



### **Serving & Celebrating in Our 30th Year**

Cooperative Home Care is excited to share our "Serving & Celebrating in Our 30<sup>th</sup> Year" story. As our 30<sup>th</sup> year anniversary approached, we wondered how to recognize this significant milestone. A party? Of course! So we kicked off our 30<sup>th</sup> (official date of incorporation: July 1<sup>st</sup>, 1986) with an employee picnic. It was really hot and really fun, and it gave us the opportunity to develop, as a group, our emerging ideas about how to celebrate our 30<sup>th</sup>.

Cooperative Home Care firmly believes every employee who chooses to work in health care of any kind is driven to do so because, at their core, is a desire to help people. They have other reasons, too, like wanting to always learn and grow in their profession, wanting to always have job options and opportunities, and wanting to work with people. But their deepest motivation, we believe, is to help people. When it comes to home care and hospice, this is especially true, because it is really hard work.

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Caring for people who are ill and who are near the end of their life, outside the safety and security of a hospital setting, is physically and emotionally challenging.

Acknowledging this desire to help created an easy connection. If we are driven to serve, then we could expand our opportunities to do so. Our "Serving and Celebrating in Our 30<sup>th</sup> Year" campaign, consisting of 30 service projects this year, has already connected us with many charitable organizations and amazing people who create and support them. We easily embrace and work with each other through our shared desire to help and serve.

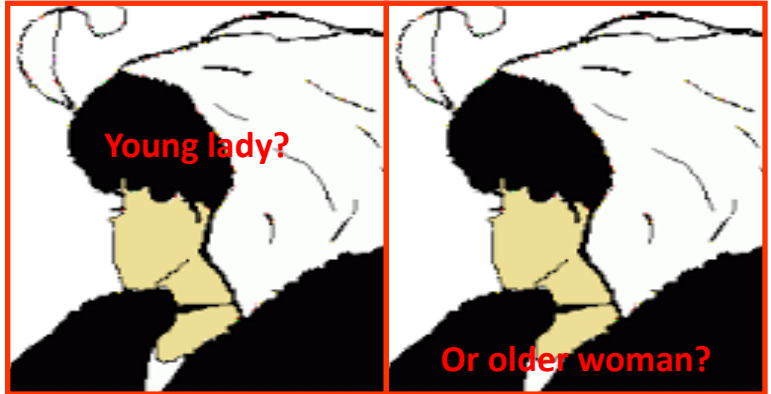
Our journey began with the Walk to Defeat ALS. Next, we organized an adult diaper drive, connecting surplus unused adult briefs left behind at nursing homes to people who need them. The St. Louis Area Diaper Bank also gave us the opportunity to pack baby diapers for re-distribution. We toured St. Louis' famous Hill neighborhood, our corporate office location, to gather donations from local vendors including Bertarelli Cutlery, DiGregorio's Italian Market, Gelato Di Riso, and Shaw's Coffee. Their generous donations contributed to three auction basket donations: ALS, World Pediatric Foundation, and Autumn View Gardens benefitting the Alzheimer's Association. We also prepared and served a delicious dinner at the west county Ronald McDonald house.

Next in our queue is the PurpleStride St. Louis Pancreatic Cancer Action Network 5K, and the 1<sup>st</sup> Annual Amanda Ford Memorial Kickball Tournament. Our choices to serve are purposeful. Some organizations, like the Alzheimer's Association and PurpleStride St. Louis, are very deeply connected to Cooperative Home Care employees.

That's our story so far. The best part is the hopeful potential of our "Serving & Celebrating in Our 30<sup>th</sup> Year" campaign. 30+ organizations to discover. 30+ service opportunities, big and small. Hundreds and hundreds of people helped.

**September Midnight** by Sara Teasdale (1914)

Lyric night of the lingering Indian Summer,  
 Shadowy fields that are scentless but full of  
 singing,  
 Never a bird, but the passionless chant of insects,  
 Ceaseless, insistent.  
 The grasshopper's horn, and far-off, high in the  
 maples,  
 The wheel of a locust leisurely grinding the silence  
 Under a moon waning and worn, broken,  
 Tired with summer.  
 Let me remember you, voices of little insects,  
 Weeds in the moonlight, fields that are tangled  
 with asters,  
 Let me remember, soon will the winter be on us,  
 Snow-hushed and heavy.  
 Over my soul murmur your mute benediction,  
 While I gaze, O fields that rest after harvest,  
 As those who part look long in the eyes they lean  
 to,  
 Lest they forget them.



**OPTICAL ILLUSIONS:  
 WHEN YOUR**



**CAN'T BELIEVE YOUR**



**Jokes for Grandkids**

What kind of tree can you carry in your hand?

**A palm tree!**

What month is frightening for trees?

**Sept-TIMBER!**

A man gave ten cents to one son, and 15 cents to another. What time is it?

**1:45 (a quarter to two, because 10 + 15 cents = 25 cents)!**

**Poems Are Good For You. Why?**

**Writing poetry promotes healing and combats depression. It also improves your writing skills. Reading, memorizing and reciting your favorite poems strengthens your brain.**

**Funny September "Holidays"**

Thursday, 9-15 National Cheese Toast Day

Monday, 9-19 Talk Like A Pirate Day

Saturday, 9-24 National Punctuation Day

Thursday, 9-29 National Coffee Day

**What's different every month? And, why?**

**Surprise! Simple changes in our newsletter format are examples of small but effective ways to boost your brain-power by changing your usual routine.**