



**CHRISTIAN COMMUNITY  
 HOMECARE HERALD  
 SEPTEMBER/OCTOBER**



Are you familiar with CORP? It stands for County Older Resident Program. St. Louis county residents who are 60 years of age or older and need skilled workers to tackle minor home repair work are invited to contact CORP.

The skilled workers are independent contractors who are interviewed and subject to reference and police record checks. A wide range of home repair and maintenance services such as interior/exterior painting, carpentry, air conditioning/heating repair and more are offered. Fees and maintenance services (often reduced for senior citizens) are negotiated between the customer and worker. For more information call 615-4021 Monday-Friday 8:30am-12:30pm.

*Taking Care of Yourself—* **How to Let Go of Anger**

Anger is like a storm rising up from the bottom of your consciousness. When you feel it coming, turn your focus to your breath. Breathe in deeply to bring your mind home to your body. Then look at the person triggering this emotion: With mindfulness, you can see that she is unhappy, that she is suffering. You'll feel motivated by a desire to say or do something nice—to help the other person suffer less. This means compassionate energy has been born in your heart. When compassion appears, anger is deleted. *Source: "From the book Anger: Wisdom for*

*Cooling the Flames," by Buddhist monk Thich Nhat Hanh*

**HAPPY LABOR DAY! HAPPY AUTUMN!**

*Chris and Christian Community Homecare*



Fran Lee September 12  
 Jean Kolde September 22  
 Susan Lauer September 27  
 Nancy Voss October 25