



Autumn Edition

NEWSLETTER

CAREATHOMETRUST | SEPTEMBER 2022

Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

Matthew 9:37-38

To every thing there is a season, and a time to every purpose under the heaven.

Ecclesiastes 3:11

Sing for joy, you heavens,
for the Lord has done this;
shout aloud, you earth beneath.
Burst into song, you mountains,
you forests and all your trees,
for the Lord has redeemed Jacob,
he displays his glory in Israel.

Isaiah 44:23

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.



"The grass withers, the flower fades, but the word of our God will stand forever"

Isaiah 40:8

AUTUMN SONG

Katherine Mansfield

Now's the time when children's noses
All become as red as roses
And the color of their faces
Makes me think of orchard places
Where the juicy apples grow,
And tomatoes in a row.

And to-day the hardened sinner
Never could be late for dinner,
But will jump up to the table
Just as soon as he is able,
Ask for three times hot roast mutton
Oh! the shocking little glutton.

Come then, find your ball and racket,
Pop into your winter jacket,
With the lovely bear-skin lining.
While the sun is brightly shining,
Let us run and play together
And just love the autumn weather.

AUTUMN TIME

Brenda Williams

The wind is playing autumn games
Through the gardens and the lanes.
Picking up, and swirling round
Leaves of orange, red and brown.

Gusting through each swaying tree,
Tossing apples till they're free.
Shaking conkers till they drop
And open wide with prickly pop.

The wind is dancing, full of fun,
Laughing in the autumn sun.
It tumbles acorns, fir-cones, leaves,
To make a carpet under trees.

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when you refer a friend and
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4. Receive a \$25 gift card after the 5th clean for each referral.
5. You will be entered in our December draw for a chance to win a Cozy Gift Basket.

Happy 5th year Anniversary to Esther!

There is no doubt that you have made your presence an invaluable one in the company. As you go on to commit yourself to uphold our values and vision, we won't ever stop appreciating you.

Meet Esther





Why did the scarecrow win a Nobel Prize?



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Fall Foliage:

Why leaves change color in Autumn

Every autumn we revel in the beauty of the fall colors. The mixture of red, purple, orange and yellow is the result of chemical processes that take place in the tree as the seasons change from summer to winter.

The main reason for the eye-popping color change is not autumn's chilly weather, but sunlight—or rather, the lack of daylight. Day and night are roughly equal in length on the autumnal equinox in late September, but afterward, nights are growing longer and days shorter. The combination of reduced light, lack of nutrients, and less water triggers the trees to start the process of breaking down the chlorophyll and the green color fades.

Finally, as autumn carries on, leaves begin to turn brown once all their nutrients are re-absorbed by the tree. The brown color is the result of the leftover tannins, a chemical that exists in many leaves.

Fun Facts:

Without the presence of chlorophyll in plants, the leaves would always have yellow, red, and orange colors to them!

Lifeline

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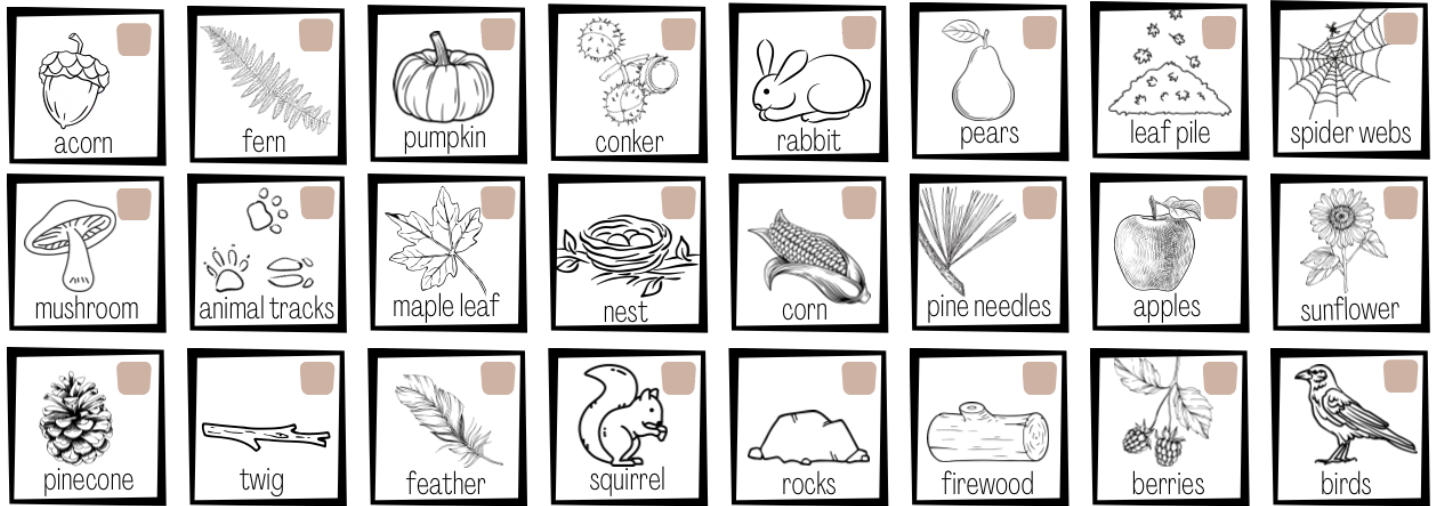
GoSafe

Mobile medical alert system with GPS gives you freedom to be safe while on the go.



Nature Walk

Autumn Scavenger Hunt



Feeling Sick?

Whats the difference between a COLD and the FLU?

The common cold and the flu may seem similar at first. They're both respiratory illnesses and can cause similar symptoms. But different viruses cause these two conditions. Your symptoms can help you tell the difference between them.

There are several things you can do to help prevent colds/flu:

- Wash your hands often.
- Be extra careful in winter and when you're around people with colds.
- Keep your hands away from your face. Your nose, eyes, and mouth are the most likely places for germs to enter your body.
- Eat well, and get plenty of sleep and exercise. This keeps your body strong so it can fight colds.
- Don't smoke. Smoking makes it easier to get a cold and harder to get rid of one.

COLD

Symptoms of a cold usually peak within 2 to 3 days and can include:

Sneezing
Sore throat
Coughing
Postnasal drip

Stuffy nose
Runny nose
Watery eyes

FLU

Symptoms that is common with the flu:

Sudden onset of high fever,
cough and muscle aches
Headache
Sore throat
Loss of appetite
Nausea

Chills
Vomiting
Fatigue
Diarrhea

COVID-19

Possible symptoms include:

Fever or chills
Cough
Fatigue
Headache
Sore throat
Diarrhea

Muscle or body aches
New loss of taste or smell
Congestion or runny nose
Nausea or vomiting
Shortness of breath or difficulty breathing



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