



With the first stirrings of fall in the air, we hope you are enjoying the last few weeks of a hot summer. One of the most glorious displays of fall foliage will soon be gracing us here in NH. Those warm, colorful days are great opportunities to get outside and enjoy the colors.

Welcome Julie Spencer, New Case Manager

Julie has worked and trained in the aging industry for over 10 years. She obtained her Master's degree in Gerontology (Management of Aging Services) from the University of Massachusetts in 2008 (Boston), and her Social Worker license in 2010.



Previous positions include:

- Memory Care Director
- Senior Center Director
- Long Term Care Options Counselor
- Resident Service Coordinator
- Protective Service Worker

Certifications and trainings include:

- Certificate in Aging from Boston University - Institute for Geriatric Social Work
- Certificate in Options Counseling through the Executive Office of Elder Affairs in Massachusetts
- Certificate in Working Respectfully and Effectively with People with Memory Loss through StillMee Alzheimer coaching
- Certificate as a trainer for Chronic Disease Self Management Program - Stanford University
- Join Their Journey Alzheimer's training through Emeritus Assisted Living

Julie feels strongly that there is a gap in knowledge about services available with the aging population. She sees a general reluctance among seniors to take that important step to receive services which can help them maintain their independence and health. Unfortunately, it is often a crisis situation that leads seniors to fill in that gap and seek services which make it possible for them to remain living in their home. It is Julie's passion to help seniors learn what is available to them as well as arrange appropriate and affordable services which serves them and also lightens the load on their families.

Julie enjoys empowering seniors to use their voice and know their rights as they make decisions about their care. Julie's professional mission is to help seniors live in the least restrictive setting of their choice while also reducing their risk in that environment. Many people can remain safely in their homes if they are willing to make needed modifications. Many times they can put off moving to an assisted living facility or nursing home indefinitely.

Vitality to You: PT, OT, and Speech Therapies at Home Covered by Medicare Part B

The exploding trend of seniors receiving home care services sets the stage for a parallel trend being rolled out by Genesis HealthCare



which is in-home physical, occupational, and speech therapy. Home care has grown by leaps and bounds over the past decade and is going through an explosive growth pattern as the baby boomers begin to require services to remain at home.

Genesis, one of the nation's largest skilled nursing and rehabilitation therapy providers, has over 400 centers around the US. They also recognize the growing trend in seniors aging at home and are rolling out a landmark program called Vitality to You. This program is being set up in "pods" which will cover territories of several Genesis properties in geographic clusters. [From their website] Genesis Rehab Services offers Vitality to You to allow you to continue your medically-necessary outpatient rehabilitation therapy services in the comfort and privacy of your home. Instead of providing care in a clinic, our licensed and credentialed therapists travel to provide treatments in private residences as well as in assisted or independent living facilities. Unlike home health agencies covered under Medicare Part A, you do not need to be home-bound or qualify for skilled care. As long as you demonstrate medical necessity for physical, occupational and/or speech therapy services, Vitality at Home may be covered by Medicare Part B and other private insurance. [end]

Lindsay Vertullo, OTR/L, Director of the Vitality to You covers six New England states. She tell us, "The client does not need to be affiliated with a Genesis Healthcare facility or with prior Genesis Rehab therapy services. We are able to evaluate patient referrals from our home care partners, physician groups, private organizations, and from patients themselves who have identified a decline in function."

The program will expand to the NH seacoast area in the late fall of 2015. PT/OT/Speech Therapy has been available by select small PT/OT agencies, but with a conglomerate like Genesis launching a program nationwide, these services could potentially become the "norm" for those needing therapy.

Vitality to You presents a solution for seniors by eliminating the steps of having to arrange for transportation, additional support, and coordination to an outpatient clinic. These steps can be prohibitive and could potentially be the cause for some folks to neglect following through in receiving the services they need. This in-home program is a great partner program for our home care clients of Visiting Angels needing PT, OT, or speech therapy. For more information, call 603-296-3713.

Gourmet Puréed

Gourmet Puréed Meals are a great solution for those challenged by dysphagia from Neurologic disorders including stroke, Alzheimer's, Parkinson's disease, traumatic brain injury, multiple sclerosis or ALS (Lou Gehrig's Disease), cancers of the head or neck, mouth, throat, esophagus or gastrointestinal tract, surgery to the mouth, throat or gastrointestinal tract.

We had a special taste testing at Visiting Angels and we were all amazed by how delicious these meals really are! What a great solution for those who have any of the challenges listed above but who love great tasting meals! These meals are tasty as these meals are made from fresh, high-quality ingredients and remain fresh in the refrigerator for 14 days in "Fresh-Lock" packaging. Each nutritious meal contains a protein, vegetable, fruit or snack. The meals are convenient. They are delivered via FedEx direct to patient's homes or healthcare facilities nationwide. Meals are fully prepared and ready to "Heat & Eat" in two minutes. They are also affordable at only \$7.49 for the complete meal.

For more information, contact George Coussoule at 603-490-5528 or visit their website at www.gourmetpureed.com

Elderly Hydration - not to be taken lightly

Mocktail Recipes

For those who enjoy an evening cocktail in their twilight years and in the twilight of the day, we offer an idea to have a "Mocktail" on a day you may feel extra tired or it is extra hot out. Dehydration can be due to inadequate water intake, but happens for other reasons as well, including as a side effect of prescribed medication like diuretics. Other reasons for dehydration include diarrhea, excessive sweating, loss of blood, and diseases such as diabetes. Urinary tract infections and low blood pressure are also two common results of chronic dehydration. Aging itself makes people less aware of thirst and also gradually lowers the body's ability to regulate its fluid balance. If you're looking planning on enjoying a couple cocktails, consider making the first one a Mocktail. Here's a recipe for one and there are many ideas you can get by googling mocktail as well.

Cucumber Lemonade with Basil

To make 3 to 4 Cucumber Lemonade treats, combine:

- 1 English cucumber
- 3 cups water
- 3 lemons
- 2 Tablespoons sugar or a pinch of stevia
- 1 small bunch of basil
- 1 cup soda water

Directions

1. Cut a cucumber in half. Peel one half and cut it lengthwise (you can cut it in half again first if need be).
2. Scoop the seeds out and chop it into pieces.
3. Put the cucumber pieces in a food processor and puree until smooth.
4. Put puree in a fine mesh sieve over a container and push with a wooden spoon or spatula, extracting as much liquid as you can from the cucumber puree.
5. Fill a separate bowl or container with 3 cups water. Squeeze 2 lemons into the water and mix in the sugar.
6. Pour lemonade and cucumber juice into a pitcher or serving container. Slice remaining cucumber half (unpeeled) and remaining lemon and add to pitcher. Add basil, too. Refrigerate until chilled.
7. Serve with ice.

Caregiver of the Month

Michele M.



We received an emergency call this past month. In a moment's notice, a family needed help and needed it immediately. The office team sprung into action combing through our caregiver list for who could help out right away. We called Michele who took our call, listened to what was needed, and stepped up without hesitation.

Michele is a retired social worker and understands what is needed when a family is in a crisis. We cannot thank her enough for her compassion and willingness to step right in to a tough situation requiring an immediate response.

We asked Michele what she feels is the best part of being a caregiver. She responded, "The clients and families. Our role is to care for the client but there is often the family, right there, feeling fragmented and lost in their new role. Often I have an opportunity to work with the family to make the bridge much smaller."

What one piece of advice would Michele pass on to a new caregiver? "Learn to listen more than with your ears, but also with your eyes, see the environment, get a better idea of what's really going on."

We thank you Michele and celebrate you for being such an outstanding caregiver. Your hard work and dedication is appreciated!

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Caregivers of the weeks:

Natalie L., Jamie A., Krista C., and Deb G.

Thank you all for your dedication and hard work!

Save the Dates! Fundraising Events



Ladies Night Out: September 11, 2015

Celebrity Impersonation Show: October 16, 2015

Coins for a Cause: Please help us by dropping off loose change at our office.

Raffle: 1 ticket for \$2, 3 for \$5, 10 for \$10

Wonderful prizes from:

Puritan Backroom, Villagio Restaurant, Manchester Monarchs, Fratello's Restaurant, Vertical Dreams, Murphy's Taproom, See Science Center, T-Bones/Cactus Jacks, Clark's Trading Post, Conway Scenic Railroad, Cotton Restaurant, Envy Sports Club & Café, A Market, and more.