

We are big on education and empowerment here at Visiting Angels. For our staff, for our clients, even for those in the community (not clients) who have called in seeking help and not knowing which way to turn. A true story emerged last month from a lady in NH and her husband (not a Visiting Angels client but a couple needing help in the face of a life-changing event). Please read on.

## Getting an Accurate Diagnosis: Is it Alzheimer's or Not?

by Ami Sarasvati, Marketing Liaison

The changes came on suddenly. Heather and her 63-year-old husband, Bill, a professional all his life, got taken off guard one day when Bill simply couldn't remember their dog's name. "It was more than a senior moment," says Heather. In a short period of



time, Bill's language and memory seem to take a sudden and devastating fall. Knowing something was terribly wrong, they set up an appointment with Bill's primary care physician. At the appointment, Bill was asked to perform some tests. A quick assessment using visuals, hand motions, and a seemingly easy task of drawing a clock face revealed Bill was in big trouble. He couldn't do it and struggled through the assessment. After it was over, they asked their PCP what he thought it was. The doctor's response? Alzheimer's disease.

Heather shared with us that at that moment, she and Bill looked at each other and felt sick to their stomach. The doctor ordered an MRI but Heather needed information and guidance immediately. Heather, taking a proactive approach, reached out to a close friend who let her know she could call on Debra Desrosiers, even though they weren't clients of Visiting Angels. Heather needed more information, seasoned advice, and the opportunity to ask questions. Debra has worked in the trenches for over a decade directing a busy homecare agency who specializes in dementia training for their staff. Additionally, Debra has coached families for years in the area of dementia and has become a Certified Alzheimer's/Dementia Coach and Consultant.

### *(Getting an Accurate Diagnosis cont.)*

"Debra was very supportive. She calmed me down and gave me reassurance," says Heather. "She let me know about my options, offering services and let me know that it may not be dementia." Good advice and potentially good news. Getting a proper diagnosis is the crucial first step, which Debra coins as the "Foundation" in her coaching program: The Caregiver Keys to Navigating the Dementia Journey.

Soon after, Bill's MRI revealed a brain tumor. Just days later, Bill's tumor was surgically removed. Chemotherapy and radiation began soon after. Bill's long term treatment will be determined by periodic assessments. "We will keep moving ahead with our lives and retirement, as we've planned," says Heather.

Heather and Bill, we wish you all the best in your journey. We concur the importance of getting a thorough and accurate diagnosis when cognitive (or any) conditions surface. Lastly, we commend you on your rapid and zealous efforts of getting your husband into the right hands.

We are here to be of service and highly recommend, if you are facing a diagnosis or cognitive challenge, to go the distance, as Heather and Bill did, to be sure the diagnosis is accurate.

*Note: names (except for Debra Desrosiers) have been changed to protect privacy.*

## Spring T'ai Chi Chih Class

A new 6-week T'ai Chi Chih program begins at Visiting Angels at 14 Hooksett Rd. in Auburn NH on April 28m 2014 at 11 am.

T'ai Chi Chih helps with balance, stress, and body awareness. Come join us and discover why this practice is also known as "Joy thru



Movement." First class is free, so come see for yourself. For more information, call Ami Sarasvati at 603-483-8999.

## Save the Date!

**FREE 2- HOUR SEMINAR at VISITING ANGELS  
on Alzheimer's and Dementia  
by Debra Desrosiers**

## Get the Caregiver Keys to Navigate the Dementia Journey



14 Hooksett Rd., Auburn NH  
**Wednesday, June 4th 8:30-10:30 a.m.**  
**-or- Saturday, June 7th 10 a.m.-noon**

Excellent information for family caregivers and professionals who provides services to Seniors!

## Caregiver of the Month

**Olga Doherty** is our Caregiver of the month! Her client says, "Olga is like a Whirling Dervish! She works very, very hard, is very, very thorough, caring, and compassionate. She is really unbelievable. Olga has a very nice way about her. She's always smiling, happy, and always on time. I can see how much she really cares about my wife. Olga has a great deal of patience, is never flustered, and is very accommodating."



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*We appreciate you, Olga, for your thoughtfulness, reliability, caring, and outstanding service. Well done!*

April  
SHOWERS  
BRING  
May  
FLOWERS

## Manchester Walks

The Manchester Police Community Policing Division announces the 2014 Spring Senior Walks. These walks allow seniors to exercise and experience



Manchester with Manchester police officers. Walks are held Monday mornings at 9 a.m. unless otherwise noted. The walks are approx. 2-3 miles and take about one hour to complete.

See the spring schedule online at:  
**[www.girardatlarge.com/wp-content/uploads/2014/04/MPD-Senior-Walks-Spring-2014.pdf](http://www.girardatlarge.com/wp-content/uploads/2014/04/MPD-Senior-Walks-Spring-2014.pdf)**

## Two Great Local Resources to Help You Preserving Cherished Memories

We often hear from families that having their keepsake photos or videos would be a wonderful gift but are often in boxes where no one can access them easily. Here are two local resources to help you organize and gift your family story!

Our first highlighted business in Hooksett NH is owned and operated by Doris St. Pierre of PhotoSynthesis. Doris's business offers organizing services, slide conversions, digital album creation and much more. For more info, visit **[www.photosynthesisnh.com](http://www.photosynthesisnh.com)**.

Our second highlighted business is Treasured Memories Video owned and operated by Dave Walden. If you hare ready to have a keepsake video done for your family, check out **[www.b2bvideonh.com/personal-videos](http://www.b2bvideonh.com/personal-videos)**.

We hope you enjoy this publication. Wishing you all a safe and healthy month.

*Sincerely,*

**Debra Desrosiers, CSA, CADC  
Director of Visiting Angels**