



Spring is Right Around the Corner!

Can you feel it? Spring is right around the corner! We invite you to get ready for a spring of enjoying the outdoors by getting checked out from head to toe. This issue offers you recommended resources for your auditory health (getting your ears cleaned and checked), foot health, and memory & mobility therapy. Let's get ready for a more active season coming soon!

Dr. Juergen Bludau Elliot Memory & Mobility Center

We visited Dr. Juergen Bludau at the Elliot Memory & Mobility Center in Londonderry NH. Dr. Bludau is the Executive Director of Geriatric Services and the geriatrician of the Center. Dr. Bludau generously gave us an hour of his time, touring us through the facility, sharing the vision and purpose of the Center, and brainstorming with us on how we can work together to help out families in New Hampshire and even northeastern Massachusetts who need services and want to avoid traveling into Boston.



[From the Elliot Hospital's publication Elliot Direct] "The Elliot Memory & Mobility Center is a community-based program focusing on memory and mobility programs in adults. According to Dr. Bludau, "Our clinic provides a level of expert care not currently available in the community supporting local primary care physicians, hospitals, assisted living facilities, and families. The clinic addresses the need for the accurate and timely diagnosis of the memory problem, provides the primary care physician and the families with state-of-the-art therapy recommendations, and helps reduce the functional decline by aggressively treating gait through the use of physical and occupational therapy."

Other members of the team are Ross Gourvitz, Ph.D. who has worked for nearly two decades in hospitals and health systems in Chicago and New York City. Also Santharam Yadati, M.D. brings 35 years of experience in psychiatric medicine to Elliot Behavioral Health. Dr. Yadati has extensive experience in both clinical and emergency psychiatry, counseling, electroconvulsive therapy, special program development, research, lecturing and teaching.

For more information about the Center, see:
elliophospital.org/website/memory-mobility_home.php

There's No Place Like Home

Not all of our Visiting Angels clients are senior citizens. One of our younger clients uses a wheelchair and, with the help of the Angels, maintains a very active work and social life.

After an injury many years ago, Jay's life took a new direction. Because he makes his living using a computer, his career was not altered much by his injury. He has successfully bought his own home, drives himself anywhere he'd like to go, works at his job (both at home and at his company), and enjoys gatherings with his friends and family. He is also involved in community service efforts.

Jay is a very warm and personable man. He has decades ahead of him with energy and an empowered attitude towards his vibrant and productive life. He is a busy man and the assistance he requires from Visiting Angels is key to helping him meet his work, social, and volunteer commitments. Jay said he had tried other agencies in the past and was disappointed. He commented that Visiting Angels has never once failed to give him the care he needs. There were two incidents when his Angel was unable to make their shift. The first time, Chara, one of our Case Managers, hopped in her car and made it to his house to help out. The second time, Debra, our Director, stepped up to the plate and arrived at Jay's home to provide help. Jay's confidence in the Angels comes through as he expresses his gratitude with assurance. Jay says his favorite top two qualities of Visiting Angels are the consistency of care, and the quality of care. He deeply appreciates the way the Angels allow him to live and work independently at home.

We appreciate you, Jay, and it warms our hearts knowing that your life is made easier with help from Visiting Angels.



Bedford Podiatry Group, P.C.

Get Ready for Spring by Caring for Your Feet

The Bedford Podiatry Group is located at 21 Eastman Ave in Bedford, NH. They provide gentle care for all foot problems. Podiatrists Agustin Rios and Barry Frank offer a wide range of services available in New Hampshire including walking & sports injuries, bunions, heel & arch pain, diabetic foot problems, tendonitis, and painful & weak ankles. Basically from toe nail care to surgery, the doctors and staff are there to help you get back on your feet and moving pain free! They have an excellent selection of diabetic shoes and can help you customize them for optimal foot health.

They accept Medicare assignment and most insurances. With the better weather coming, they encourage seniors to come in and take care of their foot issues so that they can enjoy walking again. For more information, see www.bpgnh.com.

Dementia Coaching & Consulting for Families and Professional Caregivers



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 at 603-483-8999.

Community Service

A number of folks donated puzzles and books. Stop by and pick some up. The office at 14 Hooksett Road in Auburn NH is open Monday-Friday 8 am-4pm. We will be donating whatever is left to a charity organization in April.



New England Audiology & Hearing Aids

Get Your Ears Cleaned and Checked

We met with Dr. Beth Ann Jacques of New England Audiology & Hearing Aids. What a terrific resource available in Concord and Manchester!

Dr. Jacques is a highly compassionate professional. She

offers free ear cleanings at both offices. Additionally, she understands the elderly may have obstacles getting out of the house. In those case, she will come to your home and clean your ears for free.



She recommends that seniors have their hearing tested and if there is no hearing loss, get re-tested every 3 years. If there is hearing loss, they get tested every 1 to 2 years. Depending on their insurance, they may or may not need a referral from the primary care physician.

For those who wear hearing aids, Dr. Jacques recommends having them cleaned and checked for needed adjustments every 3 to 4 months. One important reason to stay on top of audio health is due to the fact that seniors have actually been misdiagnosed with dementia when the problem was just a hearing issue or even a hearing aid adjustment/cleaning issue. For more information, visit www.newenglandaudiology.com.

TWO FREE Valuable Alzheimer's Disease Education Opportunities:

1) The Basics: Memory Loss, Dementia, and Alzheimer's Disease

3/19/14 in Bedford from 5:30-7 pm

2) Alzheimer's Disease Legal and Financial Issues and Answers

4/9/14 in Bedford from 5:30-7pm

Both events held at Alzheimer's Association NH Office, 5 Bedford Farms Dr. Suite #201, Bedford, NH. Pre-registration required. Call 603-606-6590.

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

Sincerely,

*Debra Desrosiers, CSA, CADC
Director of Visiting Angels*