



Autumn Edition NEWSLETTER

CARE AT HOME TRUST | SEPTEMBER 2023



"There is a time
for everything, and
a season for every
activity under the
heavens."

Ecclesiastes 3:1



"They sowed fields
and planted
vineyards that
yielded a fruitful
harvest."

Psalms 107:37



"Where there are no
oxen, the manger is
clean, but abundant
crops come by the
strength of the ox."

Proverbs 14:4

In Flanders Fields

by Lieutenant-Colonel John McCrae
May 3, 1915

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

(As published in Punch Magazine,
December 8, 1915)

"In Flanders Fields" is a poem written during the First World War by Canadian Lieutenant-Colonel John McCrae after he presided over the funeral of a friend and fellow soldier. So many years later, his poem continues to poignantly express the tragedy of the losses of war. So many years later, his poem continues to poignantly express the tragedy of the losses of war, and the importance of carrying on their memories.

Prayer for Harvest

Father in heaven we pray that you would give us the courage to do your will. Give us the words to say that will help us to draw those we come in contact with to you. We pray that you would allow us to be sensitive to your spirit, and that you would give us the strength to do what is needed in every situation. We also pray for the harvest. We pray that hearts are softened towards you and that they are drawn towards you. Please let them see your very presence. Let them see the love you have for them. We also pray for a bountiful harvest of souls, and may we bring glory to your name through all of this. In Jesus' name. Amen.



Bringing Autumn In

by Annie Willis McCullough

The fields are rich with daffodils,
A coat of clover cloaks the hills,
And I must dance, and I must sing
To see the beauty of the spring.

The earth is warm, the sun's ablaze,
It is a time of carefree days;
And bees abuse that chance to pass
May see me snoozing in the grass.

The leaves are yellow, red, and brown,
A shower sprinkles softly down;
The air is fragrant, crisp, and cool,
And once again I'm stuck in school.

The birds are gone, the world is white,
The winds are wild, they chill and bite;
The ground is thick with slush and sleet,
And I can barely feel my feet.

The last is done, the next is here,
The same as it is every year;
Spring – then sunshine ' autumn ' snow,
That is how each year must go.

The Road Not Taken

by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

A Reminiscence

by Richard O. Moore

Held in a late season
At a shifting of worlds,
In the golden balance of autumn,
Out of love and reason

We made our peace;
Stood still in October
In the failing light and sought,
Each in the other, ease

And release from silence,
From the slow damnation
Of speech that is weak
And falls from silence.

In the October sun
By the green river we spoke,
Late in October, the leaves
Of the water maples had fallen.

But whatever we said
In the bright leaves was lost,
Quick as the leaf-fall,
Brittle and blood red.

Autumn Poems

TESTIMONIAL

Roy

Housekeeper

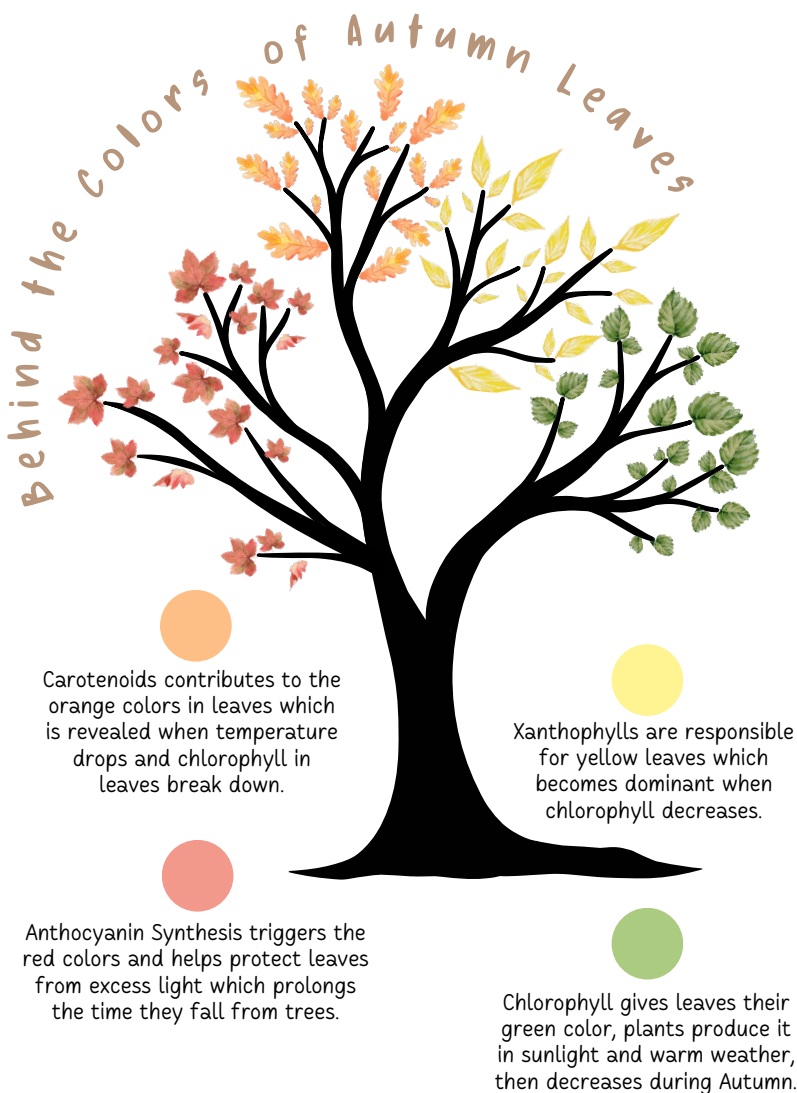
I couldn't be happier to share my thoughts about our staff, Roy. Her dedication and work ethic truly stand out. An SCF Manager's observation of Roy's unwavering commitment, even when no one is around, speaks volumes about Roy's integrity as a true and diligent worker. This sentiment was shared after Phil's impromptu visit to a renovation suite, where he witnessed Roy's exemplary work ethic firsthand. Her housekeeping client has nothing but positive remarks about Roy as well, which speaks volumes about her professionalism and the positive impact she has on our team. It's no surprise that Roy is always requested - her outstanding contributions and positive attitude make her an invaluable asset to our team.

"I saw Roy working hard in cleaning the empty suite. That's a great worker right there! Working hard even when no one is watching."

Phil F.

Shepherds Care Foundation
MW, Accommodation's Manager

Behind the Colors of Autumn Leaves



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Jack O'Lanterns Origin:

The practice of decorating "jack o'lanterns" is believed to have originated from an Irish folktale - about a man named Jack cursed to spend all of time roaming the earth with only a burning coal (inside a carved out turnip) to light the way, as his punishment for trickery.

Across the British Isles people used turnips, or sometimes beets or potatoes, to make their own versions of these lanterns - carving scary faces into them and placing them near doorways or windows to frighten away Jack and other wandering evil spirits.

During the 19th Century, immigrants to the US took these traditions with them, and swiftly discovered that pumpkins, the native American fruit, are far easier to carve into elaborate faces and shapes, and make perfect jack o'lanterns.

Fun Fact:

The world's heaviest jack-o'-lantern weighed 2,684 pounds, 2 ounces.

The heaviest jack o'lantern was carved from a pumpkin that weighed 1,217.5 kg (2,684 lb 2 oz), which was grown from an 1885.5 Werner seed (a type of Atlantic Giant) by Stefano Cutrupi (Italy) in Tuscany, Italy. It was given a face and etched with other decorations including stars and heraldic scenes, by German pumpkin carver Udo Karkos. It was displayed at the Blühendes Barock during the Ludwigsburg Pumpkin Festival in Baden-Württemberg, Germany, on 6 November 2021.

Fall Activities for the Elderly

Here are some ideas that seniors can enjoy with the family to help you and your loved ones celebrate the season!



Leaf Collecting Adventure

As the leaves cascade from the trees, take a walk around and pick up beautiful leaves you find with family. If you have some crayons and paper, you can memorialize your day with leaf rubbings without spending a cent.



Seasonal Treats

Pies are a big part of the autumn season, especially ones that are made with apples or pumpkins you picked yourself and enjoy the finished dessert outside on the patio as you look at the autumn colored leaves!



Corn Maze Challenge

There are many corn maze challenges that pop up around this time of year. The corn stalks at the Edmonton Corn Maze are getting taller and taller and are now ready to act as the ultimate labyrinth.



Fall Picnic Date

A fall picnic is the perfect way to spend time with your loved ones while enjoying the beautiful orange and red colors that come with autumn. You can plan a family picnic at the park or in your own backyard this year.



Farmer's Market Fun

Find fresh fruits, vegetables, meats, jams, spices, pastas, and breads. You can find a farmer's market near you and make a list of items that you can use to create some of your favorite autumn recipes.



Knitting or Crochet Circle

Making an autumn themed scarf or sweater can be a fun activity that you can enjoy together. You can go to the store and choose materials in oranges, yellows, and reds that match the leaves outside.

PUMPKIN BISCUITS WITH CANDIED GINGER

These biscuits are tender and flaky thanks to butter and buttermilk. Flecked with cinnamon, just barely sweetened by honey, and a bit zingy with a candied ginger topping, they are a welcome addition to any fall table, perfect for Thanksgiving dinner!

WHAT YOU'LL NEED

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/8 teaspoon freshly ground nutmeg
- 1/2 teaspoon kosher salt
- 5 tablespoons unsalted butter, chilled and cut into 1/2" pieces
- 1/3 cup buttermilk
- 3/4 cup canned pumpkin puree (not pre-spiced pumpkin pie filling)
- 3 tablespoons honey
- 2 tablespoons chopped candied ginger



INSTRUCTIONS

Preheat oven to 400° F. Line baking sheet with parchment paper and set aside.

Whisk together flour, baking powder, cinnamon, nutmeg, and salt in a large bowl. Cut in butter with a rigid pastry blender until mixture resembles coarse meal. Chill for 10 minutes in the refrigerator.

Combine buttermilk, pumpkin, and honey in a medium bowl. Whisk until well blended and then add to the chilled flour mixture. Stir just until moist.

Turn dough out onto a lightly floured surface and knead lightly just a few times. Roll dough into a 10" x 6" rectangle and dust top of dough lightly with flour. Fold the dough crosswise into thirds, as if folding a piece of paper to fit into an envelope. Roll the dough again into a 1/2" thick 10" x 6" rectangle and dust the top lightly with flour. Fold dough crosswise into thirds again and gently roll to a 3/4" thickness. This process helps to make your biscuits tall, with a layered textured.

Using a 2-1/2" diameter biscuit cutter, press cutter straight down into the dough and then lift straight up (do not twist the cutter), using up all the dough. Place them 1" apart on your prepared baking sheet and then lightly press some candied ginger into the top of each round.

Bake for 14 minutes, or until golden brown. Remove from pan and cool on wire rack for a couple minutes. Serve warm with soft butter and honey.



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