



# Winter Edition Newsletter

CARE AT HOME TRUST | DECEMBER 2023

## THE DARKLING THRUSH

by Thomas Hardy

I leant upon a coppice gate  
When Frost was spectre-grey,  
And Winter's dregs made desolate  
The weakening eye of day.  
The tangled bine-stems scored the sky  
Like strings of broken lyres,  
And all mankind that haunted nigh  
Had sought their household fires.

The land's sharp features seemed to be  
The Century's corpse outleant,  
His crypt the cloudy canopy,  
The wind his death-lament.  
The ancient pulse of germ and birth  
Was shrunken hard and dry,  
And every spirit upon earth  
Seemed fervourless as I.

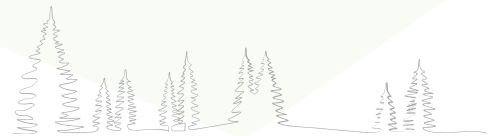
At once a voice arose among  
The bleak twigs overhead  
In a full-hearted evensong  
Of joy illimited;  
An aged thrush, frail, gaunt, and small,  
In blast-beruffled plume,  
Had chosen thus to fling his soul  
Upon the growing gloom.

So little cause for carolings  
Of such ecstatic sound  
Was written on terrestrial things  
Afar or nigh around,  
That I could think there trembled through  
His happy good-night air  
Some blessed Hope, whereof he knew  
And I was unaware.



In the winter she curls up  
around a good book and dreams  
away the cold.

-Ben Aaronovitch  
*"Broken Homes"*



December's wintery breath is already  
clouding the pond, frosting the pane,  
obscuring summer's memory.

-John Geddes  
*"A Familiar Rain"*



There's just something beautiful about  
walking on snow that nobody else has  
walked on. It makes you believe you're  
special.

-Carol Rifka Brunt  
*"Tell The Wolves I'm Home"*



Winter is the time for comfort, for good  
food and warmth, for the touch of a  
friendly hand and for a talk beside the  
fire: it is the time for home.

-Edith Sitwell  
*"Taken Care Of"*



# Senior Care Services

- Companionship
- Personal Care
- Respite Care
- Housekeeping
- AHS Funding Option

Care At Home Trust is now a proud home care provider for:



For inquiries please call us at (780) 435-4663 or email us at [info@shepherdscaresathome.com](mailto:info@shepherdscaresathome.com)

## Lifeline

Now Offering Lifeline Services!



### HomeSafe

Quickly connects you to our response centre for assistance with a simple push of your personal button.



### HomeSafe with Auto Alert

Can automatically call for help if it detects a fall even if you can't push the button yourself.



### On the Go

includes an advanced GPS locator so that you can quickly get the help you need in your home or on the go 24/7 along with automatic fall detection.



Ruth  
@careathometruster



What did the Christmas tree say to another?  
Lighten Up!

### Riddle me this...

Making everything white is my aim. No two pieces of me are ever the same. Playing with me is everyone's favorite winter game. Do you know, what is my name?

### CRYSTAL OF SNOW

by Pamela Mae  
Rhew Bush

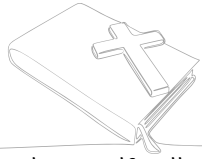
The beauty of an ice-crystal, holds a heart longer than a glance. Each one is uniquely separate, keeping lovers in its trance.

Crystal stars fall from the heavens, seeking a frosted wintery romance. Snowflakes are joining together, knowing each one is worth the chance.

The circles upon each snowflake, are like a never-ending dance. With each and every snowfall, the snowflakes gracefully enhance.

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

*-Romans 6:23*



Oh give thanks to the LORD, for He is good, for His steadfast love endures forever!

*-Psalm 107:1*

Therefore the Lord Himself will give you a sign. Behold, the virgin shall conceive and bear a son, and shall call His name Immanuel.

*-Isaiah 7:14*



*a special Christmas message from the CEO*

As the holiday season approaches, I find myself reflecting on the incredible journey we've shared this year. It fills my heart with immense joy to see how our Care At Home Trust family has come together, dedicating themselves to the well-being of others. Your kindness, compassion, and hard work have made a significant impact on the lives of those we serve.

This Christmas, I want to express my deepest gratitude to each and every one of you. Your unwavering dedication, even in the face of challenges, has made our organization not just a place to work, but a warm and supportive family. Your commitment to providing exceptional care and spreading kindness embodies the true spirit of the season.

As we celebrate with our loved ones, let's carry the same spirit of generosity and togetherness into the new year. May the holiday season bring you moments of joy, love, and peace, surrounded by the warmth of family and friends.

Thank you for your hard work, your compassion, and your unwavering dedication. I am truly blessed to have such an amazing team by my side. Wishing you all a Merry Christmas filled with love, laughter, and the company of those who matter most.

*Luke 1:35: "And the angel answered and said unto her, 'The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee: therefore also that holy thing which shall be born of thee shall be called the Son of God.'"*

God Bless,

*Shawn Terlson*

President & CEO

Care at Home Trust

*Merry Christmas and a Happy New Year from your CAHT Family!*



Some animals hibernate for winter.



The worlds largest stocking took three months to hand sew.



The tallest Christmas Tree ever was 221 feet tall.



Gift giving mimics the presents the Three Wise Men brought the baby Jesus



Snowflakes have six sides.

The Largest Snowman was 122 feet tall.



### Christmas Fun Facts

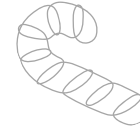
Santa's suit originally was blue, green and purple. Not red!



Eggnog dates back to the Medieval Times.



In Winter, the earth is closest to the sun.



1.76 billion Candy Canes are made each year.



North Pole has a 24 hour darkness.

## Tip Sheet:

### WINTER SAFETY FOR OLDER ADULTS

*Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.*

#### Dress for the weather

Don't let the cold stop you. For your innermost layer, use a moisture-wicking fabric rather than cotton. Top it with loose-fitting layers and you'll stay much warmer.

#### Stock on medications

Talk to your doctor about your medications and how they may affect you this winter. Look at your medicine cabinet and make sure you have enough medications.

#### Tackle loneliness

Keep your own mood up by keeping in social contact for a check in a chat (even if it's virtually) with friends and relatives and do what you can to fill up your cup to help keep the rest of your family mentally well.

#### Focus on nutrition

Proper nutrition is always in season, but in winter, it's critical to look for food and ingredients that are rich with vitamins. With less sunshine, vitamin D should be a greater focus.

#### Hypothermia

Occurs when your body temperature drops to a dangerous level. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging

**Warning Signs:** cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate.

**Note:** Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

#### Frostbite

Occurs when your body experiences damage to the skin that can go all the way down to the bone. Common places include your nose, ears, cheeks, chin, fingers, and toes. People with heart disease and other circulation problems are at a higher risk.

**Warning signs:** skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.

**Note:** If frostbite occurs, run the affected area under warm (not hot) water.



CARE AT HOME TRUST CORPORATE OFFICE  
6620 28 AVE NW, EDMONTON, AB T6K 2R1



Phone: (780) 435 - 4663



[www.careathometruster.org](http://www.careathometruster.org)

FOLLOW US ON SOCIAL MEDIA



@careathometruster