



The dog days of summer are upon us. As we bask in this brief time of the deep heat, we gently encourage our clients to drink good quality water to avoid dehydration. Add a little lemon or lime for a refreshing taste and enjoy this issue.

There's No Place Like Home

Jerry in Salem

It was one of those hot summer days this past week, the kind that makes you want to move in slow motion. Meeting with Jerry (and his adorable seven-year-old Corgi, "Stump") and hearing about his early life in Louisiana, fit the day perfectly.



Jerry grew up in Mt. Airy, Louisiana. As a young man, he joined the army where he was trained to work with electronics including guidance systems. He met his (now late) wife who was a computer programmer and that inspired Jerry to become a computer programmer. He went back to school at LSU and got his degree. Jerry and his wife moved to New Hampshire as his wife was from this area and she wanted to return home.

Jerry and his wife had two children. Now Jerry has four grandchildren. Jerry went to work at Wesson Electric in North Andover, MA, then for Lockheed, then BAE. Years later, Jerry is retired and has the time to travel again. One of his trips included a wonderful Mediterranean cruise where he visited Spain, France, Venice, and Bosnia. Jerry has mobility challenges now and using a scooter to move around on his trips but that has not stopped him from enjoying adventures both near and far. Most recently he and his son traveled to Las Vegas, NV. For future travel, Jerry said he would like to visit India and other countries. Of all the places Jerry has visited, he says his favorite city is still New Orleans, near his childhood roots.

At home, Jerry enjoys working on electronics including his computer. He loves music including classical, oldies, and lately he is enjoying the band Abba.

We are pleased help Jerry enjoy his retirement life at home. We are excited for him knowing he is planning his retirement adventures with his family.

Caregiver of the Month

Cyndi G.

Cyndi has been with our agency for one year. Based on her outstanding service and seasoned approach, one would think she has been a caregiver for many years. As it turns out, her experience comes from being her father's caregiver. Her dad had dementia and she took care of him for five years. "I cooked for him and provided balanced meals, brought him to all his doctor appointments, and followed their directions. I provided social activity and light exercise. I listened to his many stories with interest and made him very comfortable and happy."



What does she love about being a caregiver for Visiting Angels? "Seeing my clients' happy faces when I arrive. I find it so rewarding to help people stay in their homes a little longer. I learn so much from them and I love hearing their stories."

What advice would she give to new caregivers? "Try to really connect with your clients' personality and get along with them. Be gentle, not intruding, keep calm, find humor, be a little silly with them. I get a lot done with them that way."

The office staff named Cyndi *Caregiver of the Month* because she is very dedicated to her clients. She goes above and beyond what is expected. One area in which Cyndi really shines is by preparing nutritious meals for them and organizing their refrigerators.

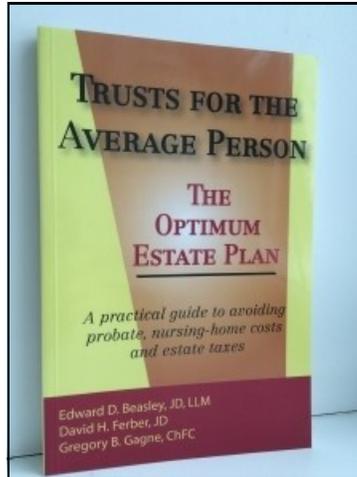
What does she enjoy about working for Visiting Angels? "I can't say enough about the agency. In the past, I worked in an office environment where I wasn't appreciated. Working for Visiting Angels, I feel so appreciated. The staff is so kind and the training is awesome. They didn't leave anything out!"

We thank you Cyndi and celebrate you for being such an outstanding caregiver. Your hard work and dedication is appreciated!

Resource for Elders

Beasley & Ferber

Helping our clients live as well as possible is our priority. We know they have age-related needs that are beyond the scope of our services. We strive to point our clients in the direction of excellent local resources for those needs. One important task of the senior years is being sure one's legal documentation is in order exactly how they wish. This can be a vast and somewhat overwhelming area and we encourage our clients and their families to educate themselves. One elder care and disability law firm which offers free education is Beasley & Ferber. They have offices in Concord, Bedford, Nashua, Exeter, and a satellite office in N. Andover, MA.



[From their website] "For more than two decades, Beasley & Ferber has been helping clients protect their homes and hard-earned savings. Principal attorneys Edward D. Beasley and David Ferber opened their Concord, N.H.-based practice in 1991. Now, with a combined 60 years of asset-protection and estate-planning experience, the firm continues to provide clients with the information and tools they need to prepare for the future."

Beasley & Ferber are big on education for their clients. They skillfully guide their clients and families away from trouble. They have a straightforward approach in getting their clients' legal documents in good shape in terms of incapacity (unable to make decisions), trusts, wills, understanding the reality of nursing home care expenses, and related age-related matters.

Atty. Beasley offers free seminars on these topics in various locations primarily in NH. The upcoming calendar in our area is accessed on their website. One of their books, *Trusts for the Average Person, The Optimum Estate Plan - A practical guide to avoiding probate, nursing-home costs and estate taxes*, is available for FREE at any seminar or by calling their office at 1-800-370-5010. Additionally, for anyone who attends one of their free seminars, they offer a free 1-hour consultation.

Another rather unique approach in their practice is that they offer services on a flat fee basis as opposed to hourly. For those who need to get their documents in order, the resources available at Beasley & Ferber are a great way to gain education. For more information, visit their website at www.beasleyferber.com.

Discover this Delightful Dessert

Dairy-Free Ice Cream

Is regular ice cream leaving you feeling bloated and uncomfortable? Try one of the many fabulous dairy-free ice creams available today. There are so many wonderful choices at any supermarket these days, it will be hard to pick your favorite!

Several well established brands are Almond Dream, Amy's, Coconut Bliss, Rice Dream, and So Delicious.

If you haven't tried these before, keep an open mind because you're in for a treat. These dairy-free ice creams are much easier to digest and the fat content is much lower too.



Save the Dates! Fundraising Events



Ladies Night Out

September 11, 2015

Celebrity Impersonation Show

October 16, 2015

Coins for a Cause

Drop off your loose change at our office. Every penny helps.

Raffle

1 ticket for \$2

3 tickets for \$5

10 tickets for \$10

Wonderful prizes from:

Puritan Backroom, Villagio Restaurant, Manchester Monarchs, Fratello's Restaurant, Vertical Dreams, Murphy's Taproom, See Science Center, T-Bones/Cactus Jacks, Clark's Trading Post, Conway Scenic Railroad, Cotton Restaurant, and Envy Sports Club & Cafe.