



## Dementia Coaching and Consulting for Families and Professional Caregivers Now Available

Debra Desrosiers, CSA, CADC, has added professional dementia coaching/consulting to her menu of services. This service is designed to educate and empower families and professional caregivers so they can successfully navigate the dementia journey. Debra



recently received her certification as a Certified Alzheimer's/Dementia Coach (CADC). She feels it is paramount to thoroughly train her employees at Visiting Angels (over 100 employees) with the specialized skills required to be excellent caregivers for her clients with Alzheimer's or other dementias.

Many families still struggle trying to find the right skill set to have a harmonious relationship with their loved one who has developed a type of dementia. One-on-one professional dementia coaching/consulting with families help them:

- Build a better relationship with their loved one
- Recognize the top signs of dementia
- Receive resources for education and support
- Learn effective techniques to keep their loved one peaceful

**Debra Desrosiers offers a FREE Seminar: "Caregiver Keys to Navigating the Dementia Journey" to interested groups in the community including senior living facilities. For more information on this service, contact Debra at 603-483-8999 or visit [www.homecareofnh.com/dementia-coaching](http://www.homecareofnh.com/dementia-coaching).**



## There's No Place Like Home

### *Kate in Bedford*

Kate is a classic example of how great teamwork with families and homecare can create the reality "There's No Place Like Home." Kate, age 92, is a warm, funny, talented, and gracious woman. She grew up in South Boston, attended Katie Gibbs and then the Boston Clerical School. She shares a story of enjoying visits to Castle Island just outside of Boston. After marrying, and after having 9 out of her 10 children, her husband accepted a job in New Hampshire. They moved to Bedford 56 years ago where they had their final (10th!) child. Kate recalls the roads were still dirt roads at that time. They bought a farm with multiple houses on it which was built in the 1750s. Starting services with Visiting Angels in 2009, Kate enjoys a full family life on her property.

When asked her secret on how she managed to raise 10 children, Kate quickly responds with a smile on her face and giggle in her tone, "Play dumb!" She gives a couple funny and real examples of how she did that. Clearly, she is a master at knowing how to smooth the feathers and calm the spirits of a family of 12!

During the workday, when her local children are at work, Kate has two primary Visiting Angels who alternate days caring for her. Today, her family consists of 10 children, 16 grandchildren, and 13 great grandchildren. Her home is filled with love and her walls are decorated with her own paintings showing scenes of a peaceful country settings reflecting the life she continues to enjoy surrounded by her family and her Angels.

We are delighted to be part of the solution to allow Kate to age in place as she enjoys her life on her remarkable family property.

*Note: Client names in this feature article are changed to protect our client's confidentiality and security.*

## Need Help with Plowing, Shoveling, Salting & Sanding?

Have your driveway and walkway cleared out before your Visiting Angel is due to arrive. Avoid an interruption in your services. If you live in Manchester, Hooksett, Auburn, Candia, Londonderry, Derry, or Bedford, call **Ron Desrosiers** for more information at 603-483-8999.



## Community Service Project

*Thank You for Your Donations!*

We've had a huge response from the community. Bags and bags AND bags of coats and other winter wear have arrived at Visiting Angels over the last few weeks. Thank you everyone for your generous donations. This load was gratefully received at New Horizons. It truly warms our hearts to know all your donations will help keep those in need warm this winter and for winters to come.



## Red Beans & Rice

Ingredients:

1 lb dry small red beans  
4 cups water  
4 cloves garlic, minced  
1 large onion, chopped (about 2 cups)  
1.5 cups chopped celery  
1 cup chopped green bell pepper  
1 Tbsp Worcestershire sauce  
2 teas seasons to taste (paprika is nice)  
Salt & pepper to taste  
Cooked white rice (from about 3 cups raw rice)  
1.5 to 2 lbs meaty ham shanks (or substitute browned sausage)



Place dried beans in a large bowl and cover them with cold water by a couple of inches. Let soak for 8 hours or overnight. (You can quick soak them by putting them in a bowl and pouring boiling water over them, covering them by 2 inches, then letting them soak for two hours.) Drain.

Place beans, ham shanks, garlic, chopped onion, and water in a large (8-quart) pot and bring to a boil. Reduce to a simmer and cover, simmer for 1.5 hours or until beans are tender.

Remove ham shanks from the pot to a dish. Let cool slightly then shred the meat away from the bones. Return the meat back to the pot. Add the celery, bell peppers, Worcestershire and seasonings. Cover and cook for another hour or until the mixture gets thick. Season to taste with Tabasco sauce, salt and pepper.

Serve over rice. Serves 8.



## Wellness Classes

The wellness classes at the Visiting Angels office (under the name Angels of Community Wellness) was successfully launched in 2013. We are continuing the classes and adding on. Looking to join a class in the new year? The wellness classes starting in January: **Tai Chi Chih, Seated Yoga, Weight Loss, and Reiki.** For more information, call 603-483-0001.

## PillPack

### *Special Offer for Visiting Angels*

Having a hard time organizing your medications? Consider the PillPack service. PillPack simplifies the process of managing medications through a combination of convenient packaging, modern technology, and personalized service.



For Visiting Angels clients and families, PillPack is offering 4 FREE months of service. This super convenient service is a great solution for those trying to manage multiple medications. There is no contract and after the four free months, the cost is only \$20 a month. PillPack is a no-hassle pharmacy. Their goal is to provide the best experience in pharmacy you can possibly have. Sign up is a breeze and they handle all footwork.

To receive the 4 FREE months offer, call Chris Pickering, Director of Operations, at 855-745-5725 and mention you are a client, caregiver, or family member associated with Visiting Angels.

## *Employee of the Month: Jane Ann Frink*

Jane Ann Frink is a fairly new employee at Visiting Angels and is doing a superb job! Jane enjoys getting to know the clients and learning what they've done in their lives. She encourages new caregivers to take the time to become comfortable with clients. Jane says, "Once you're comfortable, you really enjoy yourself every time you go to work!"



Jane, thank you for your outstanding work, flexibility, and great attitude! We appreciate you

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

*Sincerely,*  
**Debra Desrosiers, Director of Visiting Angels**