



WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

July's edition

There are no words to express our gratitude to all the support staff at Ask4Care Support Services.

For the Month of July, we would like to congratulate Inderjit Kaur, as our top Employee of the month.

As well as the group home residents, we have our private care clients. Inderjit Kaur is our top RPN in the private care division.

Inderjit possesses the knowledge and the ability to perform all duties required of a nurse, and she goes above and beyond to make sure patients are as comfortable as possible. She is caring, patient, empathetic, and respectful to the staff, the residents, and their family members.

For example, one of our residents was in a major life changing accident a few years back. He was completely paralyzed on one side of his body unable to walk. After tremendous effort from our staff the supported has made

amazing progress in recovery with the support of our trained professionals he has begun to walk with assistance.

Even though Inderjit was not in that professional capacity, referring to the fact that she is not a rehabilitation therapist or speech pathologist she gained the core competencies and adapted to those roles, never letting it stop her to ensure the progress of the supported.

I have personally saw the way that Inderjit lights up with that beautiful smile as she explains the milestones that the supported has conquered. Inderjit's happiness genuinely comes from the progress of the supported.

*“Every day I get to do something I love and make an impact on people's lives”*

- Amber Pence

## ASK4CARE Employee of The Month for July is INDERJIT KAUR!





**Location of Ask4Care Support Services Blood Drive:**

The Church of Jesus Christ of Latter Day Saints  
10062 Bramalea Rd, Brampton Ontario L6R-1A1

**Date:** Thursday August 9<sup>th</sup>, 2018 **Time:** 2:00PM-8:00PM

**Contact Info:** Stephanie Armstrong

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♦ To help determine if you are able to donate take the [Eligibility Quiz](https://blood.ca/en/blood/eligibility-quiz) as a first step  
<https://blood.ca/en/blood/eligibility-quiz>







## 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

## 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.*

### 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.



### QUOTE OF THE MONTH

‘A healthy outside starts from the inside’



## 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 a 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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Aug 3-4. **Mosaic Festival** (Mississauga).

Celebration Square. mosaicfest.com

Aug 3-4. **Taylor Swift** Rogers Centre. \$85+. Ticketmaster.ca

Aug 3-6. **Food Truck Festival**. Woodbine Park. canadianfoodtruckfestivals.com

Aug 4-5. **Veld Music Festival** Downsview Park. \$110+. veldmusicfestival.com

Aug 4-12. **Roger's Cup**. Men's tennis.

Finals Aug 12. Aviva Centre. rogerscup.com

Aug 7. **Shakira**. aircanadacentre.com

**Aug 9. ASK4CARE SUPPORT SERVICES BLOOD DRIVE DONATION.**

The Church of Jesus Christ of Latter Day Saints located 10062 Bramalea Rd, Brampton Ontario L6R-1A1 (2pm-8pm) Please remember to bring valid Photo ID and take the eligibility quiz

Aug 9-12. **Jerk fest**. Centennial Park. jerkfestival.ca

Aug 10-12. **Drake**. aircanadacentre.com

Aug 10-12. **Taste of the Danforth**. tasteofthedanforth.com

Aug 11-12. **Vegandale Food and Drink Festival**. Fort York. vegandalefest.com

Aug 16- Sept 3. **Shakespeare in the Ruff**. Featuring *Julius Caesar*. Withrow Park. shakespeareintheruff.com

Aug 17-18. **Mississauga Italfest**. Celebration Square. mississaugaitalfest.com

Aug 17-19. **Markham Jazz Festival**. markhamjazzfestival.com

Aug 17-Sept 3. **Canadian National Exhibition (CNE)**. New in 2018: The world's largest indoor lantern festival. Exhibition Place. theex.com

Aug 18. **Yogathon**. Yonge-Dundas Square. yogathon.org

Aug 24-26. **TAIWANfest**. Harbourfront Centre. taiwanfest.ca

Aug 24-26. **Beer, Bourbon & BBQ**. Ontario Place. beerbourbonbarbecue.ca

Aug 25-26. **Coconut Festival**. David Pecaut Square. coconutfestival.ca

Aug 25-26. **Pan American Food Festival**. Yonge-Dundas Square. panamfest.com

Aug 25-26. **Japan Festival** (Mississauga). Celebration Square. culture.mississauga.ca

Aug 27-28. **WWE**. \$25+. theaircanadacentre.com

Aug 30-31. **Ed Sheeran**. Rogers Centre. \$50+. ticketmaster.ca

Aug 30-Sept 2. **Fan Expo Canada**. Featuring Jeff Goldblum, William Shatner and Michael J. Fox. \$25+. Metro Toronto Convention Centre. fanexpocanada.com

Aug 31-Sept 2. **MuslimFest** (Mississauga). Celebration Square. muslimfest.com

Aug 31-Sept 3. **Hispanic Fiesta**. Mel Lastman Square

