



Spring Edition

# NEWSLETTER

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## *Spring 2022: The Vernal Equinox*

Sunday, March 20th marks the astronomical first day of the Vernal (Spring) Equinox in Canada and Northern Hemisphere. This occurs when the sun crosses the celestial equator line, heading north. The Northern half of the globe begins to be tilted more towards the sun, resulting in increasing daylight hours, later sunsets, and warmer temperatures. The amount of daylight each day – the period of time each day between sunrise and sunset – will then continue to increase until the Summer Solstice in June, during which the longest period of daylight occurs.

*"Let my teaching fall like rain and my words descend like dew, like showers on new grass, like abundant rain on tender plants."*  
- **Deuteronomy 32:2**

*"For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign Lord will make righteousness and praise spring up before all nations."*  
- **Isaiah 61:11**

*"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."*  
- **Psalms 1:3**

## Pray for New Growth and Flourishing

“March winds and April showers bring May flowers.” (Old English Proverb)

Father, I thank you for the “March winds and April showers that bring May flowers.” Father, You know what is necessary to prepare me for what You have in store for my life. Help me to receive what You have for me. Prepare me as You prepare the seeds. Grow me strong, nourish and protect me with Your truth so that I can break through the dirt, sprouting into a healthy “flower” that radiates Your glory in the earth.

## Pray to Grow in Strength and Hope

“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)

God, I praise You! Your seeds of righteousness and praise have been planted in the earth. May I be like a “sprout” in your garden, sprouting up in hope, as I grow in you. Fortify me with the strength as I “burst forth” into who I have been created to be in you. I will praise and honor you, God! May my life bring you glory!

Credit: Heather Barr/ibelieve.com

## Lines Written in Early Spring

By William Wordsworth

I heard a thousand blended notes,  
While in a grove I sate reclined,  
In that sweet mood when pleasant thoughts  
Bring sad thoughts to the mind.

To her fair works did Nature link  
The human soul that through me ran;  
And much it grieved my heart to think  
What man has made of man.

Through primrose tufts, in that green bower,  
The periwinkle trailed its wreaths;  
And 'tis my faith that every flower  
Enjoys the air it breathes.

The birds around me hopped and played,  
Their thoughts I cannot measure:—  
But the least motion which they made  
It seemed a thrill of pleasure.

The budding twigs spread out their fan,  
To catch the breezy air;  
And I must think, do all I can,  
That there was pleasure there.

If this belief from heaven be sent,  
If such be Nature's holy plan,  
Have I not reason to lament  
What man has made of man?

## Sonnet 98

By William Shakespeare

From you have I been absent in the spring,  
When proud-pied April, dressed in all his trim,  
Hath put a spirit of youth in everything,  
That heavy Saturn laughed and leaped with him.  
Yet nor the lays of birds, nor the sweet smell  
Of different flowers in odour and in hue,  
Could make me any summer's story tell,  
Or from their proud lap pluck them where they grew:  
Nor did I wonder at the lily's white,  
Nor praise the deep vermilion in the rose;  
They were but sweet, but figures of delight  
Drawn after you, — you pattern of all those.  
Yet seem'd it winter still, and, you away,  
As with your shadow I with these did play.

## Spring

By Christina Rossetti

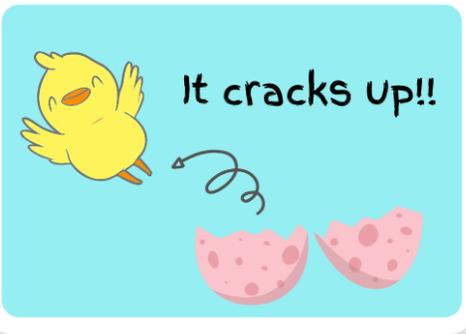
There is no time like Spring,  
When life's alive in everything,  
Before new nestlings sing,  
Before cleft swallows speed their journey back  
Along the trackless track —  
God guides their wing,  
He spreads their table that they nothing lack, —  
Before the daisy grows a common flower  
Before the sun has power  
To scorch the world up in his noontide hour.



Mary

@careathometruster

What happens when you tell an egg a joke?



## SENIOR CARE SERVICES

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[info@shepherdscareathome.com](mailto:info@shepherdscareathome.com)

## NOW OFFERING PHILIPS LIFELINE SERVICES

**FOR THE CONDOS!**



PHILIPS  
Lifeline  
Medical Alert Service

*Be there for those you love.....*

## SPRINGTIME ACTIVITIES FOR SENIORS

Older adults spend more time being less active during the colder season. However, as the weather starts to warm up for Spring's arrival, it is the perfect time to spend time outdoors and soak up sunshine! Now its time we prepare for all of the bright and sunny weeks ahead. Listed below are some Springtime activities our aging loved one's can enjoy:

-  Feed the birds, ducks, or geese by a pond.
-  Birds, wildlife and even people- watching.
-  Take a walk around the neighborhood or the park.
-  Do your daily exercises outdoors.
-  Gardening for the soul- plant vegetables and flowers.
-  Check out local farmers markets.
-  Spend time with your family.
-  Don't forget your spring cleaning!

*Answer The riddle:*

I have cities, but no houses.  
I have mountains, but no trees.  
I have water, but no fish.  
What am I?

### GoSafe

Offers emergency assistance both inside your home and out. It's the only mobile system with up to six advanced location technologies designed to help find you in an emergency

### HomeSafe

Quickly connects you to our response centre for 24/7 assistance with a simple push of your personal alert button.

### HomeSafe w/ AutoAlert

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

# Spring Cleaning

| B                                       | I                                 | N                              | G                                      | O                                  |
|---|-----------------------------------|--------------------------------|--|------------------------------------|
| Clean and organize fridge               | Purge/organize closets and donate | Organize shelves and bookcases | Dust furniture & fixtures              | Organize kitchen drawers & shelves |
| Organize photos/memorabilia             | Discard expired food and medicine | Dust Light Fixtures            | Vacuum and mop the floors              | Wash bed linens and pillow cases   |
| Organize pantry and cabinets            | Disinfect electronics             | TAKE A BREAK, YOU DESERVE IT!  | Dust mirror, frames & wall decorations | Scrub clean tub, shower and sink   |
| Clean under bed, couches and dressers   | Clean up your coat closet         | Wash/ dust your curtain/blinds | Deep clean stovetop and oven           | Clean window sills and sashes      |
| Check vents, smoke detectors & stitches | Wipe down walls & doors           | Clean out your purse/wallet    | Sort & put winter clothing in storage  | Sweep, mop & vacuum floors         |

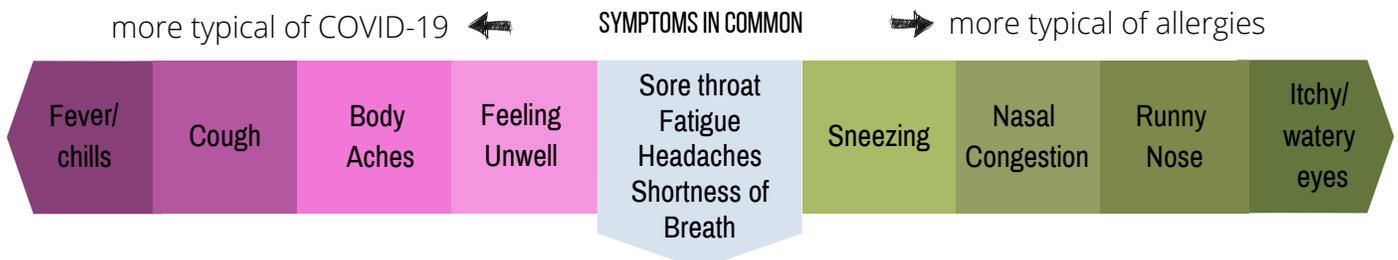
Its time for Spring cleaning  
**NEED HELP?**  
 GIVE US A CALL NOW AT  
 780.435.4663



## Challenge

Colorful blooming flowers and green budding tree branches signals the start of Spring. Along with those pretty harbingers are 'pollen', the biggest Spring allergy triggers in Canada. For someone who's allergic, these tiny plant fertilizer sends the body's defenses haywire. The immune system mistakenly sees the pollen as something foreign and will release antibodies to attack the allergens. This will lead to the release of chemicals called 'histamines' into the blood that triggers symptoms.

## Symptoms of COVID-19 versus SEASONAL ALLERGIES



Seasonal allergies typically last the whole season, while COVID-19 symptoms often last between one and four weeks.

Disclaimer: This guide is for informational purposes only and should not be construed as advice or as a substitute for consulting a physician. We are not responsible for the content, accuracy or timeliness of the information provided as they do frequently change and get updated.



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