



November 2018 Edition

WEB: WWW.ASK4CARE.COM

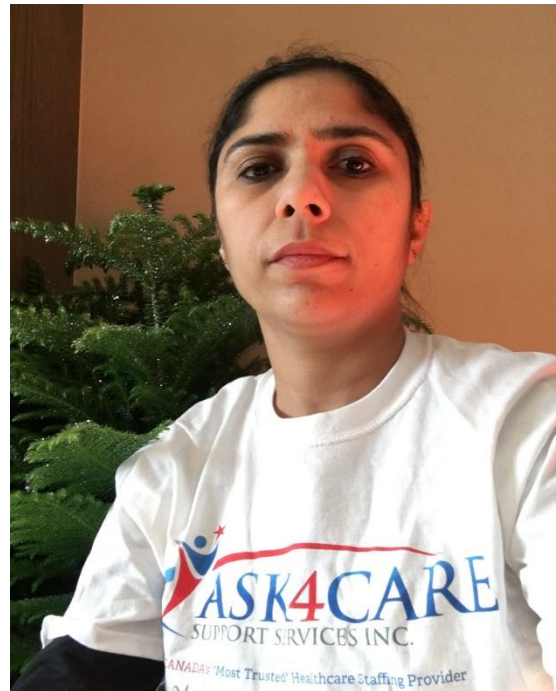
COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## ASK4CARE Employee of The Month for November is Manpreet Boparai!

When a Registered Practical Nurse like Manpreet makes such a significant impact on someone's life it is hard to find the right words to convey your appreciation for them.

Manpreet demonstrates incredible compassion, clinical competency and outstanding leadership while working with residents and staff. Her up-to date knowledge on new medical devices requires a multitude of skills yet, she always seeks to expand her clinical skills to improve further.

Manpreet is an exemplary role model for both new and seasoned nurses alike. She is a cherished, warm hearted staff and Ask4Care Support Services Inc. will always continue to provide training in support of her career.



*'The character of the Nurses is as important as the knowledge she possesses'.*

**– Carolyn Jarvis**



# Cranberry and Roasted Beet Salad



## Ingredients

- 5 medium fresh beets (about 1-1/2 pounds)
- 1 medium pear, chopped
- 1/4 cup dried cranberries
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons cranberry juice
- 1 tablespoon orange juice
- 1/4 teaspoon salt
- 4 ounces crumbled goat cheese
- 1/4 cup sliced almonds
- 2 tablespoons minced fresh parsley
- Fresh arugula or spring mix salad greens, optional

## Directions

- Preheat oven to 425°. Scrub beets and trim tops to 1 in. Wrap in foil; place on a baking sheet. Bake until tender, 45-50 minutes. Remove foil; cool completely. Peel beets and cut into 1/2-in. cubes; transfer to a large bowl. Add pear and cranberries.
- In a small bowl, whisk oil, vinegar, juices and salt; drizzle over beet mixture. Refrigerate, covered, overnight. Remove from refrigerator 20 minutes before serving. Toss to coat. Top with goat cheese, almonds and parsley. If desired, serve with arugula.

## Nutrition Facts

2/3 cup: 212 calories, 11g fat (4g saturated fat), 24mg cholesterol, 278mg sodium, 25g carbohydrate (19g sugars, 5g fiber), 6g protein.

**Diabetic Exchanges:** 2 fat, 1 starch, 1 vegetable.

**Total Time:** Prep: 15 min. + chilling Bake: 45 min. + cooling



### Lakeshore Santa Claus Parade 2018

Saturday, December 1<sup>st</sup> - 10:00 AM - 11:59 PM

Tens of thousands of visitors each year enjoy the Lakeshore Parade. Easy to get to, easy to park and lots of fun. Starting at Dwight St. and Lake Shore Blvd. West in South Etobicoke at 10 a.m. then west to 37th St.

### World Aids Day

Saturday, December 1st

### Hanukkah

December 2<sup>nd</sup> -December 10<sup>th</sup>, 2018

### National Handwashing Awareness Week

December 2- December 8, 2018.

### National Influenza Vaccination Week

December 2- December 8, 2018.

### Holiday Magic Show at Morningside Library

December 15<sup>th</sup> 2:00pm-3:00pm

Morningside Library 4279 Lawrence Ave. E., Toronto ON, M1E 2S8

### 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.

### CHRISTMAS EVE

### ASK4CARE SUPPORT SERVICES CHRISTMAS PARTY & GIFT EXCHANGE

December 24, 2018

### CHRISTMAS DAY! Happy Holidays!

December 25, 2018





ASK4Care Support Services  
**SECRET SANTA &  
CHRISTMAS PARTY**

**DECEMBER 24TH**

2250 Bovaird Drive East Suite #304  
Time: 9:00am-5:00pm  
Register ASAP for the employee gift exchange  
RSVP:416-565-9458  
LIMIT \$20.00 for participating Secret Santa Gift Exchange

This season lets open our hearts to the less fortunate. Please contribute and bring in non-perishable food items to be donated to the Salvation Army.



## Ask4Care Support Services Inc. Enhanced Training for Health Care Workers (Client Behavior Support Plan Training)

The class was beyond successful. Thank you to all the staff who attended and a very special Thank You to Professor Testimony! We look forward to a bright successful future with more training classes.



**ASK4CARE** : Supporting **"Your"** Career Progression !!

### SKYROCKET YOUR CAREER GROWTH!

**REGISTER NOW FOR A SUPPORT WORKER  
REFRESHER TRAINING, CERTIFIED BY THE  
MINISTRY OF TRAINING, COLLEGES AND  
UNIVERSITIES – ONTARIO**



#### Topics

1. Dealing with Health Care Stress
2. Abuse Prevention for Healthcare workers
3. Disability Awareness
4. Client Behavioral Support Plan (CBSP)

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