



September edition

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COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

For the Month of September, we would like to congratulate Emma Armah, as our top Employee of the month.

Emma has been an integral part of the Ask4care family. She has shown excellent worth ethic throughout her tenure with our company.

Emma is a well diverse staff who always puts her best foot forward, to assure the highest quality of work.

Emma's commitment and determination speaks volumes in the multiple homes that she supports. Her work ethic is immaculate, over exceeding the expectations of her duties, never losing sight of the importance of keeping the people supported in mind.

## ASK4CARE Employee of The Month for September is **EMMA ARMAH!**



*“When we give cheerfully and accept gratefully, everyone is blessed.*

*-Maya Angelou”*

## World Mental Health Day 2018

### YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD

Adolescence and the early years of adulthood are a time of life when many changes occur, for example changing schools, leaving home, and starting university or a new job. For many, these are exciting times. They can also be times of stress and apprehension however. In some cases, if not recognized and managed, these feelings can lead to mental illness. The expanding use of online technologies, while undoubtedly bringing many benefits, can also bring additional pressures, as connectivity to virtual networks at any time of the day and night grows. Many adolescents are also living in areas affected by humanitarian emergencies such as conflicts, natural disasters and epidemics. Young people living in situations such as these are particularly vulnerable to mental distress and illness.



WHO /Sergey Volkov  
disorders are also of concern.

#### Half of all mental illness begins by the age of 14

Half of all mental illness begins by the age of 14, but most cases go undetected and untreated. In terms of the burden of the disease among adolescents, depression is the third leading cause. Suicide is the second leading cause of death among 15-29-year-olds. Harmful use of alcohol and illicit drugs among adolescents is a major issue in many countries and can lead to risky behaviours such as unsafe sex or dangerous driving. Eating

#### Growing recognition of the importance of building mental resilience

Fortunately, there is a growing recognition of the importance of helping young people build mental resilience, from the earliest ages, in order to cope with the challenges of today's world. Evidence is growing that promoting and protecting adolescent health brings benefits not just to adolescents' health, both in the short- and the long-term, but also to economies and society, with healthy young adults able to make greater contributions to the workforce, their families and communities and society as a whole.

#### Prevention begins with better understanding

Much can be done to help build mental resilience from an early age to help prevent mental distress and illness among adolescents and young adults, and to manage and recover from mental illness. Prevention begins with being aware of and understanding the early warning signs and symptoms of mental illness. Parents and teachers can help build life skills of children and adolescents to help them cope with everyday challenges at home and at school. Psychosocial support can be provided in schools and other community settings and of course training for health workers to enable them to detect and manage mental health disorders can be put in place, improved or expanded.

Investment by governments and the involvement of the social, health and education sectors in comprehensive, integrated, evidence-based programmes for the mental health of young people is essential. This investment should be linked to programmes to raise awareness among adolescents and young adults of ways to look after their mental health and to help peers, parents

and teachers know how to support their friends, children and students. This is the focus for this year's World Mental Health Day.

# Coconut-Pumpkin Chiffon Pie



Photo: Hector Sanchez; Styling: Heather Chaddock Hillegas  
RECIPE BY SOUTHERN LIVING

## Ingredients

- 1/2 cup milk
- 2 envelopes unflavored gelatin
- 1 (15-oz.) can pumpkin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon table salt
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 4 large pasteurized eggs separated
- 1 cup plus 3 Tbsp. sugar, divided
- 1 1/4 cups sweetened shredded coconut, divided
- 1 cup graham cracker crumbs
- 5 tablespoons butter melted
- 2 cups heavy cream
- 2 teaspoons vanilla extract

## How to Make It

### Step 1

Preheat oven to 350°. Whisk together milk and gelatin in a 3-qt. saucepan; let stand 1 minute. Cook over medium heat, stirring constantly, 1 minute or until gelatin dissolves. Stir in pumpkin, next 4 ingredients, egg yolks, and 1/2 cup sugar. Cook, stirring constantly, 5 to 7 minutes or until slightly thickened. (Do not boil.) Transfer to a bowl; chill 40 minutes or to room temperature, stirring halfway through.

### Step 2

Meanwhile, place coconut in a single layer on a baking sheet and bake at 350° for 8 to 10 minutes or until golden, stirring occasionally.

### Step 3

Stir together graham cracker crumbs, butter, 1 Tbsp. sugar, and 1 cup coconut. Press mixture into a 10-inch pie plate. Freeze 10 minutes or until ready to use.

### Step 4

Beat egg whites at high speed with a heavy-duty electric stand mixer, using whisk attachment, 8 minutes or until soft peaks form. Add 1/4 cup sugar and beat 2 to 3 minutes or until stiff peaks form.

### Step 5

Gradually fold egg whites into pumpkin mixture. Pour into crust. Chill 2 hours or until set.

### Step 6

Beat cream and vanilla at medium speed 1 to 2 minutes or until soft peaks form. Add remaining 6 Tbsp. sugar and beat 1 to 2 minutes or until stiff peaks form. Top pie with cream mixture and remaining 1/4 cup coconut. Serve immediately.



Mental Illness Awareness Week  
October 1 to 7, 2018

Thanksgiving Day (Canada)  
Monday October 8, 2018



World Mental Health day  
October 10, 2018

Diwali RazzMatazz  
Mississauga Celebration Square, 300 City Centre Drive  
October 12, to Oct 13, 2018

Halloween on Queen  
Kew Gardens & Ivan Forest Gardens, Toronto  
Oct 27, 2018

High Park Pumpkin Float  
High Park Nature Centre, 375 Colborne Lodge Drive Toronto  
Oct 28, 2018.

Halloween Day!  
Have a safe and happy Halloween trick or treaters!  
Wednesday October 31, 2018

