



HOMECARE HERALD

CHRISTIAN

COMMUNITY

HOMECARE

Super September

September is such a great month isn't it? Bringing just a hint of fall-leaves are already twirling and skirting across the ground, crunching beneath our steps. What a fun sound! Cooler temperatures provide relief from the hot run of weather we had at the end of August. Open windows and doors reconnect us with the lively vibrant world outside. I am so excited about the changing weather and could not wait any longer... I had to get to Eckert's orchard in Belleville for that first juicy bite of a freshly picked apple. My family asked, "Mom, isn't it a bit early to pick apples?-apple season doesn't start until later September." I assured them that NOW is apple picking time and quickly piled everyone into two vans and off we went. During the drive, the thought did enter my head that perhaps I should have called first but I didn't spend too much time worrying about it-driving there is half the fun! When we arrived my family was not too happy with me-we were informed that we could only pick one kind of apple-a new variety called Honey Crisp. But let me tell you-this apple saved the day-we all agreed it was the most delicious apple ever and I breathed a HUGH sigh of relief!

I hope and pray that all of you enjoy this September and get to spend some precious time with family, friends, and nature.

In His Service, Chris



FRIENDSHIP ROAD

Friendship is a chain of gold
Shaped in God's all perfect mold.
Each link-a smile, a laugh, a tear
A grip of the hand, a world of cheer
As steadfast as the ages roll
Binding closer soul to soul
No matter how far or heavy the load
Sweet is the journey of Friendship Road.

Author unknown-Submitted by Betty Schaefer

IMPORTANT REMINDER OF MANDATORY CAREGIVER MEETING

I hope by now you have marked your calendars for the upcoming meeting on September 29, 2008. Several new caregivers have joined our group so it will be fun for everyone to meet. Hopefully we will all learn something from the Alzheimer presentation that will enable us to better serve those who suffer

A LITTLE GRATITUDE AND EXERCISE GO A LONG WAY

Dr. Tal Ben Shahar, a leading professor of psychology at Harvard University, teaches that "gratefulness is highly correlated with happiness."

We are numbed by habit, and therefore tend to take the good things in our lives for granted. This is why we so quickly return to our base levels of happiness after we receive a raise or get a new car. We adapt and no longer notice the wonderful things in our lives. People who regularly express and experience genuine gratitude for what they have - their family, a meal, their home, work, wealth, and so on - are happier, healthier, and more successful in the long run.

According to Dr. Tal, what we do - or don't do - with our body influences our mind.

He has put down his squash racket and taken up yoga and meditation. He teaches that "there is a strong mind body connection. Regular exercise, adequate sleep, and healthy eating habits lead to both physical and mental health." For example, Duke University research shows that regular exercise (3 times a week for 30 minutes) has the same impact on the well-being of depressives as a drug like Zoloft.

BIRTHDAY WISHES



**Happy Birthday to:
Betty Hardin
Born on September
5th**

**GOD'S BLESSINGS ON
YOUR SPECIAL DAY!**



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TODAY'S CLEAN LAUGH

