



# SUMMER EDITION NEWSLETTER

CARE AT HOME TRUST | JUNE 2024

## *A Boat Beneath a Sunny Sky*

*A boat beneath a sunny sky,  
Lingering onward dreamily  
In an evening of July —*

*Children three that nestle near,  
Eager eye and willing ear,  
Pleased a simple tale to hear —*

*Long has paled that sunny sky:  
Echoes fade and memories die:  
Autumn frosts have slain July.*

*Still she haunts me, phantom wise,  
Alice moving under skies  
Never seen by waking eyes.*

*Children yet, the tale to hear,  
Eager eye and willing ear,  
Lovingly shall nestle near.*

*In a Wonderland they lie,  
Dreaming as the days go by,  
Dreaming as the summers die:*

*Ever drifting down the stream —  
Lingering in the golden gleam —  
Life, what is it but a dream?*

*by Lewis Carroll*

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

— F. Scott Fitzgerald,  
'The Great Gatsby'

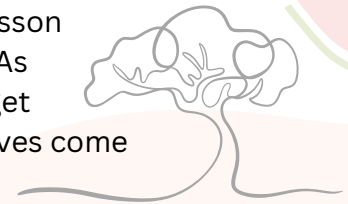
"Never again will they hunger; never again will they thirst. The sun will not beat down on them, 'nor any scorching heat."

Revelation 7:16



"Now learn this lesson from the fig tree: As soon as its twigs get tender and its leaves come out, you know that summer is near.

Mark 13:28



Matthew 13:43

"Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears, let them hear."

"The crickets felt it was their duty to warn everybody that summertime cannot last for ever. Even on the most beautiful days in the whole year—the days when summer is changing into autumn—the crickets spread the rumor of sadness and change."

— E.B. White,  
Charlotte's Web



Kamal

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IF YOU'RE NOT BAREFOOT,  
THEN YOU'RE  
OVERDRESSED...



Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest."

- Matthew 11:28

Lord, We are so thankful for the long warm days ahead. We are excited for picnics, family gatherings, and resting. Help us to rest, slow down, and enjoy the abundant life that is all around us. May we be reminded to rest in the cool shade of Your presence.

Regardless of what we may face at work or at home, slow down our restless heart and fill us with intentional compassion for those around us. Amen.

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.

- 1 Peter 3:8

Father, We pray that You would open doors of opportunity for our family to discover and enjoy the abundant life of Jesus in this season. Whether it be through travel, outdoor activities, or simply spending quality time together, may our hearts be filled with joy and excitement as we connect with You and each other. Grant us precious moments of laughter, connection, and shared memories that will be cherished for a lifetime. Let us love each other just as Your Word says. In Jesus' name we pray, amen.



## A Hymn of Praise

All things bright and beautiful,  
All creatures great and small,  
All things wise and wonderful:  
You, Lord God, made them all.

Each little flower that opens,  
Each little bird that sings,  
You made their glowing colors,  
You made their tiny wings.

The purple headed mountains,  
The river running by,  
The sunset and the morning  
That brightens up the sky.

The changing of the seasons,  
The pleasant summer sun,  
The ripe fruits in the garden,  
You made them every one.

The tall trees in the greenwood,  
The meadows where we play,  
The rushes by the water,  
To gather every day.

You gave us eyes to see them,  
And lips that we might tell  
How great is God Almighty,  
Who has made all things well.

(A hymn by Cecil F.  
Alexander,  
slightly revised.  
Public domain.)



# Senior Care Services

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## Riddle me this... In Summer

Coal in my belly, steel on my feet. When I get hot it's time to eat. What am I? \_\_\_\_\_

I can make castles but I am not a brick. I often get into your food if you have a picnic. What am I? \_\_\_\_\_

I'm a letter of the alphabet and I'm the biggest thing on the planet. What am I? \_\_\_\_\_

Sandy floors, waves galore, castles are built here, but not one with a door. What am I? \_\_\_\_\_

I'm a mark from the sun, when your skin's had too much fun. What am I? \_\_\_\_\_

I'm large and green, with seeds within; juicy and sweet, a summer's win. What am I? \_\_\_\_\_

I flicker and float, a tiny light in the night, catching me is a summer delight. What am I? \_\_\_\_\_

I'm craved during the heat, my melodies are sweet; I hold the ocean's beat. What am I? \_\_\_\_\_

A splash of citrus, a pinch of sweet, in summer's heat, I am your treat. What am I? \_\_\_\_\_



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# SEASONAL AFFECTIVE DISORDER (SAD)

Older adults may be particularly vulnerable to developing seasonal depression. It is an unfortunately common mental health condition. It can cause distressing symptoms for several months out of the year, and it's important to take it seriously if you notice the signs in yourself or someone else.

*Significant changes in mood and behavior when the seasons change may be more than just the 'winter blues'.*

## SUMMER-ONSET SAD

This type is also called summer depression and begins in late spring to early summer. This type is much less common.

*Symptoms can include:*

- Trouble sleeping (insomnia)
- Poor appetite and weight loss
- Restlessness and agitation
- Violent or aggressive behavior
- Anxiety

## FIGHT BACK

- 1 Get outside** when natural light is brightest.
- 2 Eat well** (fruits, vegetables, whole grains).
- 3 Exercise** as much as possible.
- 4 Talk to your Doctor** about therapy, which may boost your body's level of serotonin (the 'feel good' neurotransmitter) while decreasing production of melatonin, the hormone related to our sleep cycle.

## COMMON TREATMENTS FOR SAD INCLUDE:

### Light Therapy



Also called Phototherapy aims to expose you to a special light for a certain amount of time to make up for the diminished natural sunlight in darker months.

### Medication



Some will benefit from antidepressant treatment, especially if symptoms are severe. It can also help correct the chemical imbalance involved in mood or stress.

### Psychotherapy



Also called talk therapy or counseling. Cognitive behavioral therapy (CBT) is aimed to help change the distorted views you may have of yourself and the environment around you.

### Vitamin D



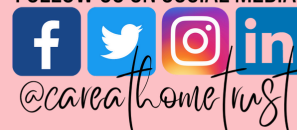
The final point notes that fighting off feeling of depression and improving the symptoms is one of the benefits of taking vitamin D.

*Thank you for reading!*



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