing the muscle, they are also improving some aspect of cognition related to frontal lobe health in the brain."

Dr. Montero-Odasso's research states brain networks in the front

lobe that help control navigation and gait — the way we walk — are also the same networks that are vital for memory and attention.

"We do know that when multitasking, your attention may switch to the cognitive task rather than focus into maintaining your balance and that can trigger a fall," he says.

SLIP AND FALL FACTS

- Falls are the leading cause of injury among older Canadians.
- 20-30% of seniors experience one or more falls each year.
- Falls are the cause of 85% of seniors' injury-related hospitalizations.
- Falls are the cause of 95% of all hip-fractures.
- 50% of all falls causing hospitalization to happen at home

Recent hospital visits



Difficulty taking Medication



What we do:

We provide support solutions to Private homes, Community Healthcare, Long Term Care, Hospitals and Hospices.

FAST FACTS ABOUT ASK4CARE

24/7

All it takes is one phone call! We are all year around we are at your beck and call, this is the promise we make to you and we deliver on it.

Reasons we need to “Ask4Care”

Here are some signs that your aging parent or family member may benefit from having a personal support worker:

- You are constantly worried. You find yourself making frequent calls and check-in.
- Hospital stays. If the senior has recently been in hospital and has not fully recovered.
- Personal hygiene is lacking. Be aware of unpleasant body odours, infrequent bathing, or a strong scent of urine in their home or on their clothes. You may see an overall decline in grooming habits – failing to brush hair, wearing dirty clothes, or untrimmed nails.
- They neglect household responsibilities. When you visit, peek in their fridge and around their home. Signs include little or no fresh, healthy foods, a dirty house with laundry piling up, late payment notices, and even unexplained dents or scratches on their car.
- Health. If physical health is declining, or if the senior is having difficulty taking medication properly.
- If the senior has short-term memory loss or hearing/vision impairment that interferes with daily functioning.

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REFER A FRIEND OR FAMILY MEMBER

The best compliment we can receive is a referral of your friends, colleagues and family members. In fact, word of mouth recommendations are number one source for new business and staffing, so if you know someone looking for a support staff or want to join the Ask4Care Team we would appreciate you passing our information on to them.

(416)-565-9458

P.S Don't forget to leave a Google review for us!

BRAIN POWER SMOOTHIE (BLUEBERRY AVOCADO SMOOTHIE)

This Brain Power Smoothie (Blueberry Avocado Smoothie) is packed with delicious ingredients that are all great for brain health.

TOTAL TIME: 2 MINS

PREP TIME: 1 MIN

COOK TIME: 1 MIN

INGREDIENTS:

- 2 cups blueberries
- 1 cup pomegranate juice (or any berry juice)
- 1 cup ice cubes
- 1 Tbsp. chia seeds
- 1 ripe banana peeled
- half of an avocado peeled and pitted

DIRECTIONS:

Add all ingredients to a blender and pulse until combined and smooth. If the smoothie is too thick, add more juice. If the smoothie is too thin, add more ice.



BRAIN BOOSTING SALAD

This super simple salad is a breeze to create and has some major brain boosting nutrients to keep you on top of your game. It's a perfect balance of carbohydrates, fats and protein to help you beat the mid-day slump.

Course Main Course, Salad

Cuisine French

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Servings 2 people

Calories 343 kcal

Ingredients

- 1 head romaine lettuce or greens of choice
- 2 cups green beans approx. 20 beans
- 2 large eggs
- 1/2 cup purple cabbage shredded
- 10 cherry tomatoes sliced
- 10 olives

1/4 cup red onion sliced

1 can of salmon (or tuna) look for Oceanwise certified brands- additionally, you could pan sear a salmon filet 5 minutes each side

For the dressing

2 Tbsp Olive oil

2 Tbsp Lemon Juice

1 Tbsp Dijon Mustard

Pinch of salt & pepper to taste.

Directions

In medium saucepan, bring 4 cups of water to a boil over high heat

Add green beans and quickly blanch until tender (approx. 3 minutes)

Remove green beans, run under cool water and set aside

In the same pot, add eggs and reduce heat to medium-low

Hard-boil eggs for 5-7 minutes (or longer to reach desired doneness)

Once cooked, run eggs under cold water and set aside to cool.

Combine all other ingredients into a large salad bowl.

Once cool to touch, peel the eggs, slice into quarters and add to the bowl.

For the Dressing

Whisk all ingredients in a small bowl and drizzle over salad

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QUOTE OF THE MONTH

'A healthy outside starts from the inside'



Jul 1. **CANADA DAY!**

Jul 4-5. **David Blaine Live.** sonycentre.ca

Jul 6-8. **Burger Mania.** Ontario Place. \$10+. burgermania.ca

Jul 6-8. **Toronto Outdoor Art Fair.** Nathan Phillips Square. torontooutdoorart.org

Jul 6-8. **Taste of Lawrence.** Lawrence Avenue East. wexfordbia.ca

Jul 6-22. **Summerlicious.** 3-course prix-fixe menus at 220 restaurants. toronto.ca

Jul 6, 13, 20, 27. **Cultura Festival.** Mel Lastman Square. culturafestival.ca

July 7-8. **Salsa on St. Clair Street Festival.** salsaintoronto.com

Jul 7-8. **Afrofest.** Woodbine Park. afrofest.ca

Jul 7-Aug 12. **Toronto Caribbean Carnival.** Parade on Aug 4 at Exhibition Place. torontocaribbeancarnival.com

Jul 12-15. **Mississauga Rotary Ribfest.** New location: Port Credit Memorial Park.

13-15. **Carabram** (Brampton). Multicultural festival. carabram.orgugaribfest.com

Jul 14-15. **Festival of India.** Parade on July 14 on Yonge Street. festivalofindia.ca

Jul 18 – **Ask4Care Employee Potluck ! Bring a Dish! 4:30pm-7:30pm**

Jul 20-22. **Bollywood Monster Mashup** (Mississauga). Concert, Kid Zone, dance lessons and FoodFest. bollywoodmonstermashup.com

Jul 22. **Youth Day Toronto.** Yonge-Dundas Square. yd-toronto.com

Jul 28-29. **Latin Festival.** Celebration Square. mississaugalatinfestival.com

Jul 29. **Fusion of Taste.** Albion Islington Square. fusionoftaste.com



