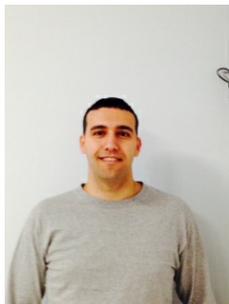




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Caregiver of the Month



John K.

John came to visiting Angels after completing his undergraduate degree at John Hopkins University. While in school, John had the opportunity to volunteer with hospice services and he really liked the idea of being able to work for an organization that worked with people in a more active manner- helping them with activities and errands throughout the day.

Although providing hands on care and helping with ADLs was a new experience for him, John embraced the opportunity for personal

Greetings!

Feel free to take advantage of this upcoming training opportunity: Debra Desrosiers Director of Visiting Angels will be teaching Teepa Snow's method of "Positive Approach to Care" and explain the "Gem Philosophy" on the following dates:

Thursday June 16th at Visiting Angels Office
14 Hooksett road, Auburn NH 6-7:30 pm
Please RSVP if you would like to attend 483-8999

Wednesday June 29th at Bedford Falls
5 Corporate Drive, Bedford NH 03110 5:30 pm
Please RSVP if you would like to attend 471-2555

The Café at the Currier Museum of Art



An Alzheimer's Café is social experience for people with Alzheimer's or dementia and their loved ones or caregivers. The Café is a supportive environment for people to take a break from daily routines and issues relating to the disease. Laughter, love, and merriment are the keystones of the Café.

The Café is supported by the Bruce and Rose Marie McColl Family. The Cafés at the Currier Museum of Art

and professional growth.

John describes his overall experience with Visiting Angels as "great" and expressed gratitude for the experience to work one on one with people he was matched up with through the organization.

When asked about advice that he would give to other caregivers John talked about the importance of keeping your own family members in mind when communicating with clients by talking to them in a respectful manner and also making sure that you are truly listening while they talk to you.

John has recently been accepted into the New England College of Medicine in Biddeford Maine where he can attend and still be close to his own family. He hopes to someday hold a position as an orthopedic surgeon for the Red Sox.

Cook's Corner

Summer Corn and Tomato Pasta Salad



Makes: 4 Servings
Prep Time: 15 minutes
Cook: 20 minutes

Ingredients

- Salt
- 1 pound bow-tie pasta
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 pint cherry tomatoes

take place the second Wednesday of every month from 2-4 p.m.

Please contact: Megan McIntyre (Tour Manager)
Currier Museum of Art
150 Ash Street
Manchester, NH 03104
603.669.6144 x113

This Month's Gardening Tips

By the month of June, crops are still growing, insects are still feasting and, despite the heat and humidity, this is not the time to rest. So start (or refuel) your gardening engines and choose a few tasks from June's To Do Gardening List.



Vegetables

- Stop harvesting asparagus and rhubarb
- Replace cool season crops, like spinach, that have bolted from the heat.
- Get any remaining warm season vegetables in the ground
- Keep up blanching of celery, cauliflower and tender greens
- Plant a new batch of bush beans every couple of weeks
- Keep tomato plants staked as they grow. Pinch out suckers.
- Put a couple of drops of mineral oil on corn silks within a week after they appear, to prevent corn earworm

- 3 ears fresh corn, kernels cut off
- 2 tablespoons unsalted butter
- 1/4 cup fresh basil leaves, torn into pieces

Directions

1. Bring a large pot of salted water to a boil and cook the pasta until al dente; drain.
2. Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened, about 5 minutes. Stir in the corn, raise the heat slightly and cook until the corn is heated through and golden, about 5 minutes. Season to taste with salt.
3. Add the vegetables, butter and basil to the pasta and toss.

Fruit

- Be prepared for June Drop of fruit from fruit trees. They're just thinning out to a manageable crop size. Clean up any fallen fruit.
- Protect ripening berries with nets or row covers

Trees & Shrubs

- If you want to prune or shear your evergreens, do so as soon as the new growth starts to turn a darker green. Once the wisteria finishes blooming, you can do a maintenance pruning to keep it in check

Pests

- Summer is for insects. Be vigilant!
- Keep watch for 4-lined plant bug damage, especially on the mint family
- Japanese Beetles - They're back!

For more tips visit: www.about.com/homegarden/

June is Brain Awareness Month



June is Alzheimer's & Brain Awareness Month, and the Alzheimer's Association® needs your help to uncover the truth about Alzheimer's - a disease that is often misunderstood.

There has never been a more urgent time to spread the word about this global epidemic. Lack of public

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understanding can delay diagnosis and reduce access to needed resources, clinical trials and support services. Misconceptions also can mislead people about the impact of Alzheimer's and the urgency of research.



Everyone who has a brain is at risk to develop Alzheimer's, a disease that is often misunderstood. Did you know?

- Alzheimer's is a fatal disease - there are no survivors.
- Alzheimer's is not normal aging - it's a progressive and fatal disease that attacks the brain.
- Alzheimer's is more than memory loss - it may appear through a variety of signs and symptoms.
- Caregiving can become anyone's reality - the enormity of the Alzheimer's crisis is felt not only by the more than five million people in the United States living with the disease today, but also by their more than 15 million caregivers, friends and family.
- Alzheimer's risks are higher among women, African-Americans and Hispanics.
- Early detection matters - More than 5 million people are living with Alzheimer's disease, but only about half have been diagnosed.

Alzheimer's can't be prevented, but adopting healthy habits can reduce your risk of cognitive decline and contribute to brain health.

Learn the 10 Ways to Love Your Brain:

Break a sweat.

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an

association between physical activity and reduced risk of cognitive decline.

Hit the books.

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out.

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart.

Evidence shows that risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right.

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

Catch some Zzz's.

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health.

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community - if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an

after-school program. Or, just share activities with friends and family.

Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

This information is brought to you by: The Alzheimer's Association at alz.org

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

Sincerely,

Debra Desrosiers
Director of Visiting Angels

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