



Caregiver of the Month Wendy L.

Wendy is a relatively new caregiver but has jumped right in and is doing a fantastic job. She seems to instantaneously bond with her clients and is willing to go above and beyond.



What does she enjoy about being a caregiver?

"I enjoy being there for them. That's what it is all about. Whatever we can do to help them with their lives so they do what they want to do, with a little help."

What does she like about working for Visiting Angels?

"The office staff especially is very caring and supportive. I really like how the clients are well matched to the caregivers."

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

There's No Place Like Home

Webber in Goffstown

At 91 years old, Webber remains living safely and happily at home where he has been since 1945. He has been receiving services from Visiting Angels since 2008. His home is charming and decorated for the holidays. Much love and attention has been given to making his home organized yet welcoming.

Webber's impressive well-being is obvious. With his eyes sparkling and a big smile on his face, he shares a bit about his life. Webber is a native of New Hampshire. He served in the 15th Air Force and during his time in the service travelled to Italy, Africa, and around the Adriatic sea. Webber was discharged from the military in 1945 when he returned to New Hampshire, bought his home, and settled down. He married, worked, and raised a family.

Years ago, he enjoyed seeing the sites of New England including the various state parks with his wife and two sons in a travel trailer. After retiring, he used the RV to snowbird to Florida. Today, Webber is widowed, has two children, grandchildren, and lots of good memories.

Webber is an avid reader, watches movies, and enjoys playing games on the computer such as Cribbage and Hearts. He loves reading the Union Leader and historical novels. His Visiting Angel is a good cook which he really appreciates as Webber has a healthy appetite.

Webber is blessed with good health. Although he has some challenges with walking and balance, he reports he has no aches and pains. He is very pleased with the help he has received from Visiting Angels. He also is well aware how much we care about his well-being.

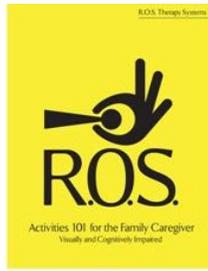
Webber is a dear man and we are delighted to help him "age in place" while enjoying his retirement at home.

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

Perfect Gift for Caregiver

Looking for a gift for a family (or professional) caregiver? The "Activities 101 for the Family Caregiver" books are a general guide to Activities for the Family Caregiver. The blue book, entitled Activities 101 for the Family Caregiver, is book one in our Family Caregiver Series of "How To" books.

This book is a simple guide filled with person centered, best practices, and common sense suggestions on how to engage your loved one who may be impaired with some form of dementia.



The yellow book, entitled Activities 101 for the Family Caregiver - Visually and Cognitively Impaired, is based on the Blue Book but was co-written with the Industries of the Blind and the Olmsted Center for Sight in New York. This book is a simple guide filled with person centered, best practices and common sense suggestions on how to engage your loved one who may be Visually Impaired and Cognitively Impaired with some form of dementia.

To purchase, call 603-483-0001 or go to: www.roscenternewengland.com

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"Judging by the glow, I'd say it's a sinus infection."

Activities & Education Workshop for Families & Professional Caregivers

Thursday, January 15, 2015

Birch Heights at 7 Kendall Pond Rd., Derry NH

9 a.m.—Noon

Caregiver Keys: Navigating the Dementia Journey

Followed by **Activities 101 Basic**

3 CEUs available Only \$30.00

Receive the valuable **PERSONAL HISTORY FORM** as part of the included materials!

For more information or to register, call 603-483-0001.

CAREGIVER KEYS



Peppermint Blossoms

Ingredients

- * 3/4 C sugar
- * 1/2 C butter (1 stick)
- * 1 egg
- * 1/2 t vanilla extract
- * 1/4 t mint extract
- * 1 2/3 C all-purpose flour
- * 1 t cream of tartar
- * 1/2 t baking soda
- * 1/2 t salt
- * 1/2 C crushed candy canes or peppermint candies (about 7 candy canes)
- * 1/4 C sugar, for coating
- * Hershey Kisses (candy cane flavored)



Instructions

Pre-heat oven to 350 degrees

- * Crush your candy canes or peppermints.
- * Combine 3/4 C sugar, and butter in a mixer (or bowl with hand mixer) and blend at medium speed until creamy. Then add egg, vanilla, and mint extract and blend to combine.
- * In a separate bowl, whisk together flour, cream of tartar, baking soda, and salt.
- * Slowly combine that to the butter/sugar mixture and blend on low speed, until fully mixed.
- * Then, stir in 1/4 C of your crushed candy canes.
- * Take the other 1/4 C of crushed candy cane and mix it in a bowl with the remaining 1/4 C sugar.
- * Now, shape the dough into 3/4 inch balls and roll in the sugar/candy mixture.
- * Place the dough balls 2 inches apart on a cookie sheet lined with parchment paper.
- * Bake the cookies for 8-10 minutes at 350 degrees. After removing from oven, immediately top each cookie with 1 Hershey Kiss, pressing down firmly so cookie cracks around edge. **ENJOY!**