



Spring Edition NEWSLETTER

Springtime Prayer: Blessing

Lord, I ask you to bless the animals of the earth, the lush gardens of our farmers, and the fields full of crops. Bless this planting season so that every seed and sapling is coated in Your touch. Allow there to be enough growth for all people to eat and enjoy Your goodness. Help us to appreciate what You provide for us and encourage us to be generous with our supply. I thank You for the loveliness that springtime brings and ask that You take us forward in this season and lead us Your mighty hands. In Jesus's name, we pray. Amen.

Springtime Prayer: Miracles

Dear Heavenly Father, bless those around me and bless the beauty on our earth that this springtime season has brought our way. I ask that You continue to keep the weather steady, keep the trees growing strong, and bless all the lovely gardens so that Your fruits of the field may ripen, to nourish our bodies. Let us continually be thankful for the miracles of spring, the charm of nature, and the love You never fail to provide for us. In Your name, I pray. Amen.

"Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul."

— **Luther Burbank**

"A little flower that blooms in May.
A lovely sunset at the end of a day.
Someone helping a stranger along
the way. That's heaven to me."

— **Sam Cooke**



"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**



"Now, if anyone is enfolded into Christ, he has become an entirely new creation. All that is related to the old order has vanished. Behold, everything is fresh and new."

— **2 Corinthians 5:17 TPT**



"Truth shall spring out of the earth; and righteousness shall look down from heaven."

— **Psalms 85:11 KJV**



A LIGHT EXISTS IN SPRING

Alight exists in Spring
Not present on the Year
At any other period –
When March is scarcely here

A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.

It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.

Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay –

A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament.

By Emily Dickinson

STAFF HIGHLIGHTS:

Kathrina Lindo



Meet Kath — Care At Home's Manager! She has been with the company for 5 years, initially hired as the Schedule Coordinator. She is now looking after the Contract and Environmental Services Department, ensuring that the day-to-day operations is running like a well-oiled machine. Her analytical, organizational, and planning skills are the pillars of her success in everything she does. She also strives hard to foster an environment where her team can practice autonomy and efficiency in their work, encouraging them to grow into the best versions of themselves.

When asked to describe herself, she identifies as a total introvert. She values her me-time and spends it reading, watching her shows, and listening to podcasts. She likes keeping to herself, but makes it a point to share a laugh, spend quality time, and enjoy great food with those she holds near and dear to her heart. Congratulations Kath on your 5th year!

STAFF HIGHLIGHTS:

Mary Catindig



Meet Mary — Care At Home's Director of Operations and has been with the company for 5 years. She oversees everything with Care At Home and works hand-in-hand with the CEO to create more business opportunities and propel the organization to the right direction. As a leader, she sees herself as the kind who encourages her staff to achieve their full potential.

She's always had a soft spot for our beloved seniors. Choosing a career serving them is her way of honoring her grandparents who she spent a lot of time with during her early years. Her passion for the industry, zeal for success, and drive helped her be where she is today.

When she's not at work, she loves trying out new restaurants, watching movies, and event planning. If she does not have the luxury of being on-the-go, she spends a quiet night at home baking or cooking for her family, friends, and even her Admin Team. Feel free to say hi when you see her around!

NOW FADES THE LAST LONG STREAK OF SNOW

NOW fades the last long streak of snow,
Now burgeons every maze of quick
About the flowering squares, and thick
By ashen roots the violets blow.

Now rings the woodland loud and long,
The distance takes a lovelier hue,
And drown'd in yonder living blue
The lark becomes a sightless song.

Now dance the lights on lawn and lea,
The flocks are whiter down the vale,
And milkier every milky sail
On winding stream or distant sea;

Where now the seamew pipes, or dives
In yonder greening gleam, and fly
The happy birds, that change their sky
To build and brood; that live their lives

From land to land; and in my breast
Spring wakens too; and my regret
Becomes an April violet,
And buds and blossoms like the rest.

By Alfred Lord Tennyson



Diane

@careathometruster

Its ALLERGY season again?!
You've got to be POLLEN my leg.



Senior Care Services

COMPANIONSHIP

PERSONAL CARE

RESPIRE CARE

HOUSEKEEPING

AHS FUNDING OPTION

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

**Alberta
BLUE CROSS**

For inquiries please call us at
(780) 435-4663 or email us at
info@shepherdscareathome.com

Now Offering Lifeline services for the Condos!

Lifeline



HOMESAFE

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

HOMESAFE WITH AUTOALERT

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

GOSAFE

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

SURVIVING SPRING ALLERGIES

Use these tips to manage spring allergy symptoms.

Cool Wisely

- Use an air conditioner
- Do not use window or attic fans
- Avoid humidifiers and swamp coolers

Clean Up

- Use a saline nasal wash
- Change clothes and wash or shower
away any pollen

Block Wind

- Use a scarf or mask on windy days

Know Triggers

- Weeds - late summer
- Trees - early spring
- Grasses - late spring, early summer
- Molds - mid summer in warmer states, year
round in southern/western states

Garden Carefully

- Avoid exposure to fertilizers and
pesticides
- Have someone mow the lawn for you.
- Stay away from piles of leaves and
branched.

Count Pollens

- Keep home doors and windows and car
windows closed during pollen season
(especially when pollen counts are high)
- Stay inside during afternoons and evenings
when pollen levels are highest

Take Medication

- Consistently take doctor-recommended
medicines and treatments

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TIPS FOR COMMUNICATING WITH SOMEONE WHO HAS DEMENTIA



As a person living with dementia loses the ability to speak, it's critical to find ways to have meaningful conversations. **HERE ARE TIPS THAT CAN HELP:**



Use what you know about them
Pick topics of conversation they're interested in or already good at. Talk about what they can do, instead of what they can't. Give them options they will enjoy.



Reduce distractions
Have your conversations in calm, quiet environments. Listen and keep them focused with steady eye contact.



Talk face to face
Stay in their line of sight and maintain eye contact. Keep your sentences short and simple. Speak slowly and clearly. Use gestures, facial expressions and body language to strengthen your communication.



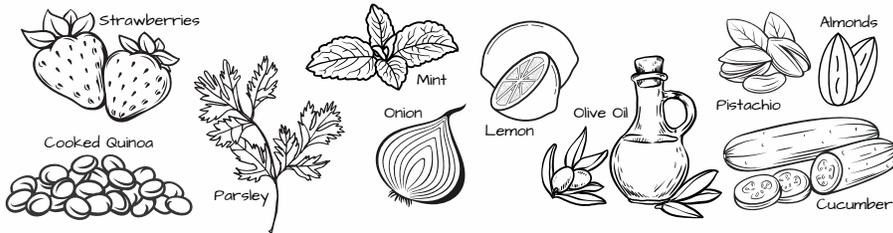
Be flexible
Their ability to carry on a conversation will change daily. Assess how they're feeling before you begin and adjust accordingly. Give the person plenty of time to respond so they can think about what to say.



Stay positive
Remember that how you feel will be communicated in your tone and body language. Take a breather when you need to.

Good communication keeps us all connected. It's an important part of living well after a diagnosis of dementia. It helps people with dementia to keep a sense of self, sustain relationships and maintain their quality of life.

Spring Recipe Recommendation



Dice the strawberries and onion.

Chop some parsley and mint, feel free to substitute cilantro for the mint.

Place the strawberries, cucumbers, parsley, cilantro (or mint) and onion in a bowl with the cooked, chilled quinoa, and gently toss with salt, lemon and olive oil.

Add almonds or pistachios for extra crunch.

Let the simple flavors meld and infuse the quinoa for a few minutes before serving.

Place on a platter and scatter herbs over top.

To make it even heartier; add avocado, feta crumbles, toasted pistachios or nuts.

STRAWBERRY TABBOULEH SALAD!



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