



Autumn Edition NEWSLETTER

CARE AT HOME TRUST | SEPTEMBER 2024

A Prayer of Thanks for God's Faithfulness

Faithful God, we come to you with a thirst for your presence and real connection with you. This time of year the flowers do fade, the leaves do wither and die, and even the bright sun will shine less. But oh, we praise you, for your faithfulness. That your truth, that your good and honest words and promises will stand forever. Though the seasons change, we know you do not. We lift up our voices in gratitude for your righteousness that we can always depend on. We thank you for being our rock and firm foundation, and that your word is a lamp unto our feet. Give us hope this time of year and remind us that though the season is changing, and the unknown journey lies ahead, we can trust in your unfailing truth and presence. Amen.

"Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple."

- J. K. Rowling,
Harry Potter and the Deathly Hallows

"And all the lives we ever lived and all the lives to be are full of trees and changing leaves."

- Virginia Woolf,
To the Lighthouse

When You Are Old

When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;

How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;

And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.

-William Butler Yeats

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18

Enter His gates with thanksgiving and His courts with praise. Give thanks to Him, bless His name.

Psalms 100:4

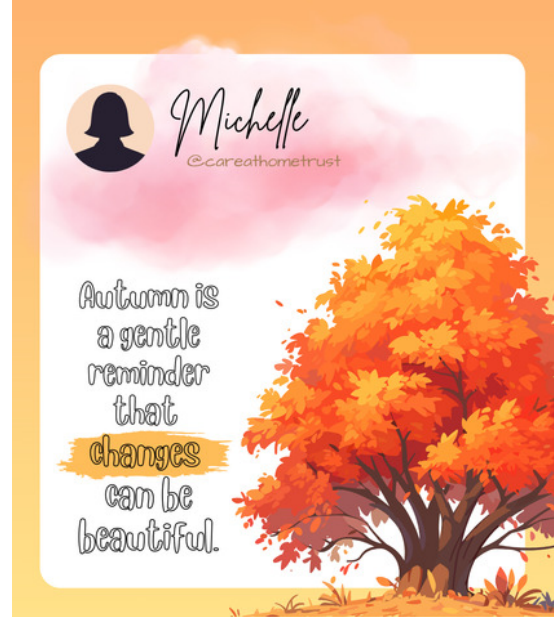
To Autumn

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store?
Sometimes whoever seeks abroad may find
Thee sitting careless on a granary floor,
Thy hair soft-lifted by the winnowing wind;
Or on a half-reap'd furrow sound asleep,
Drows'd with the fume of poppies, while thy hook
Sparest the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cyder-press, with patient look,
Thou watchest the last oozings hours by hours.

Where are the songs of spring?
Ay, Where are they?
Think not of them, thou hast thy music too,—
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-cricket's sing, and now with treble soft
The red-breast whistles from a garden-croft;
And gathering swallows twitter in the skies.

John Keats, 1820



DID YOU KNOW

Autumn & Animals



We've never really thought about a squirrel's brain capacity, until now. During the Autumn season, squirrels allegedly become smarter.

Although these little fellas seem pretty content with the simple things in life, during Autumn squirrels actually show a 15 percent increase in the size of their hippocampus: the part of the brain which controls the memory and emotion of the animal.

As Autumn is the prime time for a squirrel to find nuts and seeds to store away for the barren winter months, this little critter has to be on top of his game to find the best picks.

Some animals can't stand Autumn. In fact, the Monarch butterfly dislikes it so much that it'll fly from Southern Canada to the warmth of Mexico and parts of California at a speed between 12 and 25 miles per hour.

This fluttering fella is the only insect that migrates up to 2,500 miles for nicer weather.

Whilst some animals tend to flee the Autumnal months, others become a bit more excited by it. The male Siberian hamster's testes swell 17 times larger on short autumn days than during the warm summer months.

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Formal Resignation Announcement - Farewell to Mary and Kath



MARY CATINDIG



KATHRINA LINDO

It is with mixed emotions that we announce the departure of our esteemed colleague, Mary Catindig and Kathrina Lindo, from our team. They have been an invaluable member of our organization and has contributed significantly to our success. After many years of dedicated service, Mary and Kath have decided to pursue new opportunities and challenges outside of Care at Home. Let us thank Mary and Kath for all their contributions and wish them well as they set off on their next adventure.

Apple Cinnamon Oatmeal

Ingredients:

- 1 Tbsp. salted butter
- 1 honeycrisp apple, cored and cut into 1/2-in. cubes (about 2 cups)
- 3 Tbsp. light brown sugar, divided, plus more for sprinkling
- 1 tsp. ground cinnamon, plus more for sprinkling
- 1 c. old-fashioned oats
- Pinch kosher salt
- 1/4 c. warm milk, to serve
- 2 Tbsp. chopped walnuts



Directions:






In a medium saucepan, melt the butter over medium heat. Add the apple, 2 tablespoons of brown sugar, and cinnamon. Cook, stirring frequently until the apples are softened and fragrant, 2 to 3 minutes. Remove a quarter of the apples to a small bowl.

In the saucepan with the remaining apples, add the oats, salt, the remaining 1 tablespoon of brown sugar, and 2 cups of water. Bring the mixture to a simmer and cook, stirring occasionally, until the oats are softened, 3 to 5 minutes more.

To serve: divide the oatmeal between two bowls and top each with your preferred milk option. Top with the reserved apples and sprinkle with brown sugar, cinnamon, and walnuts, if you like.

Tip: Swap the apple for a pear for a delicious spiced pear oatmeal.

CHECKLIST: Autumn Safety and Wellness To-Dos for Older Adults

-  **Take advantage of the harvest.** Many healthy – and delicious – fruits and vegetables are center stage this time of year. Adding seasonal produce can help manage diabetes, contribute to heart health and promote a healthy immune system.
-  **Clear away the fallen leaves.** While colorful leaves are part of the beauty of autumn in many regions, they can present a safety hazard. When wet, they can become slippery and pose a fall risk. Piles of leaves can hide potentially dangerous obstacles. Be sure to remove them regularly from porches, sidewalks and key walkways.
-  **Keep yourself warm & safe.** Prepare ahead for the cold weather by ensuring an elderly loved one has easy access to warm weather clothing. Prevent a fall by encouraging the senior to wear slip-resistant outdoor shoes when heading out of the house.
-  **Get your flu vaccine.** Seniors are at risk from flu complications, such as pneumonia and bronchitis which can result in serious illness, hospitalization and can worsen pre-existing conditions. It's important to talk to a physician or other healthcare professional about the most appropriate option.
-  **Clean & light up the surroundings.** Make sure that there is adequate lighting indoors, especially as daylight hours are shorter, and reduce clutter or things on walkways to help prevent avoidable slips, trips and falls around the home.



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