



Call Us Today! 603-483-8999



Greetings All Beloved Visiting Angels Clients!

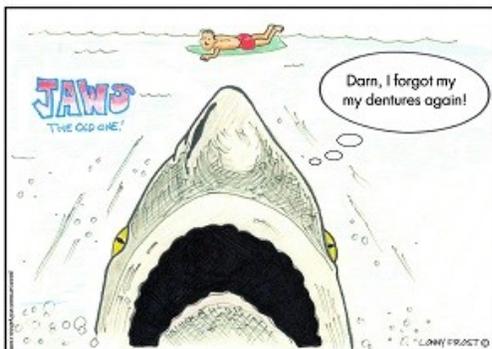
Summer is just a few short weeks away. The good weather invites a more simple daily routine, free of boots and hats and scarves and shovels and cold medicine! We hope your summer days will be as calming and carefree as a summer breeze.

Look What is Available for No or Low Vision Individuals

For those with a loved one with limited or no vision, this article is for you! Emilie Meadows, M.S.W., LICSW of the NH Association for the Blind (McGreal Sight Center) in Concord NH, reached out to Visiting Angels to let us know there are numerous resources (many of them free!) available due to generous grants and donations. A referral call can be made by anyone, including family members, friends, neighbors, the individual needing services themselves, doctors, and health care providers. Call their Concord office at 603-224-4039 to schedule a free in-home assessment. A social worker will provide an overview of services available and develop with the client a plan to provide these services according to the person's needs. Popular assistive technology products include special lighted magnifiers, technology devices such as telephones, talking clocks and low vision watches, special lighting, talking books, scanning systems, electronic notetakers/PDAs and more. Services include Low Vision, Rehabilitation Therapy, and Orientation and Mobility Instruction. The NH Association for the Blind is an amazing resource whose mission is "To advance the independence of persons who are blind and visually impaired." For more information, visit their website: www.sightcenter.org.



We encourage you to take advantage of this resource to help your loved one function independently and enjoy activities through improved visual ability. **Call 603-224-4039 today to set up a free assessment for your loved one.**



There's No Place Like Home: Success Story

Our client, Judy, has been receiving services for over three years. She has Alzheimer's Disease (AD) and with the help of Visiting Angels, is living happily and safely in her home on a New Hampshire lake. In speaking with her daughter, she says, "My Mom is happiest in her home. She feels safe and secure and it gives her the freedom and independence to wander around her rooms, make a cup of coffee, whatever she likes to do. She loves the company of her Angels." Her daughter reports the family is very appreciative for Visiting Angels and says the family even looks to Visiting Angels to be involved in some of the decisions in Mom's care. "The Angels spend 8-10 hours at a time with her, so we look to them for their honest opinion on how she's doing."

Judy enjoys being taken out of her home for a drive by her Angels. Her daughter says, "Every time she gets taken out, it's a whole new adventure and experience for her. We are grateful such good care is being taken of my Mom. [With Alzheimer's] we feel good knowing she won't get herself into a bad situation, like opening the door to a stranger. It's such a comfort to know the Angels are there. They just love my Mom."

One of Judy's Visiting Angels describe her as "a very easy going and pleasant lady." Judy requires supervision around the clock due to AD. She is brought to an adult day care program three days a week and otherwise, has supervision and company from family and Visiting Angels.

We are very pleased to be offering services for Judy and her family. Judy's caregivers have gone through the Habilitation Therapy training which is required of all employees of Visiting Angels of Auburn NH. This specialized training is designed to support caregivers to create and maintain a positive experience for a person experiencing the effects of a dementia-related illness. The objective is to provide education and support to the caregiver and to provide suggestions to modify the environment that may exacerbate the disabilities of the disease. With these skills, Visiting Angels can provide services in line with what is needed and most beneficial for an individual like Judy, who is aging with dignity and serenity in the comfort of the familiar surroundings of her home.

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

See other side

Welcome to our Newest Staff "Member"

Miss Jesse has arrived!

If you haven't been by the office in the past few weeks, you haven't met the newest (4-legged) member of the canine staff. Welcome to Jesse Fowler (Stacey's new girl). Jesse, as you can see from her picture, is also the most adorable golden retriever girl puppy on the planet! So if you hear a new little bark on the other line when you call into the office, you'll know Miss Jesse is saying hello!



LADIES - Save the Date

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. For those attending, consider getting your holiday shopping done early and help an amazingly worthy cause!

Recipe: Ultimate Healthy "Ice Cream" Dessert

What more could we ask of a summer dessert recipe: It's easy, healthy, and low calorie!!! Choose a favorite fruit such as blueberries, strawberries, or a banana (remove skin if applicable, like with a banana).



Freeze a cup or two of the fruit (1+ cups for each person having this dessert). You will need a blender, food processor, or Magic Bullet.

Once the fruit is frozen and you're ready for dessert, put the it in the blender. If you want it even a bit more sweet, add a little all-natural sweetener such as maple syrup, honey, or stevia (a little goes a LONG way).

Blend, scoop out, and enjoy! If you are using additional sweetener, this can be added after the blending as well. Adding a few walnuts or slivered almonds goes nicely as well.

[Note: The fruit for this dessert will need to be prepared in advance as the fruit needs to be fully frozen.]

We were Finalists at Torch Awards!

Visiting Angels was one of three finalists in the large business category for the prestigious Torch Awards through the Better Business Bureau. Visiting Angels was also recognized at the award ceremony for having a perfect record with the BBB. Being a finalist in the Torch Awards is quite an honor for us. This recognition belongs to all of us including the staff here in Auburn and our amazing caregivers who are doing their amazing work every day. Our Visiting Angels show their hearts in everything they do, and we honor them and their hard work through this recognition. Congratulations to Globe Manufacturing of Pittsfield NH for being the winner of the BBB Torch Awards.



Celebrating Our Angels

Month of May Stars:

Week 1: Ann Morey, Week 2: Tacy Corbett,

Week 3: Aimee Green, Week 4: Sister Therese Caron

Employee of the Month

Aimee Green

When asked about her job, Aimee says, "I don't look at it as a job. I look at it as if I'm helping people who need some help themselves. My clients are like my own family. I want to make sure their family members know their loved one is safe when I'm working with them. I treat them like I treat my own family."

Aimee passes this advice on to new caregivers: to use the Golden Rule when working with clients and their families. "Make sure to involve them, especially for those with dementia, in what you are doing, helping them to feel useful."

Thank you Aimee for your dedication, compassion, and sense of humor!



Learn about a Promising Medical Food for those with Alzheimer's Disease

Thursday, July 11, 2013, 6-7:30pm

Held 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. To learn more about Axona, go to: www.about-axona.com.

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

Sincerely,

Debra Desrosiers
Director of Visiting Angels