



July 2023 Edition

Compliments of Ask4Care Support Services Inc.

Issue #31

ASK4CARE Employee of the Month for July 2023 is **Naina Tamang!**

Naina has been with us since February 2022 and her knowledge, skills, critical thinking, and effective communication skills have made her excel as a member of Ask4Care Support Services Inc.!



Naina started in the healthcare industry with a dream to contribute to the health and welfare of the people and community and began her career as a registered nurse in Nepal. After obtaining a Bachelor of Nursing Science in Canada, she has been working since 2012 to achieve her dreams that continue to motivate her today and into the future.

She is planning on continuing her education and completing the NCLEX-RN Licensure examination by the end of this year.

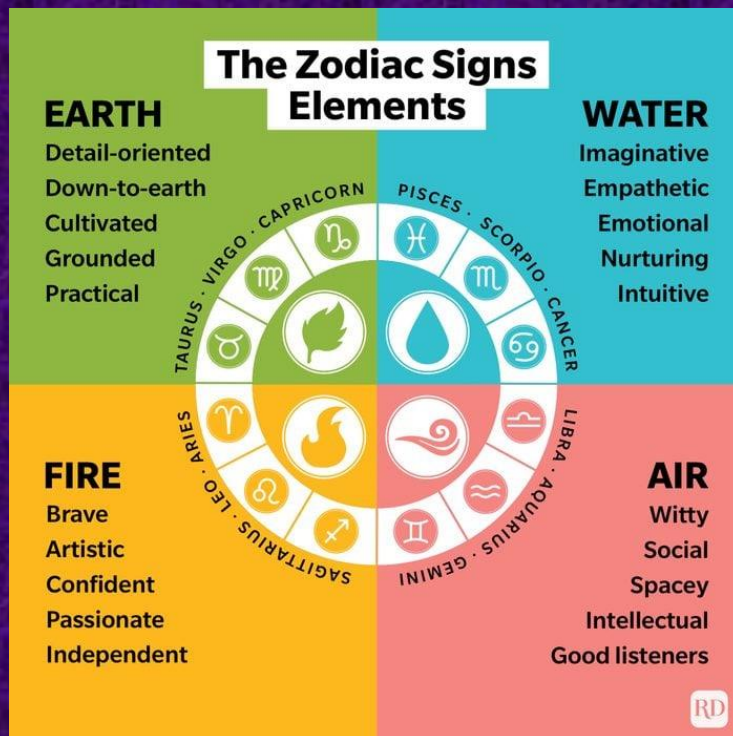
Testimonial:

"I feel grateful for the opportunity to be part of such a wonderful team of Ask44are. They always had a positive attitude, gratitude, respect, good communication and understanding, and empathy towards their employees." - Naina

**Congrats to Naina for being our
July 2023 Employee of the
Month! Keep it up!**

"Believe, really believe, you can move a mountain. Integrate compassion, integrity, empathy, and discipline into your work ethic." - Naina

Exploring the World of the Zodiac Signs!



If you are a believer in Zodiac signs or just want to learn more about this new world, welcome!

The zodiac has ancient origins and was used by the ancient Greeks and Romans, who believed that the stars could be used to predict the future.

In astrology, a sign of the zodiac is determined by the constellation or position of the sun, and it is believed that **one's zodiac sign can predict a person's personality.**

Based on your birth date, you are seen as having a specific zodiac sign. For instance, my zodiac sign is Leo and from the chart above, I have a **Fire element** personality as being brave, passionate, an independent.

Furthermore, your zodiac sign can be used to determine your ideal career that you would thrive in. Some careers that a Leo like me would be perfect for includes:

- Artist
- Musician
- Teacher
- Dancer
- Creative Director

Regardless of your belief in zodiac signs or not, the world of astrology and zodiac signs is bright and can help you learn more about yourself and others!

To learn more about zodiac signs and your ideal career, feel free to visit the following link.

Source: <https://stylecaster.com/lifestyle/love-sex/1278852/zodiac-sign-careers/>

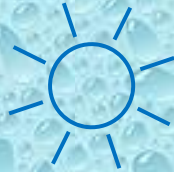
Summer Activities for the Family



This summer, make sure to take advantage of the great weather and get outside when possible!

There are many activities that you can explore by yourself and with your family, which includes the following:

- Kite Flying
- Camping
- Scuba Diving
- Fishing
- Hiking and Sight Seeing
- Bungee Jumping
- Outdoor Workouts
- Going to the Beach
- Tree Top Trekking
- Rafting, Kayaking, and Canoeing



Even if you are busy with work or stressed out about paying your bills, it's essential to take a step back and relax, even if you cannot afford a luxury vacation.



No matter what you do this summer, make sure to make the most of it and spend time with your friends and family!

What activities do you enjoy the most? What activities and events would you like to see hosted by **Ask4Care Support Services Inc.**? Feel free to let us know!

Source: <https://bucketlistjourney.net/outdoor-activities/>

