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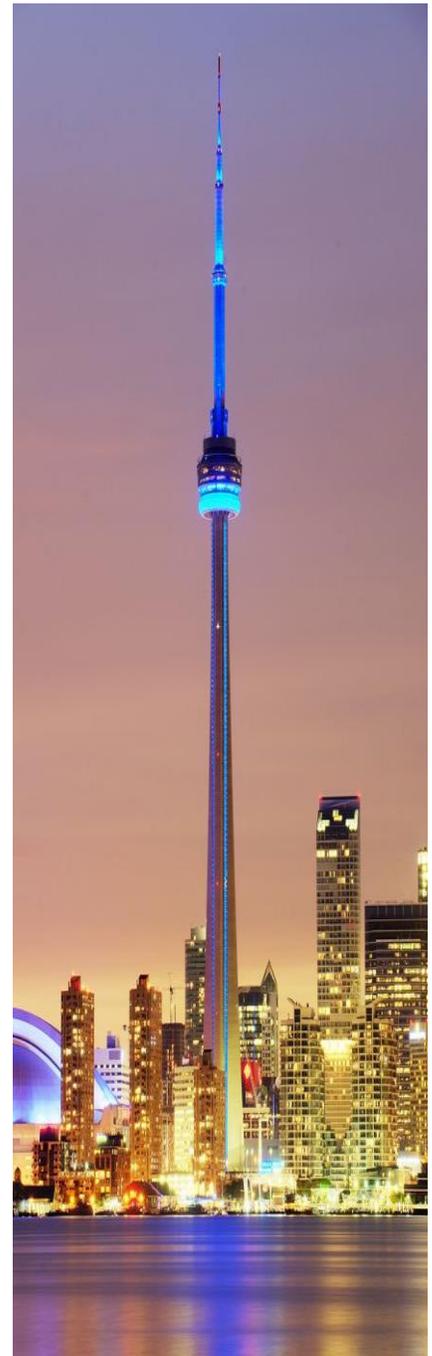
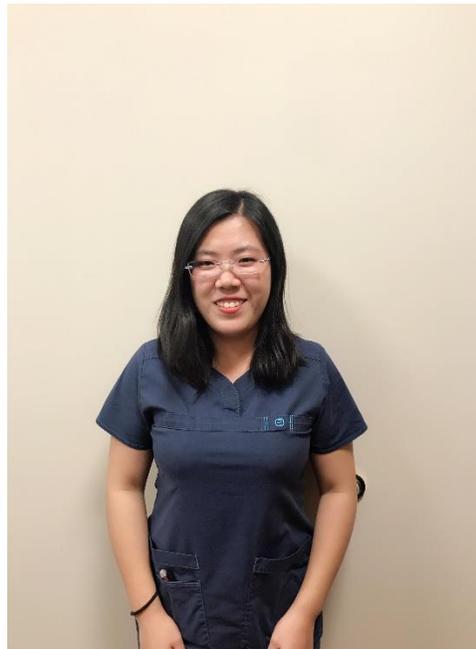
October 2018 Edition

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

“Ran Jing – RPN & Team Lead at the private care nursing facility has gone above and beyond in her duties of providing exceptional service to the clients at the facility. Her friendly attitude and excellent work ethic alongside her dedication to her work has enabled the nursing facility’s first floor to run in an efficient and smooth since its partnership started with Ask4Care Support Services in 2018.

Ran Jing has also been instrumental in providing training to new staff at the facility and has never shied away from being approached for help by the new staff when required. Her ability to communicate affectively with all the current staff at the nursing facility has been an important factor in the continued successful relationship between Ast4Care Support Services and the client.

Toronto Office ASK4CARE Employee of The Month for October is Ran Jing!



The legalization and regulation of cannabis

On October 17, 2018, the Cannabis Act came into force.

It puts in place a new, strict framework for controlling the production, distribution, sale and possession of cannabis in Canada.

The Cannabis Act will:

- prevent youth from accessing cannabis
- displace the illegal cannabis market

Protecting the health and safety of youth is a top priority. Be aware that the [Cannabis Act](#) establishes serious criminal penalties for those who sell or provide cannabis to youth. It also establishes a new offence and strict penalties for those who use youth to commit a cannabis offence.

In addition, the Act also prohibits:

- products that are appealing to youth
- packaging or labelling cannabis in a way that makes it appealing to youth
- selling cannabis through self-service displays or vending machines
- promoting cannabis that could entice young people to use cannabis, except in narrow circumstances where it will not be seen by a young person

Adult possession of cannabis

Store cannabis securely and away from children and youth.

The Cannabis Act protects public health and safety by:

- setting rules for adults to access quality-controlled cannabis
- creating a new, tightly regulated supply chain

Adults who are 18 years or older (depending on province or territory) are able to:

- possess up to 30 grams of legal cannabis, dried or equivalent in non-dried form in public
- share up to 30 grams with other adults
- purchase cannabis products from a provincial or territorial retailer
- grow up to 4 plants per residence (not per person) for personal use from licensed seeds or seedlings

Possession, production and distribution, and sale outside of what the law allows remain illegal and subject to criminal penalties, ranging from ticketing up to a maximum penalty of 14 years imprisonment.

Laws in your area

Each province and territory also has its own rules for cannabis, including:

- legal minimum age
- where adults can buy it
- where adults can use it
- how much adults can possess

You must respect [the laws of the province, territory](#) or Indigenous community you are in, whether you are a visitor or live there.

Municipalities may also pass bylaws to regulate the use of cannabis locally.

Review your provincial and territorial guidelines. Also check your municipality's website for local information.

Identifying legal cannabis products

Legal cannabis products are only sold through retailers authorized by your provincial or territorial government.

Legal cannabis products have an "[excise stamp](#)" on the package. The stamp has security features to prevent forgery, just like passports and banknotes.

Each province and territory has a different coloured excise stamp.

Legal cannabis products will also carry the standardized cannabis symbol and mandatory health warning messages to provide information on risks of use.

Initially, adults will be able to legally purchase fresh and dried cannabis, cannabis oils and seeds or plants for cultivation from authorized retailers.

Other products, such as edible products and concentrates, will be legal for sale approximately one year after the Cannabis Act has come into force and federal regulations for their production have been developed and brought into force.

Travelling

It's illegal to take cannabis across the Canadian border, whether you're coming into Canada, or leaving. This applies to **all** countries, whether cannabis is legal there or not.

Consuming cannabis

Edibles and concentrates are not yet legal for purchase in Canada.

If you have any health issues or have questions about the effects of cannabis on your health you should speak to your health care provider.

If you use cannabis, [learn how to use it responsibly](#) and reduce risks for yourself and others. In general, start low and go slow.

- Start with small amounts
- Choose products with a low amount of THC and an equal or higher amount of CBD
- Avoid combining cannabis with alcohol and/or other substances as this increases impairment
- Use cannabis in a safe and familiar environment and with people you trust
- Avoid smoking cannabis
- Avoid frequent use
- Don't drive or go to work impaired

Cannabis health effects

Cannabis, like alcohol and tobacco, poses a number of [health risks](#).

The brain does not stop developing until around age 25. The [younger you are when you begin](#) cannabis use and the more often and the longer you use it, the more likely that it will have a bigger impact on your brain.

At any age, cannabis use affects the way the brain functions. This includes impacts on:

- attention
- memory
- learning

You should not use cannabis if you are [pregnant or breastfeeding](#). It poses a risk to the fetus or new born child. Heavy cannabis use has been linked to lower birth weight.

There may also be other health risks associated with cannabis use during pregnancy and breastfeeding.

Substance use disorder

You should not use cannabis if you have a [predisposition to or family history of psychosis](#) or problematic substance use.

Cannabis can be addictive. Close to 1 in 3 people who use cannabis will develop a problem with their use. Close to 1 in 10 people who use cannabis will develop an addiction to it. This statistic rises to about 1 in 6 for people who started using cannabis as a teenager.

Cannabis addiction can cause serious harm to your:

- health
- social life
- school work
- work and financial future

If you or someone you know is struggling with a substance use disorder with cannabis or other drugs, [help is available](#).

Growing cannabis

You **may not** sell the cannabis you grow at home to others.

At home

The [Cannabis Act](#) permits adults to cultivate up to 4 cannabis plants per household (not per person). Provinces and territories may apply added restrictions on personal cultivation.

There are [recommended safety and security measures](#) for growing cannabis plants.

Growing for sale

You need to be [authorized by Health Canada](#) to be able to grow cannabis for sale.

In some cases, you may also need a licence from the Canada Revenue Agency to sell cannabis. Legal [cannabis products must carry an excise stamp](#).

Access to cannabis for medical purposes

We are committed to keeping a distinct system for giving patients reasonable access to cannabis for medical purposes.

Cannabis for medical purposes will continue to be legal if you are:

- authorized by a health care provider
- registered with a [licensed seller](#) or with Health Canada

Funding for cannabis public education and research

We fund community-based and Indigenous public education and research initiatives. To apply for funding please see the [Substance Use and Addictions Program - Call for Proposals - Guidelines for Applicants](#).

Drug-impaired driving

Drug-impaired driving is illegal. Do not drive high.

Law enforcement is trained to detect drug-impaired driving.

Learn more about detecting drug-impaired driving under [Cannabis impairment](#).

Grilled Chicken Barley Bowl

This easy to prepare recipe is provided by the Heart and Stroke Foundation is both quick and high in protein and whole grains that can help strengthen your heart. Try substituting chicken with turkey for a lower fat alternative.

Ingredients

Prep 20 min / Cook 10 min

1/2 cup (125 mL) pearl or pot barley

2 cups (500 mL) baby arugula

4 carrots sliced lengthwise

2 red peppers quartered

2 boneless, skinless chicken breasts
(about 1 lb/454 g)

2 tsp (10 mL) canola oil, divided

1 tsp chili powder

2 tsp (10 mL) balsamic vinegar



Directions

1. In a small saucepan, cover barley with water; bring to a boil. Reduce heat and simmer for about 20 minutes or until barley is tender but still chewy. Drain well and toss with arugula; set aside.
2. Spray carrots and peppers with cooking spray; set aside.
3. Toss chicken breasts with 1 tsp (5 mL) of the oil and chili powder to coat.
4. Heat grill to medium high heat and grill carrots, peppers and chicken breasts for about 7 for the vegetables and about 12 minutes for the chicken. Turn occasionally until vegetables are tender and chicken is no longer pink inside. Remove to cutting board.
5. Slice carrots and peppers; toss with remaining oil and vinegar. Divide barley mixture among 4 bowls and top with vegetables.
6. Slice chicken and place over top to serve.



November is Lung Cancer Awareness and Diabetes Month



**LUNG
CANCER
CANADA**



NOVEMBER IS NATIONAL
DIABETES
AWARENESS MONTH

"Finding the Cure Starts with Identifying the Cause"

Dr. Jindani's Fundraising Event

Sunday, November 4th at 1:00pm

Hotel X Toronto, located in the grounds of the Exhibition Place, Toronto
111 Princes' Boulevard, Toronto, ON M6KC3 TEL: 647 943 9300 RSVP

Remembrance Day Ceremonies

Sunday, November 11, 2018

Make sure you're sporting your poppy and take time on November 11 to honour all those served, including the many who gave their lives.

Toronto Christmas Market

November 15 to December 23, 2017

Feel the magic of the holiday season at Toronto's annual European-inspired Christmas Market happening at the Distillery District. Shop homemade crafts, visit Santa's house, and enjoy live entertainment.

The Santa Claus Parade

November 18, 2018

Santa Claus returns to the streets of Toronto, bringing a bit of early Christmas cheer with him. The parade starts at 12:30 p.m. at Christie Pits and ends its route at St. Lawrence Market. Remember to bundle up and come early to get a good spot to see Santa.

National Child Day

November 20*

Cavalcade of Lights at Nathan Phillips Square

November 24, 2018

Enjoy the lighting of Toronto's official Christmas tree as well as live music by some of Canada's best artists, fireworks display and skating parties - all for free.

International Day for the Elimination of Violence Against Women

November 25