



January 2019 Edition

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COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

ASK4CARE Employee of The Month for January is Sasireka Vijayakumar!

Appreciation builds a strong company culture that is magnetic to both current and prospective employees at Ask4Care Support Services Inc.

Sasireka is an employee that takes lead with a positive outlook on all situations, for instance the cold and icy Canadian weather. For some it puts a strain on attending shifts accordingly; not for Sasireka, she would not let anything get in the way of her attendance record. Her impeccable ability to maneuver schedules around to ensure each shift covered, guides a sense of relief to the scheduling team.

Sasireka you are truly an inspiration to the team and have a very important role in the company. We are proud to have you as the first employee of the month of 2019!

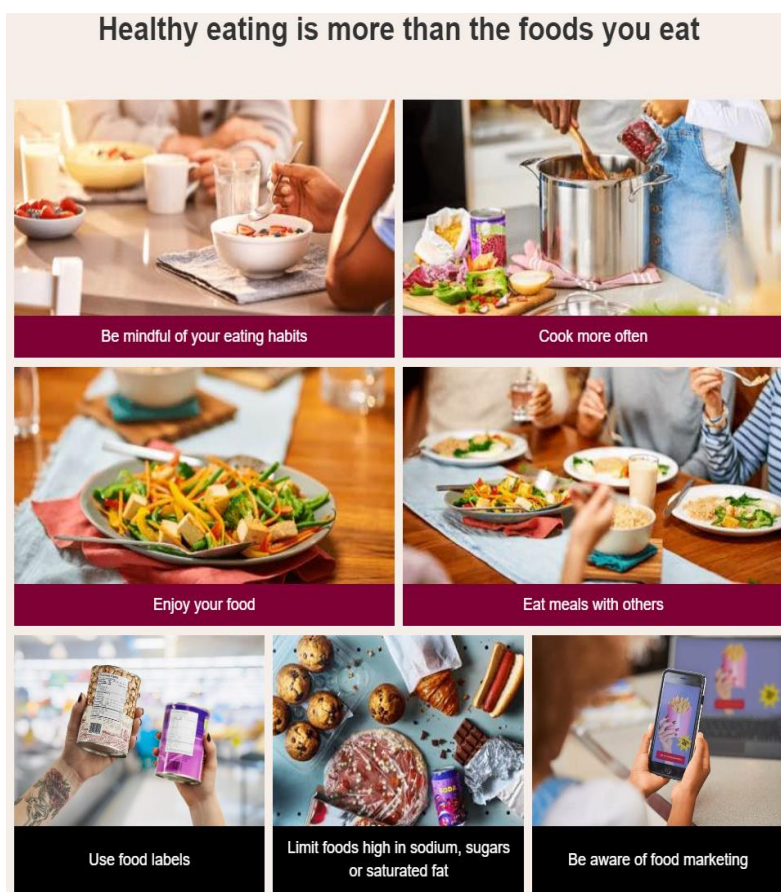


'Leadership is not about being in charge. Leadership is about taking care of those in your charge.'

– **Simon Sinek**



Canada’s new Food Guide replaces the old “one size fits all” approach with a dynamic tool that reflects the Canada of 2019 and gives clear, concise advice to help all Canadians eat healthier and enjoy doing it!



-Check it out now at: canada.ca/FoodGuide

Power Green Soup

One of the most popular menu items at La Soupe in Cincinnati, this cleansing blend is flavored with garlic, ginger and horseradish, and is loaded with nearly 2 pounds of spinach, collards, kale and mustard greens. Try it with a squeeze of lemon.



Ingredients

- 1/3 cup olive oil
- 2 cups chopped white onions
- 1 cup chopped celery
- 2 tablespoons minced fresh ginger
- 1 -2 tablespoons prepared horseradish
- 1 tablespoon minced garlic
- 1/2-pound mustard greens, stemmed and coarsely chopped
- 1/2-pound collard greens, stemmed and coarsely chopped
- 1/2-pound kale, stemmed and coarsely chopped
- 1 32 - ounce carton vegetable stock
- 1 6 - ounce package baby spinach
- Salt and Black pepper- Lemon wedges (optional)

Directions

1. In a 5- to 6-quart pot, heat oil over medium heat. Add onion and celery. Cook until soft and translucent, about 8 minutes. Add ginger, horseradish and garlic; cook 1 minute. Gradually add mustard greens, collard greens and kale. Cook until very soft and wilted, about 5 minutes. Add stock.
2. Increase heat to medium-high and bring mixture just to a boil. Reduce heat and simmer, uncovered, until everything is very soft, about 20 minutes. Stir spinach into soup until wilted. Working in batches, puree soup in a high-powered blender until very smooth. Season to taste with salt and pepper. Serve with lemon wedges for squeezing over each bowl, if desired.

Prep Tip: For the best results, make this soup in a high-powered blender. Budget models may struggle to fully puree the fibrous greens.



February is
Psychology Month

Learn how CMHA supports
community mental health



February 4, 2019

[Distillery District Toronto Light Festival](#)

Friday, January 18 (More dates through March 3, 2019)

Lighting up the long winter nights with distinctive works from local and international light artists, the Toronto Light Festival illuminates the Distillery Historic District from January to March.

[February 14th Valentines D](#)



[International Childhood Cancer Day](#) – February 15*

[KidsfestTO 2019](#)

International Centre - 6900 Airport Road, Mississauga, Ontario L4V 1E8

Saturday, February 16 - February 18, 2019

The much-anticipated KidsfestTO, happening at the International Centre, Family Day Long Weekend 2019 is back and is gearing up to provide laughter, fun and play for kids 12 and under.

Kids Fest Toronto has more than thirty themed inflatables that are blown-up and ready for action. That's 80,000 square feet of pure fun. Children can slide, ride and bounce all day. Inflatables range from large slides to toddler appropriate rides. On top of the fabulous inflatables, KidsfestTO offers, shows, interactive activities, games, crafts and more.

[Ontario Place Winter Light Exhibition.](#)

From December 8th - March 18th

There's a huge winter exhibit happening at Toronto's Ontario Place. The space holds 12 illuminated installations by local artists! They also have a skating rink that is also completely free to use while you're down there.

[Pink Shirt Day](#) – February 27

[Rare Disease Day](#) – February 28