



SPRING EDITION NEWSLETTER

CARE AT HOME TRUST | MARCH 2024

Seasons Of Life

by Joseph Anderson

How like the seasons is our life,
We face the sunshine, storms and strife;
As seasons come, so they must go,
We are enjoined within that flow.

In spring we start our journey new,
When flowers bloom and skies are blue;
The trees are budding, birds will sing,
With youth in bloom, it's always spring.

'Tis summer soon, we are mature,
Face love and kids, home and career;
It's harvest time, success we seek,
These sounds of summer leave us weak.

Then autumn calls to have it's say,
The foliage falls, the hair turns gray;
The chill descends and soon the frost,
We think, perhaps on things we lost.

Old winter grips with snow and cold,
We watch our destined fate unfold;
As now we near our time to go
And seek life's final afterglow.

Prayer of Thanks for His Love and Leading

Lord, I thank you for calling me, for wooing me and drawing me nearer to you in the Secret Place. It is in the Secret Place that you awaken me. You bring me into a new day of destiny as you call me to a higher place. Lead me into my purpose and destiny. Lord, you are always there, always encouraging me, always speaking life over me, always speaking your truth over me. Teach me about who I am created to be, Father. Draw me closely into your heart, that I may know your will for my life.

"For now is the time, my beautiful one.

The season has changed,
the bondage of your barren winter has ended,
and the season of hiding is over and gone.

The rains have soaked the earth
and left it bright with blossoming flowers.

The season for singing
and pruning the vines has arrived.

I hear the cooing of doves in our land,
filling the air with songs to awaken you
and guide you forth.

Can you not discern this new day of destiny
breaking forth around you?

The early signs of my purposes and plans
are bursting forth.

The budding vines of new life
are now blooming everywhere.

The fragrance of their flowers whispers,
"There is change in the air."

For now is the time to arise
and come away with me.

For you are my dove,
hidden in the split-open rock.

It was I who took you and hid you up high
in the secret stairway of the sky.

Let me see your radiant face
and hear your sweet voice.

How beautiful your eyes of worship
and lovely your voice in prayer."

(Song of Solomon 2:10-14 TPT)



"IT'S ALLERGY SEASON AGAIN?! YOU'VE GOT TO BE POLLEN MY LEG."



That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

Psalm 1:3

Ask the Lord for rain in the springtime; it is the Lord who sends the thunderstorms. He gives showers of rain to all people, and plants of the field to everyone.

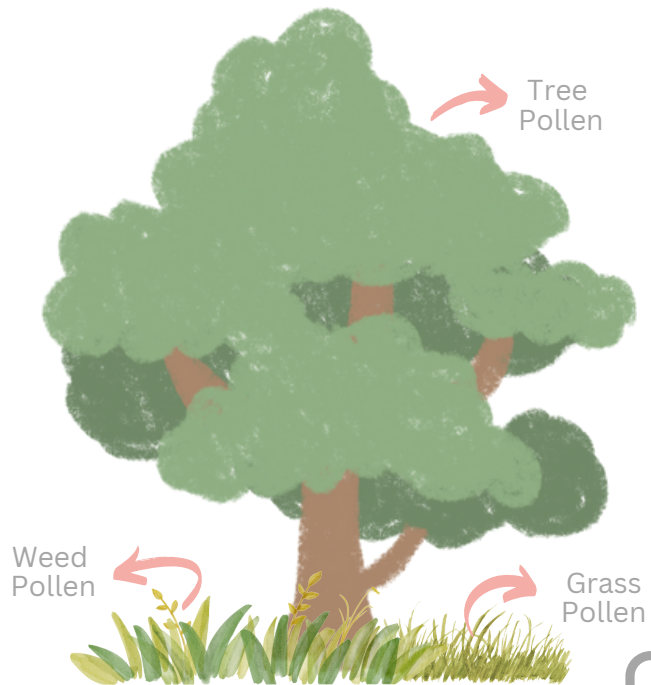
Zechariah 10:1

Song: Spring

by William Shakespeare
(from *Love's Labours Lost*)

When daisies pied and violets blue
And lady-smocks all silver-white
And cuckoo-buds of yellow hue
Do paint the meadows with delight,
The cuckoo then, on every tree,
Mocks married men;
for thus sings he, Cuckoo;
Cuckoo, cuckoo: Oh word of fear,
Unpleasing to a married ear!

When shepherds pipe on oaten straws,
And merry larks are plowmen's clocks,
When turtles tread, and rooks, and daws,
And maidens bleach their summer smocks,
The cuckoo then, on every tree,
Mocks married men;
for thus sings he, Cuckoo;
Cuckoo, cuckoo: Oh word of fear,
Unpleasing to a married ear!



DID YOU KNOW?

Allergies can seriously affect seniors because their nose mucus membranes are drier with less elasticity, increasing the risk of chronic nasal congestion. This is also because their immune systems change and weaken as they age which can spell double trouble for the elderly whose health is already compromised by other conditions like asthma, heart failure and chronic obstructive pulmonary disease.





Early Spring

Major Trigger: Trees

Tree pollen is one of the first major allergy triggers starting in March, producing huge amounts of pollen, but the chemical makeup and heaviness of the pollen makes it less allergy-inducing.

"For as the earth brings forth its sprouts, and as a garden causes what is sown in it to sprout up, so the Lord God will cause righteousness and praise to sprout up before all the nations."

(Isaiah 61:11 ESV)

Late Spring - Early Summer

Major Trigger: Grass Pollen

Grass causes most late spring and summer pollen allergy symptoms during April through early June. There are hundreds of types of grasses, but only a few cause allergy symptoms. Your location may determine which grasses may cause your symptoms.

Late Summer - Early Fall

Major Trigger: Weed Pollen

Weed pollen is abundant from late summer to early fall. Ragweed is the biggest troublemaker of all weeds. There are more than a dozen species and a single plant can produce a million grains of pollen every day.

Senior Care Services

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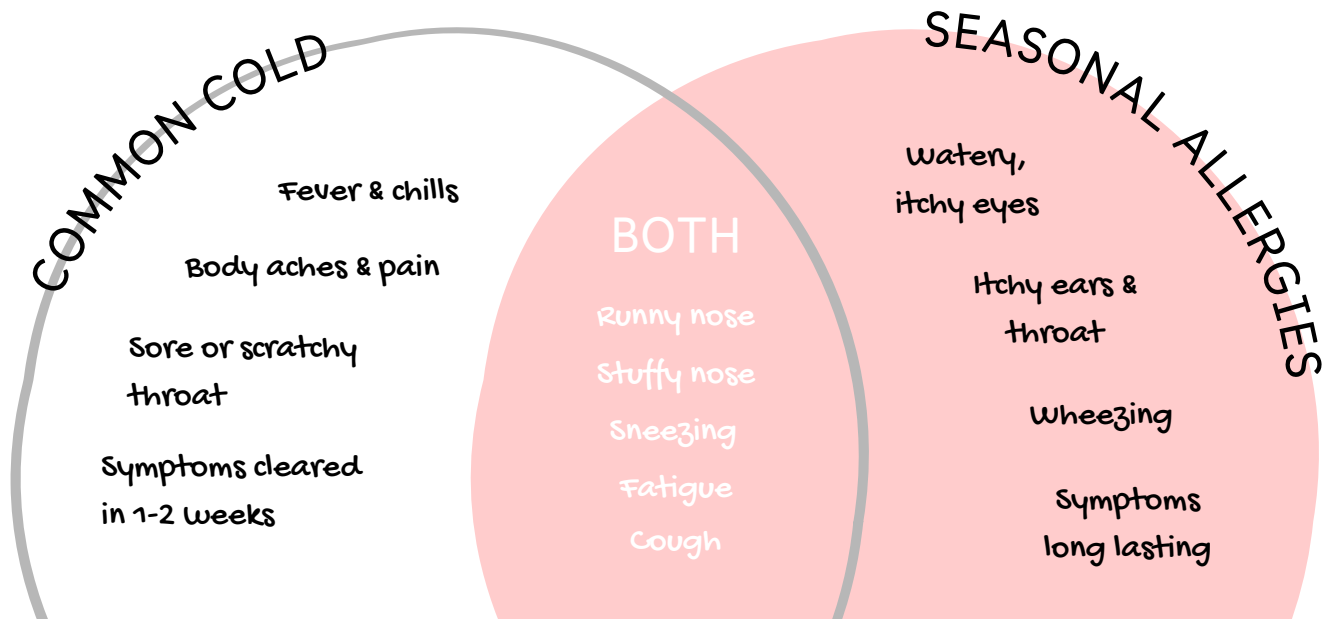


On the Go

Springtime Trivia Quiz

- Q1 What does the term "vernal" mean? _____
- Q2 What does the word "equinox" mean? _____
- Q3 What do you call a group of butterflies? _____
- Q4 Which spring flower grows in woodland places? _____
- Q5 Who proposed the idea of Daylight Saving Time? _____
- Q6 Spring allergies are intensified because of what? _____
- Q7 Which spring holiday commemorates Jesus's resurrection? _____
- Q8 Which weather phenomenon is the most common in spring? _____
- Q9 Which spring holiday is celebrated on the second Sunday of May? _____
- Q10 Which holiday is celebrated in the month of April by planting trees? _____
- Q11 Which species of bird is an iconic symbol of spring in North America? _____
- Q12 In the Southern Hemisphere, which month marks the start of spring? _____
- Q13 Which region experiences six months of sunlight starting from spring? _____
- Q14 House cleaning and getting rid of any waste at the start of spring is called? _____
- Q15 What do you call the smell of rain that is typically associated with springtime? _____
- Q16 What is the name of the condition that is marked by an excessive fondness for flowers? _____
- Q17 Which holiday celebrated in spring is dedicated to promoting environmental awareness? _____
- Q18 What ailment is characterized by restlessness, daydreaming, and increased energy in spring? _____
- Q19 On the first day of spring in the northern hemisphere, the sun rises directly over what part of the globe? _____
- Q20 Which ancient building was constructed facing the direction where the sun rises on the first day of spring? _____

You're coughing and sneezing and your nose is runny. Should you reach for cold medicine or could it be allergies? Symptoms are similar, so take into consideration your environment, the duration of symptoms and the season. Here's a quick guide.



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