



Community Service Project: Book & Puzzle Drive

Looking to put a few used books and/or puzzles back into circulation? Consider donating them to our Book & Puzzle Drive. Now accepting books, puzzles, and crossword puzzles at our office in Auburn at 14 Hooksett Rd.

Big print books are especially great! Please no children's books, no magazines, no reference books like dictionaries or encyclopedias. Your donation is appreciated!

**BOOK
DRIVE**

PUZZLES

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.**



A Couple Angel Stories from 2013

A Day at the Beach ... A Story from an Angel

I am the Visiting Angel to a beautiful 98 year old woman. One day, I got to her home and she was getting ready to head to the beach for the day. She wanted help picking out her outfit to wear at the beach. Her friend would be picking her up soon for a tour of the seashore and then to lunch at a restaurant. I helped her into several outfits and as clothes piled up on the bed. I kept thinking we'd be doing the same thing if the woman were a teenager! We finally found a look that pleased her.

Her friend arrived in a black stretch limousine and the driver came to the door dressed in a black suit ready to transport her in style! I helped her into the back of the limo and met her lively friend. As they drove off I could hear them laughing and I couldn't help but wish I could join them!

A Heart Warming Story from a Client in an Assisted Living Facility

Pattie, one of our Visiting Angels, showed up at her shift to take care of "Sue" who lives at an assisted living facility. Sue mentioned that she couldn't find her wedding ring set which she usually wears. Sue was very upset and was convinced it was lost for good, maybe stolen. Sue had told the receptionist and head of housekeeping at her facility, but was so upset about it that she hadn't even told her son and daughter. Pattie said she would help her look with Sue's permission. Sue was happy to have Pattie's assistance. Pattie started to look around and found it in Sue's jewelry armoire! Sue had apparently cleared some jewelry off her bureau and didn't realize the rings were with the things she put away. Sue was so happy, she was almost crying, and so was Pattie! How devastating to think you've lost something so precious, and then thrilling when it's found!

Pattie tells us she always loves her job, but that day was special knowing that she was able to help her client in such a meaningful way.

Baked Barley Risotto & Butternut Squash

Ingredients:

- 2 tablespoons olive oil
- 1 small butternut squash (about 1 1/2 lb)-peeled, seeded, and cut into 1-inch pieces (about 3 cups)
- 1 onion, finely chopped
- kosher salt and black pepper
- 1 cup pearl barley
- 1/2 cup dry white wine
- 3 cups low-sodium vegetable broth
- 5 ounces baby spinach
- 1/2 cup grated Parmesan (2 oz), plus more for serving
- 1 tablespoon unsalted butter



Directions:

1. Heat oven to 400° F. Heat the oil in a Dutch oven or large oven-safe saucepan over medium-high heat. Add the squash, onion, 3/4 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring often, until the onion begins to soften, 4 to 6 minutes.
2. Add the barley to the vegetables and cook, stirring, for 1 minute. Add the wine and cook, stirring, until evaporated, about 1 minute. Add the broth and bring to a boil; cover the pot and transfer it to oven. Bake until the barley is tender, 35 to 40 minutes.
3. Stir in the spinach, Parmesan, and butter. Serve with additional Parmesan.

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.

Wellness Classes

The next session of the wellness classes at Visiting Angels are starting soon next week:

FREE, OPEN HOUSE CLASSES NEXT WEEK:
January 13 (Beginner T'ai Chi classes at 9:30 am)
January 16 (Seated Yoga class at 9:30 am)

Nutrition/Weight Loss Program:

Thursdays 11 am – noon

Cost: \$99 - starts February 6, 2014

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

Storytelling Innovation

Let Your Loved Ones Hear Your Voice

Let the Voice Library capture the comfort of a loved one's voice - their stories and memories in their



words - special messages that they want to share now and for future generations.

Great for:

- * family, friends, and caregivers
- * military and military families
- * causes and organizations
- * author your own audiobook

Like music, your voice can comfort, entertain, teach, and inspire. For more information, go to www.thevoicelibrary.net.

Employee of the Month: Pattie Prescott

Pattie has been with Visiting Angels for eight years! When asked what she loves about her job, Pattie says she really enjoys caring for seniors, knowing she's helping families have peace of mind about their loved ones. Pattie also appreciates working for Visiting Angels. She says, "They sincerely care for the families and are respectful to the employees. It is a great agency!" She says the trainings are very helpful.



Pattie, 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