



Here's to Your Education & Empowerment

At Visiting Angels, we are BIG on education and empowerment. Understanding the challenges of aging is not an easy task. We want you to know you are not alone! Whether you are navigating the dementia journey, trying to understand long term care insurance, or other issues around aging, let this edition of our newsletter lead you to resources and answers that ease this process.

Long Term Care Insurance

On January 28th, Randy Lowenberg of Northwestern Mutual gave an excellent presentation on Long Term Care Insurance at Visiting Angels. Did you know, in this century, and for the first time in human history, human life expectancy has lengthened over 30% due to medical breakthroughs? Additionally, as the baby boomers are approaching retirement age, over 10,000 people are turning 65 years old every day. This means the demand for services for seniors, including housing, medical care, and in-home care is absolutely exploding. Setting up for your golden years is highly recommended. For more information on Long Term Care Insurance, read more at www.randylowenberg.nm.com or call him for a free consultation at 603-801-6867.



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**.



Osteoporosis & Osteoarthritis

On February 6th, Dr. Eric Arvidson of Orthopaedic Surgery Sports Medicine gave an engaging talk on knee and hip replacements as well as other orthopedic concerns. Dr. Arvidson walked us through preventative vs. surgical choices. He educated us on how many orthopaedic ailments can be addressed through lifestyle modifications.



For other conditions, such as trigger finger, surgery has a tremendous success rate. His website, www.essexortho.net, is a wealth of information including helpful videos and tips. For more information, contact Dr. Arvidson by calling 603-898-2244.



Community Service Project

Valentines for Meals on Wheel Recipients

Our Community Service project this month is a colorful one! Over 250 Valentines were created. Visiting Angels partnered with Alphabits and the kindergarteners at the Auburn Village School. The children colored over 200 cards. Additionally, Olivia Tracey, a junior at Pinkerton Academy, created many homemade Valentine's Day cards! All of these beautiful Valentine's cards will be delivered this week to homes receiving Meals on Wheels.



Dementia Coaching and Consulting for Families and Professional Caregivers Now Available



Debra offers professional dementia coaching and consulting to families in person or over Skype.



This service helps families:

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

Contact Debra Desrosiers to set up a free 15 minute phone assessment.

T'ai Chi Chih Classes

T'ai Chi Chih classes are now ongoing. Mondays at 11am. Come try a class for free and find out why it is known as "Joy thru Movement."



These programs are for those 18 years of age & older. For more information, call 603-483-0001.



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

Sincerely,

Debra Desrosiers
Director of Visiting Angels