

## July 2013 Edition

**JOIN US Thursday, July 11, 2013  
from 6-7:30 pm  
Hope for Alzheimer's Disease**

Come and learn about a promising medical food for those with mild to moderate Alzheimer's Disease at Visiting Angels 14 Hooksett Rd., Auburn, NH



*Refreshments will be provided!*

Robert Barski, Neuroscience Specialist, will be giving a presentation on Axona, a medical food which safely supplies effective levels of ketones to help enhance memory and cognition. Kindly RSVP by July 8th by calling 603-483-8999.

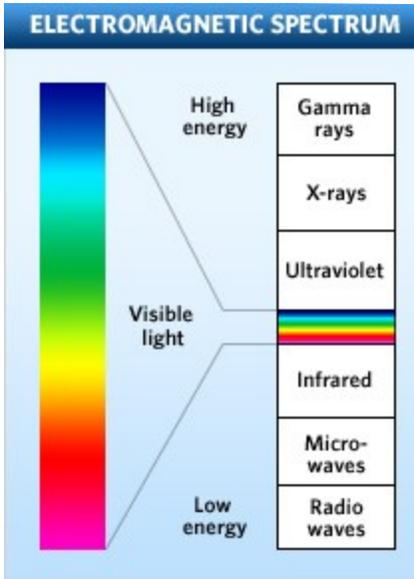
### There's No Place Like Home: Success Story

Elizabeth began services with Visiting Angels in 2010 to get some help for herself and her (now late) husband who had dementia. At the point where an assisted living facility was a wise choice, they moved into a lovely residence in Concord. They continued services with Visiting Angels for her respite and also his care at their new "home" in Concord. After her husband passed, she decided to stay at the residence which was now her home. Many of Elizabeth's day to day needs are taken care by the facility staff, however Elizabeth continues services with us because of the relationships she has formed with her Angels. She especially likes feeling "independent" with the help of her Angels and that "she's "not imposing on family or anyone else" to take her to do errands, shopping adventures, and other outings she thoroughly enjoys. She especially enjoys the relationships she has had with her different Angels over the years. Elizabeth enjoys trips up to the outlets in Tilton, to Macy's, to other places as well. With a big smile on her face she asks, "How would I get there without them?" Elizabeth has been pleasantly surprised with how much she's had in common with her Visiting Angels. We are happy to hear that as we strive to do a thorough assessment with our new clients and do our best to match up their interests with our caregivers. Elizabeth is a delightful woman whose Angels are blessed with her company as well. We are pleased to help Elizabeth safely enjoy her excursions of shopping, women's outings, and anywhere else she'd like to go. Elizabeth, we wish you many happy years of independence, joyful companionship, and local adventures!

*[Note: real names are not used in our Success Story articles to protect the privacy and security of our clients.]*

### Taking a Good "Look" at Sun Safety

July is National UV Safety Month although this advice is best heeded all year round. This edition is devoted to



sun safety as it relates to eye safety. Did you know that the sun's ultraviolet (UV) radiation (what we are most concerned with) is NOT just a summertime occurrence? Even on cloudy and hazy days, UV radiation adds to the damage that increases our risks for these serious disorders such as cataracts, age-related macular degeneration, and

eye cancers. We all need to wear hats and sunglasses for this very reason.

Follow these tips to protect your eyes from the sun all year long:

- \* Don't be fooled by clouds: the sun's rays can pass through haze and thin clouds.
- \* Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, which is damage to the eye's retina from solar radiation.
- \* Look for sunglasses that block 100 percent of UV rays and that also absorb most HEV rays. Your optician can help you choose the best sunglass lenses for your needs. Wrap around to protect eyes from every angle. The ability to protect the eyes does NOT depend on the sunglass lens' darkness or cost. A light amber-colored lens can provide the same UV protection as a dark gray lens. Check with your optician can verify that the lenses you choose provide 100 percent UV protection.
- \* Lastly, certain medications, such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers, can increase your body's sensitivity to UV and HEV radiation.

Source: [www.allaboutvision.com/sunglasses/spf.htm](http://www.allaboutvision.com/sunglasses/spf.htm)

## Limeade: Ultimate Summer Sipper

The funky, hipster cousin to lemonade, limeade is just as easy to make as fresh lemonade and about a thousand times more delicious than the saccharine-sweet, neon green, refrigerator-section stuff.



For a tall pitcher, stir together:

\*1 c. fresh squeezed lime juice (from about 8 to 10 limes\*) *\*if you are going to put the lime rinds into the Limeade, but sure to thoroughly wash them first to get all pesticides off*

\*4 c. water

\* $\frac{3}{4}$  c. simple syrup (or  $\frac{1}{2}$  c. granulated sugar)

Add ice after stirring the mixture together to allow the sugar to fully dissolve. Garnish the pitcher or glasses with thinly sliced lime slices. If you like your limeade on the tart side, the formula above may be too sour for you, so feel free to dilute with more water in  $\frac{1}{2}$  c. increments. This mixture will keep in the refrigerator for one week, as long as you leave out the slices of lime (the lime peel makes it bitter after awhile).

## Ladies—Save the Date! Get your Holiday Shopping Done Early and Help an Amazingly Worthy Cause!



Ladies Night Out will be held at the Visiting Angels office at 14 Hooksett Rd., Auburn NH on Friday, Sept 6th from 6-9pm. Vendors include: Lia Sophia, Avon, Thirty-One, Mary Kay, Scentsy, Tastefully Simple, Intuitive Readings. Free food, dessert, and beverages will be provided. There will be many raffles throughout the evening for excellent prizes like a COACH bag and a product from each vendor. Sorry gents, ladies only at this event... This event will benefit the Walk to End Alzheimer's.

## Celebrating Many Angels this month!

Jaynemie V., Sarah S., Ruth G., Caroline C., Aimee G., Sheila G., Stephanie M.

### **Employee of the Month: Stephanie M.**

Stephanie has been with the agency for over 4 years. Over the last month (and even longer) Stephanie has truly helped many clients at the last minute. Often when I receive last minute call outs she steps up without hesitation. There have several times when I have called Stephanie and asked her to cover a shift she says to me "when do I need to be there?" my reply, "right now" Stephanie always has a sense of humor and you can always count on her for a good laugh! Thank you!

## Community Service at The Arbors of Bedford

Our June Community Service project took on a musical tone this month. We visited the Arbors of Bedford, one of the area's premier residence for people at every stage of Alzheimer's disease and other memory impairments. Visiting Angels happens to have a Native American Flute player (Ami S., Marketing Liaison) on staff. Ami and Tina G., one of our case managers, arrived at the Arbors with flutes, stories, and a desire to create a relaxing and enjoyable event for the residents. Ami and Tina were greeted by a large group of residents as the Activities Director had done a great job organizing the event. Ami played a number of Native American tunes, shared a story of the legend of the Native American Flute, and had a little interaction finding out who at the Arbors had been musicians in their life. The highlight of the event happened while playing a recording of Amazing Grace - all the residents attending started humming along! Cheryl T., Activities Director at the Arbors, let us know the residents truly enjoyed the musical event. We thank the Arbors for opening their doors and calendars to us for this fun event.



## Ice Cream Social at Hanover Hill -- YUM!

The weather cooperated for us at a Visiting Angels ICE CREAM SOCIAL at Hanover Hill in Manchester this month. Case Manager Chara A. and Marketing Liaison Ami S. brought the goodies and about 50 staff and residents enjoyed an ice cream treat in the gorgeous back gardens.



### ICE CREAM SOCIAL



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

Sincerely,

Debra Desrosiers  
Director of Visiting Angels