



## There's No Place Like Home

*Harry in Bedford*  
by Ami Sarasvati

Harry is a World War II Naval Veteran, a retired mechanical engineer of a major airline after a 40+ year career, and father of grown children. Having lived in numerous places in the United States following work opportunities, Harry feels "New Hampshire is the greatest state in the country" and enjoys his retirement life at home. One of his sons recommended Visiting Angels four years ago and Harry agreed. Harry's Visiting Angel is one of our male caregivers. Their friendship was immediately evident and heartwarming when visiting Harry's home recently.

Harry is 87 years young and his home is neat as a pin. One can see the military discipline remains in tact in his lifestyle. A place for everything and everything in its place as the saying goes. Harry laughs, "Cleanliness is next to Godliness," he acknowledges his nicely ordered yet comfortable and warm residence. Harry has lived with great intention. One gets the feeling that everything on the walls and fireplace mantle has an interesting story behind it. As we tour around his home, this feeling is confirmed.

One of Harry's great interests include horses. Several lovely wall hangings reflect his appreciation of horses. He also has several impressive wood carvings, which he did himself, of horses and horse-related subjects. In addition, he enjoyed making puzzles at one time (now glued and backed) which decorate his porch. He enjoys crosswords on a daily basis, watching favorite TV shows, and appreciates different genres of music including bluegrass and classical. He used to play the harmonica which he said was a great comfort when he was "22 days on shipboard" during his naval career which began just after high school. Harry shared a brief overview of a vibrant naval career from boot camp, being on the construction battalion then going on to combat training in San Francisco, being sent to Philadelphia, New Guinea, among other destinations. Upon returning to the U.S., he began his post-military career in aircraft construction and repair for major and minor airlines. Along the way, Harry also trained and worked as a blacksmith. With his deep interest in horses, he reflected how he enjoyed providing shoes for the horses to make them more comfortable.

Harry loves his home and takes pride in keeping it in such order, yet keeping it comfortable and tastefully decorated with remnants of a vibrant life. We are very pleased to provide assistance to keep Harry living well at home.

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*Note: Client names are changed in this series of article to protect their privacy and security.*

## Activities To Sweeten Your Life

We want you ... to tell us! What makes you feel connected, energized, fulfilled, and joyous? The answer is different for everyone and it is a topic of great interest



*We Want You*

to us at Visiting Angels as we are developing new ways to enrich our clients lives at home. In senior living facilities, they have full time employees dedicated to resident activities. Above and beyond "care plans" at facilities are "activity plans" where the physical, mental/emotional, and spiritual needs are considered. We are gathering information about what kinds of activities you enjoy most. Do you enjoy taking photos? Drawing or painting? Writing poetry? Line-dancing or other gentle exercise? How about a quilting or recipe swapping? Take a moment and let us know what would make your day brighter, make you feel inspired, spark your creativity.

## Be An Angel Day

In the spirit of celebrating national "Be An Angel Day" on August 22, several of the Visiting Angels staff delivered 500 carnations to residents at Villa Crest Nursing and Retirement Center, Hanover Hill Health Care Center, The Courville at Manchester, St. Teresa's Rehabilitation and Nursing Center, and Mt. Carmel Rehabilitation and Nursing Center.



We were delighted to see so many residents' faces light up as we offered a flower, a hug, and a wish for them to have a good day. Today, it filled our hearts to offer 500 seniors a moment of joy and goodwill.



The Retirement Village People

## Our Annual Fundraiser for the Alzheimer's Association

It's that time of the year again when we roll up our sleeves and get busy raising funds to help the Alzheimer's Association find a cure. We have a long way to go to reach our team goal. Every dollar helps us reach that goal. Here are 3 ways to help us:



### 1) Our 2nd Annual "Ladies Night Out" event

This is truly a ladies-only event. We have a fantastic line up of vendors again this year. So, mark your calendars and get ready to get your holiday shopping done early for an amazing cause.



**RSVP by 9/2/14: 603-483-8999**

**SAVE THE DATE!**

**Friday, Sept 5**

**5-9 pm at Visiting Angels  
14 Hooksett Rd.  
Auburn, NH**

*% of proceeds go to  
Walk to End Alzheimer's  
Food & beverages  
provided!*

### 2) AMAZING RAFFLE for an AMAZING CAUSE



**1 ticket for \$2  
3 tickets for \$5  
10 tickets for \$10**

Among the raffle prizes are:

- Tickets to Clark's Trading Post
  - Hot Rocks Massage
  - 2 Gold Level Voucher to Manchester Monarchs game
  - \$50 Gift Certificate to Cotton Restaurant
  - Annual Membership to SeeScienceCenter
  - Bellman's Jewelers
  - And many, many more!
- To purchase, call in or let your caregiver know.

**3) You can also help out by sending a donation of any amount** (please make the check out to Alzheimer's Association) and send it to us at Visiting Angels, P.O. Box 715, Auburn NH 03032. Your funds will be included in our Walk to End Alzheimer's fund.

Thank you for your help and support. Working together, we will find a cure.

## Caregiver of the Month: Hank D.

Hank is an exceptional caregiver. He works with two male clients. When asked what he enjoys most about being a caregiver he says, "It is the closeness you feel in giving to people. I'm so fortunate and it warms my heart knowing I can be there for them. It is a warm, fuzzy feeling connecting with my clients, we become friends."



When asked how Hank feels about working for Visiting Angels, he responds, "The entire staff is friendly and helpful. The training is superb. The staff is honest, trustworthy and whenever I have a question I can always call for help. Everyone is so professional."

*We appreciate you, Hank, and we commend you for being such a fabulous caregiver. Thank you for your dedication and bringing your beautiful heart into your work.*

## The Manchester Police Community Division announces the 2014 FALL SENIOR WALKS

These walks allow seniors to exercise with police officers. Walks are Monday mornings at 9AM unless otherwise noted, are approx. 2-3 miles and take about one hour to complete. Walks begin at 9:00am.

September 8, 2014 Manchester River Walk  
Meet at the Hilton Garden Inn Hotel parking lot  
@ 101 S. Commercial St.

September 15, 2014 Livingston Park  
Meet in parking lot near the playground, Hooksett Rd.  
@ Redcoat Lane

September 22, 2014 Manchester/Goffstown Rail Trail  
Meet at the dead end of Agnes St. from Biron Bridge

September 29, 2014 Massabesic Lake Trail  
Meet in the paved parking lot off Londonderry Turnpike just south of the Massabesic Traffic Circle

October 6, 2014 Manchester Rail Trail  
Meet on the north side of Shaw's Plaza, 375 S. Willow St.

October 14, 2014 (Tuesday)  
Massabesic Audubon Center 26 Audubon Way Auburn NH  
Meet in the parking lot across from the Audubon Center

October 20, 2014 Stark Park  
Meet in front of Brookside Church, Elm St. @ Clark St.  
Park on Elm St or Clark St.

October 27, 2014 Manchester River Walk  
Meet at the West Side Ice Arena @ Electric St.

In case of inclement weather, contact Officer Mark Ampuja between 7:30am and 8:30am the day of the walk for cancellations at (603) 792-5431