



September 2022 Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

ASK4CARE Employee of the Month for September is Jhih-Yun Lin (June)!

Jhih-Yun Lin (June) has worked with Ask4care Support Services Inc since November 2021.

She has been consistent with her shifts and provided extra help around the clock whenever needed, especially in times of outbreak.

She has gone out of her way to make sure she performs her duties well and has gained respect and appreciation through her amazing work as an RPN.

She is one of our most reliable staff and we are more than happy to have her on our team.



“Nurse: just another word to describe a person strong enough to tolerate everything and soft enough to understand everyone.”



We thank you, June, for being an excellent staff member and role model! We are proud to have you as our **September 2022 Employee of the Month!**

Chicken Gnocchi Soup

Ingredients:

- 2 tbsp. olive oil
- 1 large yellow onion
- 3 large carrots, peeled and chopped (about 1 1/2 cup)
- 2 celery stalks, chopped
- 4 garlic cloves, chopped
- 1/4 c. all-purpose flour
- 6 cups chicken broth
- 1 1/2 lb. boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 tsp. chopped thyme
- 1/2 tsp. kosher salt, plus more to taste
- 1/2 tsp. black pepper, plus more to taste
- 1 lb. dried gnocchi
- 1 c. 5-oz. container baby spinach, roughly chopped
- 1 c. half and half



Method:

1. In a Dutch oven, heat the oil over medium heat. Add the onion, carrot, and celery. Cook, stirring occasionally, until softened, 10 to 12 minutes, adding the garlic during the last minute.
2. Add the flour and cook, stirring constantly, until evenly combined and vegetables are well coated, about 1 minute. Gradually stir in the chicken broth. Add the chicken, thyme, salt, and pepper, and bring the mixture to a simmer over medium. Reduce the heat to medium-low and simmer until the chicken is cooked through, about 5 minutes.
3. Stir in the gnocchi and cook, covered, stirring occasionally, until tender and fluffy, 4 to 5 minutes. Stir in the spinach and half and half. Cook, stirring occasionally, until well combined and spinach is tender, 1 to 2 minutes. Remove from heat. Season to taste with salt and pepper.

Meditation 101

Meditation is a practice where an individual uses a particular technique such as mindfulness, through thought or activity in order to train attention and awareness as well as to achieve mental and emotional stability.

It significantly reduces stress, anxiety, depression, and pain and enhances peace and well-being.

TIPS FOR BEGINNERS

“In Buddhist tradition, the word ‘meditation’ is equivalent to a word like ‘sports’ in the U.S. It’s a family of activities, not a single thing,” University of Wisconsin neuroscience lab director Richard J. Davidson, Ph.D., told The New York Times. Different meditation practices require different mental skills.

It’s extremely difficult for a beginner to sit for hours and think of nothing or have an “empty mind.” In general, the easiest way to begin meditating is by focusing on the breath. An example of one of the most common approaches to meditation is concentration.

CONCENTRATION MEDITATION

Concentration meditation involves focusing on a single point. This could entail following the breath, repeating a single word or mantra, staring at a candle flame, listening to a repetitive gong, or counting beads. Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

In this form of meditation, one simply refocuses their awareness on the chosen object of attention each time one notices their mind wandering. Rather than pursuing random thoughts, one simply lets them go. Through this process, one’s ability to concentrate improves.

MINDFULNESS MEDITATION

Mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.

When one meditates through mindfulness meditation, they can see how their thoughts and feelings tend to move in particular patterns. Over time, one can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant, or unpleasant. With practice, an inner balance develops.

In some schools of meditation, students practice a combination of concentration and mindfulness. Many disciplines call for stillness — to a greater or lesser degree, depending on the teacher.

OTHER MEDITATION TECHNIQUES

There are various other meditation techniques. For example, a daily meditation practice among Buddhist monks focuses directly on the cultivation of compassion. This involves envisioning negative events and recasting them in a positive light by transforming them through compassion. There are also moving meditation techniques, such as tai chi, qigong, and walking meditation.

BENEFITS OF MEDITATION

If relaxation is not the goal of meditation, it is often a result. In the 1970s, Herbert Benson, MD, a researcher at Harvard University Medical School, coined the term “relaxation response” after conducting research on people who practiced transcendental meditation. The relaxation response, in Benson’s words, is “an opposite, involuntary response that causes a reduction in the activity of the sympathetic nervous system.”

Since then, studies on the relaxation response have documented the following short-term benefits to the nervous system:

- Lower blood pressure
- Improved blood circulation
- Lower heart rate
- Less perspiration
- Slower respiratory rate
- Less anxiety
- Lower blood cortisol levels
- More feelings of well-being
- Less stress
- Deeper relaxation

In Buddhist philosophy, the ultimate benefit of meditation is liberation of the mind from attachment to things it cannot control, such as external circumstances or strong internal emotions. The liberated or “enlightened” practitioner no longer needlessly follows desires or clings to experiences, but instead maintains a calm mind and sense of inner harmony.

HOW TO MEDITATE: SIMPLE MEDITATION FOR BEGINNERS

This meditation exercise is an excellent introduction to meditation techniques.

1. Sit or lie comfortably. You may even want to invest in a meditation chair or cushion.

2. Close your eyes. You may use Cooling Eye Masks or Restorative Eye Pillows if lying down.
3. Make no effort to control the breath; simply breathe naturally.
4. Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity. If your mind wanders, return your focus back to your breath.

Maintain this meditation practice for two to three minutes to start, and then try it for longer periods.

In the end, there is no right or wrong way to practice meditation. What matters is the end goal of reducing stress and feeling better overall.

Source:

<https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to>

TEN STEPS TO MINDFULNESS MEDITATION



Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.