



August 2013 Edition

Lots happening here at Visiting Angels! **Two big events coming up we hope you will take part in...**



**Get your
HOLIDAY
SHOPPING
DONE
EARLY
and help an
amazing
cause!**

This special event hosted at Visiting Angels will be an evening of fun, friends, and shopping! A percentage of the proceeds will be donated to benefit the Walk to End Alzheimer's. Food and beverages will be provided. Bring a girlfriend, sister, mom, auntie or any other lady in your life who would also enjoy this event. *Vendors include:*

DRINKABLE ARTS: Cheryl S. www.drinkablearts.com

LIA SOPHIA: D'Ann T. www.liasophia.com/danntrue

AVON: Roxi D. www.youravon.com/shophappy

THIRTY-ONE: Saskia B. www.mythirtyone.com/sasbarrett

MARY KAY: Jaynemie V. www.marykay.com/JayWright

SCENTSY: Rachel D. www.racheldeveau.scentsy.us

TASTEFULLY SIMPLE: Michelle A. www.buyeatrepeat.com

PSYCHIC READINGS: Corinne M. www.corinnestar.com

MASSAGE: Laura B. www.elementalbodytherapies.com

PAMPERED CHEF: Jenny A.
www.pamperedchef.biz/cookwithjenny7

**Kindly RSVP by 9/3/13
by calling 603-483-8999.**

Just in Case Program starting in Auburn, NH

This is a **FREE Safety Program** for
Auburn NH Residents



The *Just In Case Program* is a registry of residents of Auburn NH with a mental or physical health impairment. This program is **free** and functions as an emergency tool in the event that an individual wanders and becomes lost or disoriented. This important community resource allows Auburn Police officials to refer to the *Just In Case* database for easy identification in order to provide a quick and safe return of a wandering individual.

The program consists of a digital photo of the individual along with basic information, a photo, and important medical information. All information is kept in the Auburn Police database and remains confidential.

**Bring your loved one by on
Thursday, Sept. 12, 2013 from 5-9 pm to
Visiting Angels at 14 Hooksett Rd. Auburn, NH**

Did you know? 6 in 10 older adults with dementia will wander. It can happen at any stage of the disease.

No RSVP necessary. Just show up! Refreshments will be served.



See other side →

Watermelon Gazpacho!

2 cups watermelon
1/4 cup diced cucumber-seedless is best
1/4 cup diced red bell pepper
1/2 green apple, diced and of course cored
1/4 cup fresh blueberries



Put one cup of the watermelon into a blender and pulse briefly to somewhat puree. Dice the other cup of watermelon very fine. Mix all the ingredients together and sprinkle with a little more sugar if it is too tart. Serve in clear glass with chunks of cheese. This is a great dish! Enjoy!!

Celebrating Many Angels this month!

Celebrating the Outstanding Efforts of several Angels this month! Kudos to:

Julie M., Emily E., Lisa R., Maureen S., Jamie V., Michele M.



Employee of the Month: Lisa R.

What does Lisa enjoy most about her job? "I enjoy taking care of the elderly, listening to their stories about back in the Depression, when they might not have had electricity. I enjoy taking them out." Lisa also enjoys the other caregivers and the staff of Visiting Angels. Her advise to new caregivers? "Be patient!"

Thank you, Lisa, for your dedication to all those whom you care for and for sharing your golden heart!

Choosing a Homecare Agency with Confidence

Make no mistake, choosing the right homecare provider is one decision that requires your full attention as well as your very best research efforts. You need good information and you may need it in a hurry. Not only will a homecare provider be taking care of Mom and/or Dad, but they will be in their home, having access to their life, their health, and their possessions. The purpose of this article is to provide you with the ultimate checklist for this very task. This has been crafted by a seasoned homecare business owner and credentialed senior care professional who has worked in the trenches of a homecare business and who has earned the award for "Best of Homecare" for successive years. Use this list to find the agency in your loved one's area that can satisfy every single one of these criteria.

- Are they owned and operated by licensed professionals who fully understand your needs?
- How long have they been in business?
- Are they licensed, bonded, and insured?
- Are their caregivers employed or subcontracted by them?
- Are they paid "under the table"?
- Does the agency provide 24/7/365 live phone access to a case manager in case of emergencies?
- What training do they provide/require of their caregivers?
- Do they check professional and personal references?

[To see the full article and to print out for reference, please go to our website: www.homecareofnh.com.](http://www.homecareofnh.com)

Community Service at the Arbors of Bedford: Part 2!



One of our Community Service efforts this month was a continuation of last month's musical offerings. Ami Sarasvati, Marketing Liaison of Visiting Angels, returned to [The Arbors of Bedford](#), one of the area's premier residence for people at every stage of Alzheimer's disease. This month, Ami played the Native American Flute for their advanced Alzheimer's residents. Before the music began, the group seemed withdrawn. Over the course of the hour, they became more responsive. At the end, Ami played *Amazing Grace*. It was truly heartwarming to hear the residents humming along, their faces smiling, and clearly connecting with the music. Ah, the amazing power of music among those with Alzheimer's!

Visiting Angels Creating Smiling Faces at Ice Cream Socials

We had a busy social schedule in July! Visiting Angels offered ice cream and all the fixings to the residents and staff at Villa Crest Nursing & Retirement Center in Manchester, the residents and staff at the Courville in



ICE CREAM SOCIAL

Manchester, the attending seniors and staff at the Cashin Senior Center in Manchester, and the residents and staff at the Bedford Hills Center in Bedford. *In the photo: Case Managers Chara A. & Tina G., & Marketing Liaison Ami S.*

Community Service at the Cashin Senior Center in Manchester

We visited the Cashin Senior Center to facilitate the Memory Cafe event. Debra Desrosiers gave a presentation to caregivers and walked them through one of her labors of Love: *The Dementia Kit* which is available at no cost to help families who have received a diagnosis of dementia navigate the resources available to them. ([Please contact Debra for more information](#)). In another room, Ami S. played the Native American Flute and read a mythical history of the flute to attendees with mild to moderate Alzheimer's disease. After the Memory Cafe was over, Debra, Ami, and Case Manager Tina G., wheeled in the ice cream & toppings and treated the seniors and staff to an ice cream social.

[The Cashin Senior Center](#) is a vibrant community. If you know of a senior in Manchester who is looking to step out and connect, we encourage you to direct them to The Cashin Senior Center. The activity calendar is impressive and the community is very welcoming.

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

Sincerely, Debra Desrosiers, Director of Visiting Angels