



Care At Home

NOVEMBER 2021

CHRISTIAN CARE AT HOME

NEWSLETTER



Their remembrance be as
lasting as the land they
honoured.

- Daniel Webster

On this Remembrance Day,
let us remember all those
brave men and women who
sacrificed their lives for this
country.



Every year at the Eleventh
Hour of the Eleventh Day
of the Eleventh Month

In Flanders Fields

John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie

In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.



LEST WE FORGET

Remembered Still Those Souls

Ernie Rowe

Remembered still those souls who tried
To save the world, but many died.
A moment stolen for a tear,
As we recalled those unlive years.
The camaraderie that flew those souls
Back home to those they knew,
And loved them dear and held them close
But for our sakes released to foes
The silence that they leave behind
Is space to calm the troubled minds of
Those they loved- and can't rewind.
Again this day we give our thanks
From those returned from serving ranks
And them 'as gave it all away
Forever in our minds will stay.



For the Fallen

Laurence
Binyon

They shall grow not old, as we that are left
grow old:
Age shall not weary them, nor the years
condemn.
At the going down of the sun and in the
morning,
We will remember them.

Extract from Charge of the Light Brigade

Lord
Tennyson

Half a league, half a league,
Half a league onward,
All in the valley of Death
Rode the six hundred.
"Forward, the Light Brigade!
Charge for the guns!" he said:
Into the valley of Death
Rode the six hundred.
When can their glory fade?
O the wild charge they made!
All the world wonder'd.
Honour the charge they made!
Honour the Light Brigade,
Noble six hundred!



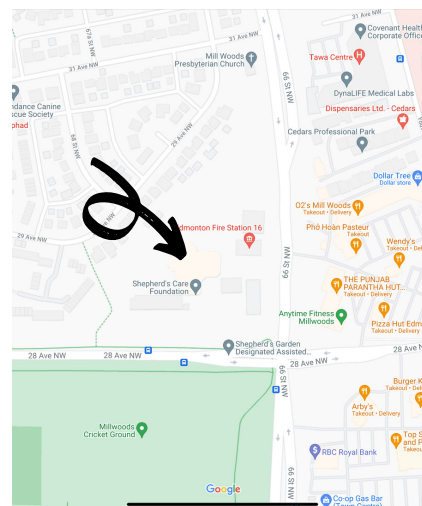
MEET THE ADMIN TEAM

The Care at Home Trust family welcomes the new team members who have joined us these past few months. Led by the Director of Operations, Mary Catindig and Manager, Kathrina Lindo. We have Joy Tindungan as Scheduling Coordinator, Sumandeep Kaur as Educator and our new Administrative Assistant, Michelle Masillem.

ABOUT US:

Care at Home Trust offers personal services to seniors in Edmonton and the surrounding areas. Our services are designed to fit any unique needs you or your loved ones may have and ensure you are receiving a quality care experience in your own home.

For more Information please visit our website at
www.careathometruster.org



Location

Care at Home Trust has now moved to Millwoods.

Location: 6620 28 Avenue NW,
 Edmonton, Alberta, Canada
 T6K2R1.

You can contact the office during
 Monday thru Friday from 8:00 a.m.
 to 4:15 p.m. except on statutory
 holidays.

For inquiries on current services
 please call us at (780) 435- 4663
 or email us at
info@shepherdscareshome.com

Senior Care Services:

Companionship

Respite Care

Personal Care

Housekeeping

Health Tips



Late Fall



Mid to Late Winter



Early Spring

When is Flu Season?

a friendly reminder...

FROM YOUR CAHT FAMILY

Let's be a part of "Stop Influenza Spread." In this COVID pandemic times, it's always recommended to get your flu shots to protect your loved ones.

As per Alberta Government website, yes, you can get immunized during COVID-19 pandemic. It is important that you keep protecting yourself from other diseases.

Can you get your flu shot alongside COVID-19 vaccine? Yes, you can get any vaccine at the same time as, anytime as before, or any time after a COVID-19 vaccine.

for more information about influenza, spread, precautions and vaccine safety please visit [myhealth.Alberta.ca](https://myhealth.alberta.ca)

Ways to Shoo the Flu this Winter:

Get the flu vaccine early in the season.

Wash your hands with soap and warm water several times a day.

Keep your hands away from your face to avoid spreading germs thru your eyes, nose, and mouth.

Increase your immunity with vitamins and undergo routine screenings.

Eat healthy and stay physically active.



Care At Home Trust Administrative Office
6620 28 Ave NW Edmonton, AB T6K 2R1
Phone: (780) 435- 4663
www.careathometruster.org

Follow Us on Social Media!



@careathometruster