



September 2025

Forget Me Not Home Care

NEWSLETTER

Welcome to Our



Newsletter!

As summer fades and the leaves begin to turn golden, September brings a gentle shift toward cooler days and cozy moments. It's a time for harvest festivals, apple picking, and remembering the simple joys of fall—like sipping warm tea while watching the world outside change colours, or feeling the crisp air on a peaceful walk through familiar paths.

Welcome

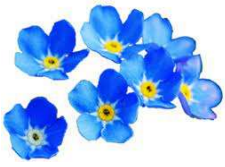
There is no place like home... with our CQC 'Outstanding' home care you can continue living safely in the comfort of your own home.



If there is something you would like to read about or would like further information on, please do not hesitate to speak to our care workers or call the office and ask for Sara, Michelle or Lee

We hope you enjoy reading!

The Forget Me Not Team



September 2025

This month, we're excited to share stories that spark fond memories, along with gentle activities to brighten your days, such as reminiscing about childhood autumn adventures or trying a simple craft.

Whether you're enjoying quiet afternoons at home or sharing stories with loved ones, we're here to bring you easy recipes, fun puzzles, and heartwarming tips tailored just for you. Let's make this month one to cherish!

Our newsletter will be available to view on our website and social media site.

Contact us on:

01529 417791

forgetmenothomecare@hotmail.com

www.forgetmenothomecare.co.uk

Useful Contacts:

Fenland Dental Laboratory Ltd

01775 724 974

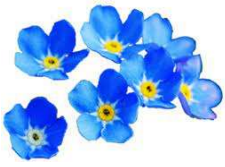
info@fenlanddentallab.co.uk

111 Wardentree Lane, Pinchbeck,
Spalding, Lincs, PE11 3UF

CallConnect Bus Service:

0345 234 3344

Lincsbus.info



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
						<i>Homemade</i>



National Months

Blood Cancer Awareness Month

Blood Cancer Awareness Month is held every September. It's a time dedicated to raising awareness about various blood cancers, including leukaemia, lymphoma, and myeloma. Organizations like Blood Cancer UK, Macmillan Cancer Support, and Anthony Nolan play a significant role in this campaign.

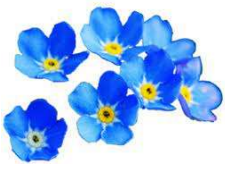


Childhood Cancer Awareness Month

Childhood Cancer Awareness Month is observed every September to raise awareness about childhood cancer and support those affected by it. It's a global event that encourages individuals and organizations to educate the public, fundraise for research, and offer support to children with cancer and their families.

Gynaecological Cancer Awareness Month

A time dedicated to raising awareness about the five gynaecological cancers: ovarian, uterine (womb), cervical,



vaginal, and vulval. The goal is to educate women about the symptoms of these cancers, encourage early diagnosis, and support those affected by them, according to cancer charities.

Urology Awareness Month

To raise awareness about urological conditions and promote the importance of urological health. It focuses on educating the public about conditions affecting the urinary tract in both men and women, as well as the male reproductive system, including conditions like urinary tract infections, kidney stones, prostate issues, and bladder cancer.

One of the best ways to keep urinary health on track is plenty of fluids, especially in the heat.



September

How can you
get involved?

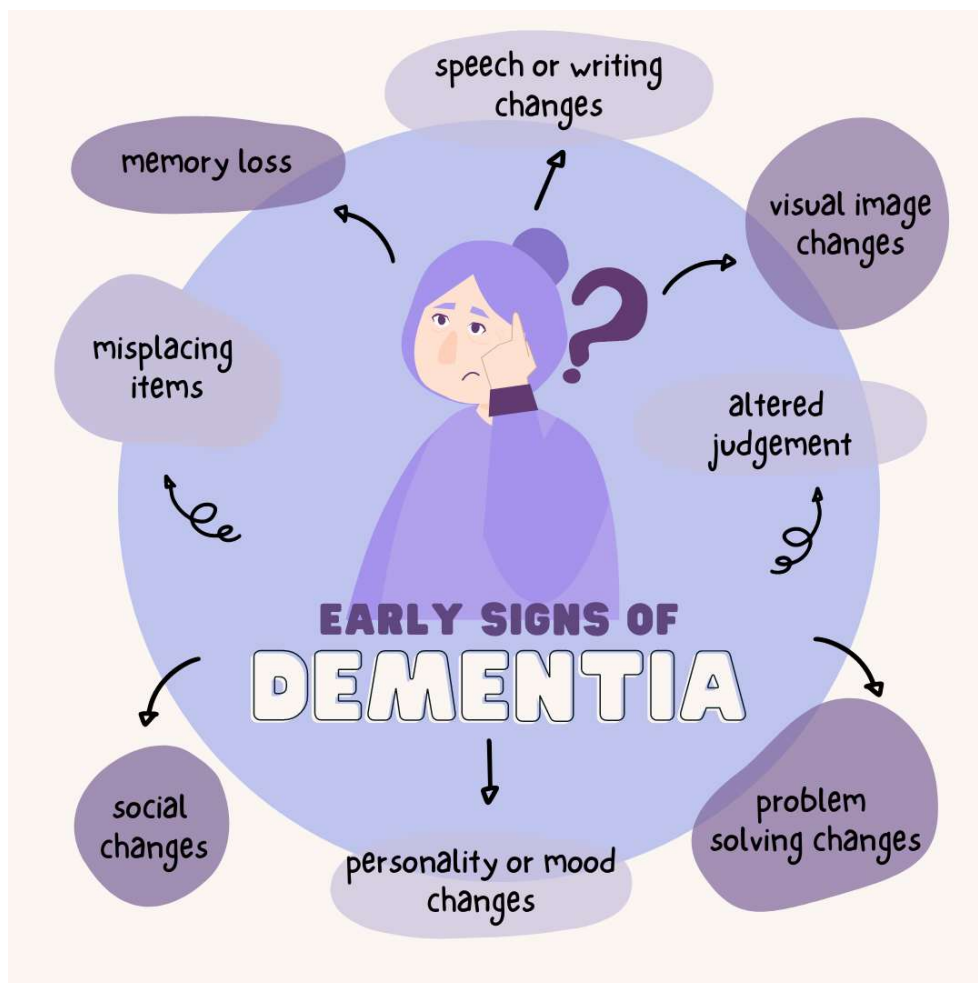
- Raising awareness
- Breaking Taboos
- Raising money





World Alzheimer's Month

World Alzheimer's Month in the UK in 2025, like every year, will be observed throughout September. It's an international campaign aimed at raising awareness about Alzheimer's disease and other forms of dementia, as well as challenging the stigma associated with these conditions. The campaign, organized by Alzheimer's Disease International (ADI), encourages people to learn more about brain health, memory concerns, and how to support those affected by dementia.





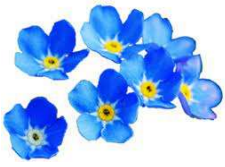
Organic September.

Organic September is an annual campaign that focuses on raising awareness about organic farming and lifestyle. It emphasizes the benefits of avoiding synthetic pesticides and fertilizers, promoting biodiversity, and supporting sustainable farming practices.

Organic September is a month-long campaign held annually in the UK, organized by the Soil Association, to promote organic products and raise awareness about the benefits of organic farming and living. It encourages consumers to make informed choices by choosing organic food, beverages, textiles, and other products that avoid synthetic pesticides, fertilizers, and genetically modified organisms (GMOs). The campaign highlights how organic practices support healthier soils, biodiversity, animal welfare, and public health while reducing environmental impact, such as lowering agricultural emissions and chemical use.

Key aspects include:

- ****Environmental Benefits****: Organic farming avoids artificial pesticides and fossil fuel-based fertilizers, promoting healthier ecosystems and reducing pollution. For example, if all European farmland followed organic principles, agricultural emissions could drop by 40-50% by 2050



- ****Health Benefits****: Organic foods often have higher nutritional value, such as more antioxidants and omega-3s, and lower pesticide residues.
- ****Animal Welfare****: Organic standards prioritize free-range conditions and natural behaviours for livestock.
- ****Consumer Engagement****: People are encouraged to participate by buying organic products, visiting local farmers' markets, or sharing on social media with hashtags like #OrganicSeptember



The 2025 theme, “Grow Your Gut Garden with Organic,” emphasizes the link between soil health and gut health, encouraging organic food consumption to benefit the microbiome. Events include farm visits, organic cooking classes, and promotions by retailers and brands. The campaign, which began in

1994 as Organic Harvest, has grown into a significant movement to support sustainable practices.



Amazingly September is also filled with various national days.

World Suicide Prevention Day

World Suicide Prevention Day (WSPD) is an awareness day always observed on 10th September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003.

World Sepsis Day

13th Sept - The day aims to educate the public and healthcare professionals about sepsis, its symptoms, and the importance of early recognition and treatment.

Early diagnosis and treatment can significantly reduce sepsis-related deaths, with studies showing that timely intervention can decrease mortality by up to 50%, according to the World Sepsis Day website.

Vaccination and good hygiene practices can help prevent sepsis.



Sepsis is a major global health concern, causing millions of deaths annually.

CHILDREN

A child may have sepsis if he or she:

- Is breathing very fast
- Has a 'fit' or convulsion
- Looks mottled, bluish, or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

WHAT TO DO IF YOU SUSPECT SEPSIS:

Call 111 or **contact your GP** if you're worried about an infection.

Call 999 or **visit A&E** if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

World Sepsis Day encourages individuals, healthcare organizations, and governments to take action to combat sepsis.

International Day of Charity.

The International Day of Charity was established by the United Nations in 2012 and is celebrated annually on September 5th. This date marks the anniversary of Mother Teresa's death, who is celebrated as a symbol of compassion and selfless giving.





September 2025

Local events this September

7th September

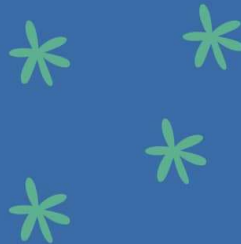
Sleaford Charity Car Boot Sale

Held on the Eastgate car park. 8am – 12pm



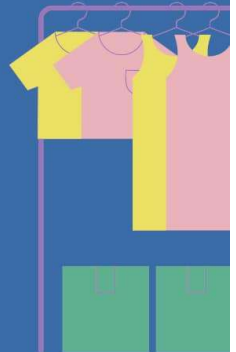
SLEAFORD CHARITY CAR BOOT SALES 2025

To be held on the first Sunday of every month from 8.00am to 12.00pm



Support your local charities!

Sunday 6th April
Sunday 4th May
Sunday 1st June
Sunday 6th July
Sunday 3rd August
Sunday 7th September
Sunday 5th October



To be held at:
Eastgate Car Park,
Sleaford,
NG34 7DJ.

NEW VENUE, NEW OUTDOOR MARKET

SLEAFORD MAKERS & CREATORS MARKET

MARKET PLACE, SLEAFORD, NG34 7SD



13th September

The Makers & Creators Market will be in Sleaford Market Place

The Makers & Creators Market will be in Sleaford Market Place from 10am to 4pm. It will be a showcase of

local makers, artists, and creators, featuring arts, crafts, and tasty treats.

SAT 13th SEPTEMBER

OUTDOOR - 10AM - 4PM

TO BOOK YOUR PITCH,
EMAIL nicola@littlehummingbirdevents.co.uk OR COMPLETE THE BOOKING FORM ON OUR WEBSITE BY SCANNING THE QR CODE.





September 2025

14th and 27th September

Traditional Milling Afternoon
at Cogglesford Mill Sleaford.

Experience history in action at Cogglesford Watermill's milling afternoons, held on the second Sunday of every month. Witness traditional milling techniques in a charming setting.

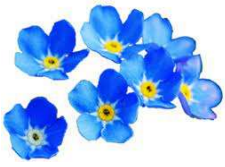


Gosberton Church Hall Wednesday Coffee Morning

Starts at 10am until Noon in Gosberton Church Hall (behind the Church).

Coffee, tea and biscuits are served for a small donation. We have a couple of fund raisers every year for MacMillan nurses where we all pay a little bit extra and have scones and cream or mince pies at Christmas. Each year the money raised from the regular coffee mornings goes to several charities.

There is always a warm welcome and plenty of people to talk to. Come along and join us for coffee, chat and company! Everyone is welcome!



Other regular events

Willoughby Art Group meet on Mondays at 10am at The Horseshoes Silk Willoughby.

Folkingham Pop in – at the village hall in Folkingham for coffee, cake games and lots of chat. This is held every Monday from 10am.

Billingborough Coffee Morning – Held at the village hall in Billingborough each Wednesday from 10am. This is for a good catch up coffee/tea and cakes! Also the first Wednesday every month there is soup and sherry Worth trying!

Horbling 10:30am – every Wednesday at the Horbling St Andrew's Church for coffee morning and catch up.

Heckington Church - Afternoon Tea for all on the last Saturday morning of each month 10am.



North Kesteven



North Hykeham, 10am - One NK Leisure Centre (inside foyer), Moor Lane, LN6 9AX
 Whisby Visually Impaired Walk, 10.30am - Whisby Nature Park,
 Natural World Centre, Moor Lane, LN6 9BW

TUESDAY

Heckington, 10.30am – St Andrews Church, NG34 9RF
Leasingham, 11am – Village Hall, Chapel Lane, NG34 8GQ
Sleaford, 1.10pm – The Hub, Navigation Wharf, NG34 7TW

WEDNESDAY

Ruskington, 1.30pm – Church Bridge, by All Saints Church, Chapel Street, NG34 9DX
 Walscott, 9.30am – (1st & 3rd Wednesday of every month), St Oswald's Church, High Street, LN4 3SW
 Martin, 9.30am – (2nd & 4th Wednesday of every month), Village Hall, High Street, LN4 3QI

THURSDAY

Waddington, 10am – Village Hall, Mere Road, LN5 9NX
 Branston, 10am – (2nd and 4th Thursday of every month). Village Hall, Lincoln Road, LN4 1NS
 Skellingthorpe, 11am – Community Centre, Lincoln Road, LN6 5UT
 Sleaford, 1.30pm – Leisure Centre car park, Boston Road, NG34 7HH

FRIDAY

Metheringham, 10am – Sports Pavilion, Princes Street, LN4 3DE
 Navenby, 10.15am – The Venue, Grantham Road, LN5 0JJ
 Whisby, 10.30am – Whisby Nature Park, Natural World Centre, Moor Lane, LN6 9BW



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**Got Something
That's Broken?**
**We Can Help
You Fix It**

**We Can Help
You Fix It**

Sleaford Repair Cafe

Riverside Church Hall
Southgate

25 Jan, 15 Mar, 24 May

19 Jul, 20 Sep, 15 Nov

12.30 - 3pm

Small Electricals
Clothing & Textiles

Tool Sharpening
Clothing & Textiles

Sharpening
Toys

Electronics

Other Bits n'Bobs

Repairs offered on the day depend on which
Repairers are available, email

sleasfordcan@gmail.com or call 07962360581

NKDC Community Awards Finalist 2024

More Repairs Needed TOO!



CHOCOLATE CAN



Training

We joined some of the Old Hall team in the garden to complete part 1 of our end-of-life training.

Lots of thought-provoking discussions came from this training session and given us even more food for thought .



(Unfortunately, we forgot to take photos of the other groups)

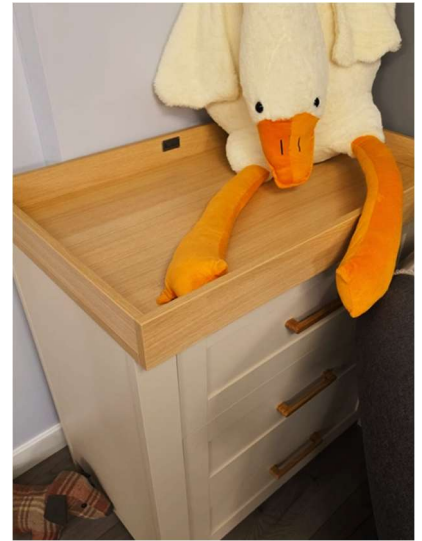


Baby Rochford Update.



By the time you are reading this, we will be 30 weeks along and I am certain that the next 10 will shoot by quicker than an average week!

We are currently getting the nursery furniture sorted out and put together, bit by bit. Here is a glimpse so far.



Ivy Jean came to see us all this month and brought Chantelle with her.





Sara's September Superstition -

Blackberries on September 29th:

A superstition exists in some places that you shouldn't eat blackberries on September 29th - The Legend:

The story often involves Saint Michael casting Lucifer out of heaven. Lucifer's fall supposedly landed him in a thorny blackberry bush, leading him to curse the berries, making them undesirable after September 29th, according to some folklore sources.

September has an odd not so superstition too..... Do you dare? I know I don't!..

National Defy Superstition Day on Sept 13th - This day encourages people to challenge common superstitions like stepping on cracks, walking under ladders, and breaking mirrors





Butternut Squash Soup

- 1 butternut squash about 1kg, peeled and deseeded
- 2 tbsp olive oil
- 1 tbsp butter
- 2 onions diced
- 1 garlic clove thinly sliced
- 2 mild red chillies deseeded and finely chopped
- 850ml hot vegetable stock
- 4 tbsp crème fraiche plus more to serve



Step 1 - Heat the oven to 200C/180C fan/gas 6.

Step 2 - Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil.

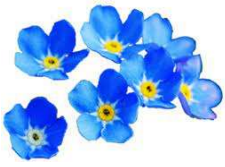
Step 3 - Roast for 30 mins, turning once during cooking, until golden and soft.

Step 4 - While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Step 5 - Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.

Step 6 - Tip the butternut squash into the pan, add the stock and crème fraiche, then whizz with a stick blender until smooth. For a silky soup, put the soup into a liquidiser and blitz it in batches.

Step 7 - Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraiche and a scattering of the remaining chopped chilli.



Jammy blackberry & almond crumble cake

- 225g butter plus extra for the tin
- 225g golden caster sugar plus 1 tbsp
- 3 medium eggs
- 275g plain flour
- 2 tsp baking powder
- 50g ground almonds
- 2 tbsp milk
- 1 tsp vanilla or almond extract
- 3 tbsp berry jam of your choice (we used blackcurrant)
- 150g blackberries
- Handful of flaked almonds



Step 1 - Heat the oven to 180C/160C fan/gas 4, butter a 20cm square tin and line with baking parchment. Beat 200g of the butter and 200g of the sugar together in a large bowl using an electric whisk until light and fluffy. Beat in the eggs, one at a time, until well combined. When smooth and creamy, add 225g of the flour, the baking powder, almonds, milk and vanilla, and mix to combine.

Step 2 - Scrape the mixture into the tin and level the surface with a spatula. Dot over teaspoons of jam, then scatter over the blackberries, pressing them in gently.

Step 3 - To make the crumble topping, weigh the remaining 25g butter and 25g sugar into a bowl, add the rest of the flour and a pinch of salt. Rub the ingredients together between your fingertips until they are a crumbly consistency. Mix in the flaked almonds, then scatter the crumble over the cake. Scatter with the 1 tbsp caster sugar and bake for 45 mins until a skewer inserted into the middle comes out clean.

Step 4 - If the cake isn't ready, return to the oven for 5-10 mins more, then check again. Leave to cool for at least 20 mins in the tin before slicing and serving.



Chair Based Exercises

Towel Wrist Wringing

This exercise is designed to strengthen the forearm muscles and improve grip strength. Begin by sitting in the working position. Hold a rolled-up towel in front of you at waist height, with your hands shoulder-width apart and your palms facing the floor. Imagine wringing water out of the towel by twisting your wrists in opposite directions. Start by turning your left wrist forwards while simultaneously turning your right wrist backwards. Continue this twisting motion, alternating directions as if wringing out a wet towel



Towel Wrist Wringing



This exercise targets the chest muscles (pectoralis major) and the anterior deltoids (front of the shoulders), while also engaging the triceps (back of the upper arms). Sit in the working position, holding a towel at chest level. Create initial tension by pulling the towel apart. Push your hands forward while maintaining this tension. Keep your shoulders depressed (down) and retracted (back). Pull the towel back to your chest and repeat the movement.



Hip Abductor Press



This exercise strengthens the outer hip muscles, such as the gluteus medius. Sit in the working position and lay a towel across both knees. Create tension by pulling the towel apart and pushing it down towards the floor. Press your legs outward against the resistance of the towel. Return to the starting position and repeat.

Chair-based exercises are recommended for the elderly because they are safe, low-impact, and support strength, flexibility, and balance. They reduce fall risk, are joint-friendly, and are accessible for varying fitness levels. Seated exercises or using a chair for support make them ideal for those with mobility or health issues. They also promote heart health and, in group settings, boost social and mental well-being.



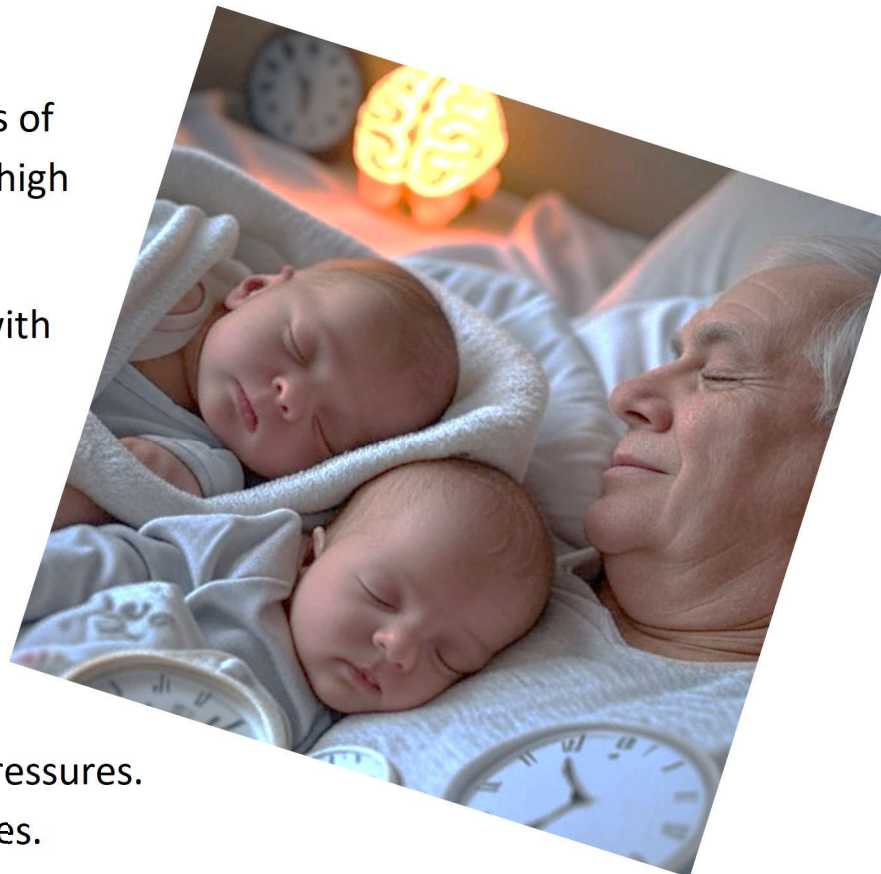
Sleep and Ageing

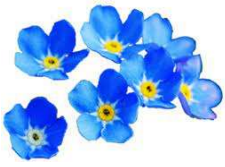
Sleep is a critical biological process that supports brain function, physical health, and emotional well-being, but it evolves significantly across the lifespan. Understanding these changes is vital for health, social care, and fitness professionals.

Sleep Architecture: Sleep consists of Non-Rapid Eye Movement (NREM) sleep (three stages, including deep slow-wave sleep) and Rapid Eye Movement (REM) sleep, where dreaming occurs. Adults typically experience 4–6 cycles per night, with NREM dominating early and REM later.

Sleep Across the Lifespan:

- Newborns: 16–20 hours of fragmented sleep with high REM.
- Children: 9–12 hours, with consolidated sleep and fewer naps.
- Teenagers: Need 8–10 hours but often get less due to delayed melatonin, early school schedules, and social pressures. Slow-wave sleep declines.
- Adults: 7–9 hours with stable cycles, though work and lifestyle can disrupt quality.





- Older Adults: Sleep becomes lighter, more fragmented, with reduced slow-wave and REM sleep, lower melatonin, and earlier bed/wake times, impacting quality of life.

Common Sleep Disorders in Older Adults:

- Insomnia: Common due to health conditions and medications.
- Sleep Apnoea: Disrupts breathing, reducing sleep quality.
- Restless Legs Syndrome/Periodic Limb Movement Disorder: Causes discomfort and sleep disruption.
- REM Sleep Behaviour Disorder: Linked to neurodegenerative diseases, involves acting out dreams.

Causes of Sleep Issues in Later Life:

- Chronic illnesses (e.g., arthritis, depression), medications, reduced activity, social isolation, and environmental sensitivities.
- Biological changes: weakened homeostatic sleep drive, circadian rhythm decline, reduced melatonin/growth hormone, and brain structure changes.

Health Impacts: Poor sleep in older adults is linked to cognitive impairment, increased fall risk, reduced daily functioning, worsened health conditions, depression/anxiety, and social isolation. Poor sleep and health create a vicious cycle.

Interventions:

- Sleep Hygiene: Consistent schedules, comfortable environments, limiting caffeine/screens.



- Multidisciplinary Approaches: Manage health conditions, adjust medications, use Cognitive Behavioural Therapy for Insomnia (CBT-I), reduce loneliness, and enhance social interaction.
- Combining strategies improves sleep and overall health.

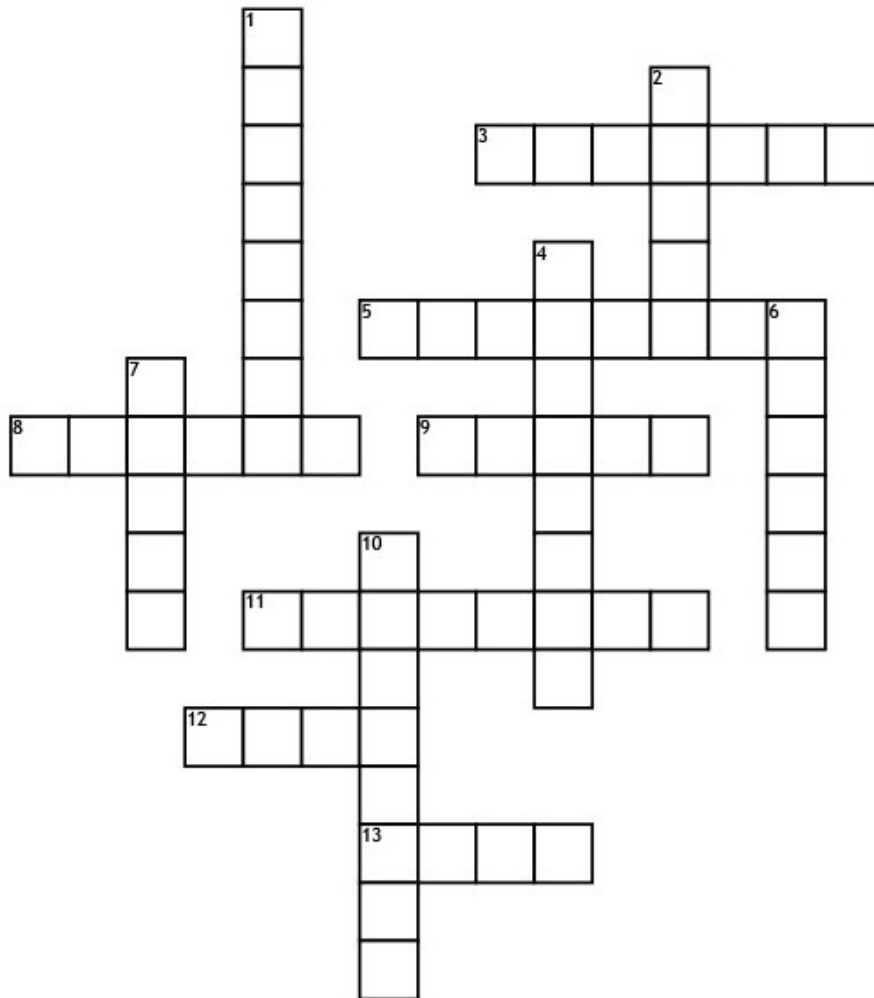
Conclusion: Sleep changes profoundly with age, particularly in older adults, driven by biological, psychological, and social factors.

Addressing these through comprehensive interventions can enhance sleep quality, independence, and well-being, making sleep a critical focus for healthcare professionals.



September 25 Puzzle

September



Across

- 3. Vegetable you can carve
- 5. something people wear during autumn
- 8. a little cold
- 9. fruit of the oak tree

11. popular fall sport

12. Use one of these to tidy up fallen leaves

13. the way trees look during autumn

Down

1. a small rodent

2. a crisp red fruit

4. the first monday in september

6. where do children go in the fall?

7. a drink you can make from apples

10. another autumn month



September 25 Puzzle

Seasons

J Z L T S E A S O N S Z C O G C A K B D J T D N
R B P Z R P P H J I X K F K M P F B V P U F S E
B C X Y I Z M E U H R E M M G J U K J U F O A T
B P F E J K C N O C J B F E N D O G Y J R N Q L
I X G O D I E O P J K N L L A N P X V K O R B M
B E O X T B Q I D S G L R G G T G V Y X M C H V
F L T S H C U T E L A H L X I V N U Z D E O C P
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C N W B J C K N N R B K L Y T N Y Z V N I X E U
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Hemisphere
Revolution
September
Autumnal
December
Rotation
Solstice
Equator
Equinox
Seasons
Spring
Summer
Vernal
Winter
Earth
March
Axis
Fall
June
Tilt

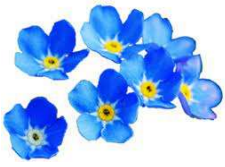




September 25 Pub Quiz

Questions

- 1) What was the playwright Shakespeare's first name?
- 2) On a standard UK Monopoly board, which is the most expensive location?
- 3) Who is King Charles III's sister?
- 4) Which US state is biggest by population?
- 5) What position did footballer Peter Schmeichel play for Manchester United?
- 6) Complete the title of this George Orwell novel "Nineteen Eighty ...?"
- 7) Which 'C' is a place where people are buried after death?
- 8) Which city is the capital city of Spain?



September 25 Puzzle

Back to School Scramble



Everything was almost ready to start the new school year but the labels for the classroom got jumbled. Can you unscramble the letters to form the names of 24 things you might find in your classroom? Watch out, one of the objects is formed from two words.

IRCAH _____

FGAL _____

BKOENOTO _____

CDLNARAE _____

REEARS _____

LSARTPE _____

EGLU _____

IRFLEAAMR _____

CNLEPI _____

KSED _____

OASOCBEK _____

TXOKBTOE _____

CRTOLUALCA _____

RRAMEK _____

KACKCBAP _____

ROSSSICS _____

CKALH _____

OLCKC _____

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MSOACPS _____

ENDUSTT _____

GLEBO _____

NIBDRE _____

APPRE _____



September 25 Codeword

12	5	3	4	16	24	1		4	23	3	4	15	8	26
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A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26



September 25 Puzzle

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8		9	7	1				3
				9				
6						1	8	
	5		1		2	3	6	9



September 25 Puzzle

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Harvest Festival

Word Search

ANNUAL
APPLES
AUTUMN
CELEBRATION
CONTESTS
CORN
CORNUCOPIA
CROPS
FARMER
FEASTING
FESTIVAL
FIELDS
GAMES
HARVEST



HAYRIDE
LEAVES
MERRIMENT
MUSIC
OCTOBER
PUMPKINS
REGIONAL
SCARECROW
SEPTEMBER
SQUASH

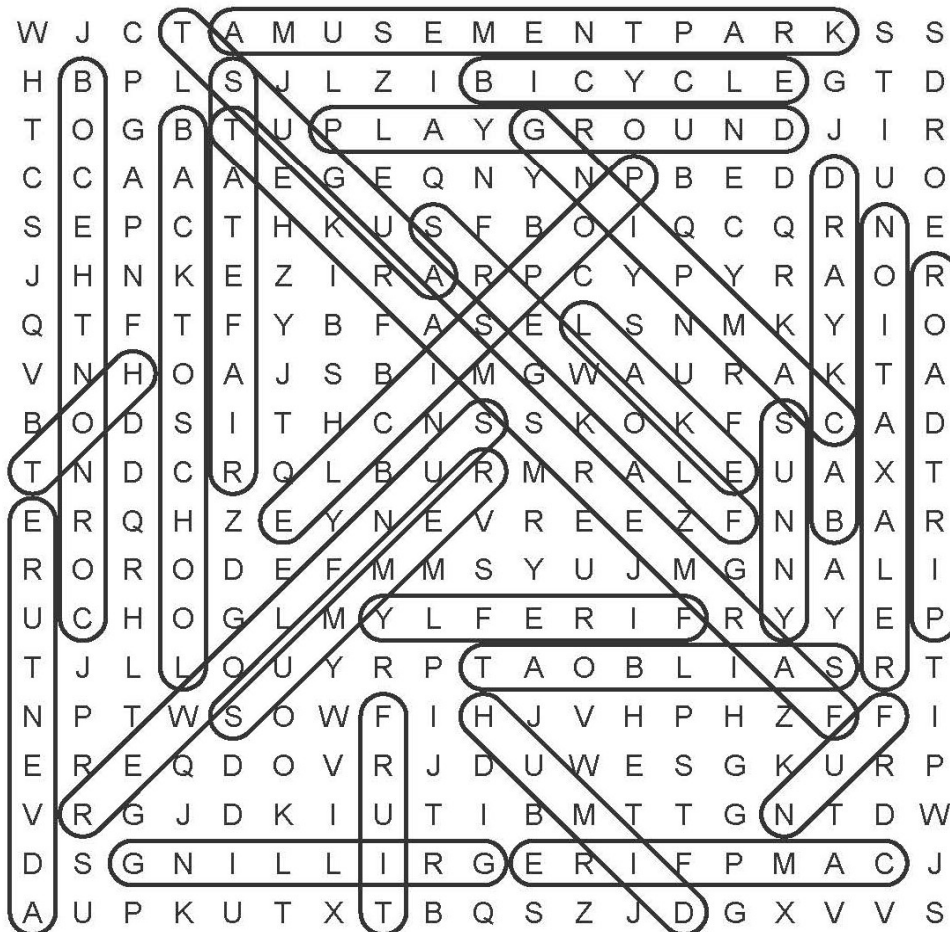


August 25 answers to the puzzles.



Word Search

SOLUTION



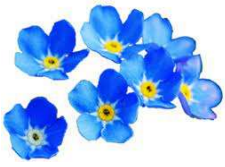


August 25 answers to the puzzles.

EASY SUDOKU #1

SOLUTION

6	8	9	3	2	5	1	4	7
3	5	4	8	1	7	9	2	6
7	1	2	6	9	4	3	8	5
2	4	3	9	7	1	6	5	8
9	7	8	5	6	3	2	1	4
1	6	5	2	4	8	7	3	9
8	9	6	4	3	2	5	7	1
4	3	7	1	5	9	8	6	2
5	2	1	7	8	6	4	9	3



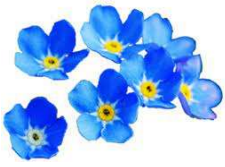
August 25 answers to the puzzles.

Summer

Crossword

SOLUTION





September 2025



The Forget Me Not Home Care Team

_____ We work around you, for you and with you _____

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