



Homecare Herald



Enjoying God's Creation

Inside this issue:

Note from Linda	1
Important Dates	1
Question of the Month	2
Priceless Grandparent Stories	3
The Joy of Movement	4
Important Numbers	Front Cover

Dear Friends,
 Happy September! I'm glad the seasons are going to change soon. It's been a HOT summer for all of us. Surely, September will be much cooler as we head into the Fall.

Fall is a great time of year as it often allows us to slow down a bit. I have to say there's nothing better for me than Sunday afternoon snoozes on the couch while watching football! Especially if there's a fire in the fireplace and soup on the stove. I look forward to those upcoming days. As the weather cools, remem-

ber to get outside and enjoy nature. Take a walk or sit a spell on the back porch. Absorb the beauty and wonders around you. Take a drive and notice the warm sunshine and bright colors. God is busy working on his creation and doesn't want you to miss one moment of it!

This month we recognize grandparents. Those special folks who love us even when our parents have had their fill of our mischief! As we age, we realize how important time and experience are. We can learn so much from one another if we take the

time to listen. To all of you who are grandparents, thank you for your unconditional love from the oldest to youngest of your family members. It is by your direction and inspiration that your family is what it is today! Enjoy every minute of it—you've worked long and hard at it and deserve the recognition!

Just a quick update, the Homecare Board is busy working on a replacement for my position. I will let you know as soon as they find someone. Until then, I'm here holding down the fort! Call if you need anything!

Until next time,

IMPORTANT DATES TO REMEMBER THIS MONTH....

SEPTEMBER 3
Labor Day
 Caregiver holiday! Staff does *not* work unless prior arrangements have been made.

SEPTEMBER 9
GRANDPARENTS DAY

SEPTEMBER 23
First Day of Autumn

QUESTION OF THE MONTH...

What is your favorite movie of all time?

(Thanks to those of you who shared)



My favorite movie is every movie that has Betty Grable in it. Betty Grable grew up in St. Louis, Missouri. She and I were friends. We both attended Mrs. Clark's dancing school. We spent every Saturday together with the rest of our class. We did this for a period of five or so years. Frequently, Betty Grable and I performed dances and such at Westminster hall located at Olive and Grand.

-Loretta

My favorite movie of all time is and always will be the Wizard of Oz. Dorothy will always be my most loved role and who couldn't love Toto?

-Kathy

My favorite movie is Oklahoma. I love musicals but this one I watched growing up with my older sister. She and I would sit and sing with the actors and join in the chorus! We still talk about it today and how we want to attend the Muny Opera's production together.

-Linda



NEXT MONTH'S QUESTION OF THE MONTH...

What is your favorite actor or actress and why?

Priceless Grandparent Stories

as written in Grandparent's Magazine



1. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. At last she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings.
As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"
2. A mother was telling her little girl what her own childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"
3. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo while I asked, No, how are we alike?"
"You're both old," he replied.
4. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I
would point out something and ask what color it was. She would tell me, and always she was correct. But it was fun for me, so I continued. At last she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"
5. A Sunday school class was studying the Ten Commandments. They were ready to discuss the last one. The teacher asked if anyone could tell her what it was. Susie raised her hand, stood tall, and quoted, "Thou shall not take the covers off thy neighbor's wife."
6. Our five-year-old son couldn't wait to tell his father about the movie we had watched on television, "20,000 Leagues Under the Sea." The scenes with the submarine and the giant octopus had kept him wide-eyed. In the middle of the telling, my husband interrupted Mark, "What caused the submarine to sink?" With a look of incredulity Mark replied, "Dad, it was the 20,000 leaks!!"
7. When my grandson, Billy, and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use, Grandpa. The mosquitoes are coming after us with flashlights."
8. When my grandson asked me how old I was, I teasingly replied, I'm not sure." "Look in your underwear, Grandma," he advised. "Mine says I'm four to six." (What English teacher wouldn't love that one?)

The Joy of Movement

A shift in the way you think and feel about physical activity may make it easier to stay fit.

Ask yourself: How do I want to feel when I move my body? Then picture yourself doing that activity. If you want to hike mountain trails or play tennis, for instance, visualization will make the behavior follow.

Base your success on your own goals, not on someone else's. Success for you might be a 10 minute walk today, a 15 minute walk tomorrow.

Finally, realize that making exercise a way of life is about internal management-not time management. Find the type of movement that feels good to you and you'll be more likely to do it every day, whether it's climbing a flight of stairs, taking a daily walk or enjoying a weekend hike. Whatever you do, just get moving!



A Season of Glory

Now has come the glory season.
Glory in the bountiful fruits of God's earth. Glory in the breathtaking multi-colored leaves of the trees. Glory in the invigorating smells of Fall. Even glory in the sparkling frost-blanket covering the grass and putting it to sleep for the winter. Glory, glory everywhere we look.

The best mathematical equation I have ever seen:

1 cross + 3 nails = 4given

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**"Dedicated to services that
maintain independence,
wrapped in God's Love"**



September

