



There's No Place Like Home

Florence in Hooksett

Florence is a wonderful example of how hidden talents can emerge later in life. The living room walls in her country-style home are adorned with many photos of her family along with lovely scenic paintings by Florence! Her artistic talents were only lightly expressed earlier in life. She recalls "doodling" as a child and young woman but in her 60s, she began painting photos like you see here.



Florence and her late husband raised five children while simultaneously caring for an elderly family member with Alzheimer's disease. Her stories of the trials and tribulations are many. She is a natural caregiver herself and desired to be a nurse years ago. Unfortunately, an asthmatic

condition prevented her from pursuing that career. During her prime child-rearing years, she was always handy and was frequently crocheting, sewing, braiding rugs, refinishing furniture, and the like.

We are delighted to help Florence "age in place" in her home which reflects a strong family life of several generations. Florence is just a few years away from her centenarian celebration and is going strong. She has been receiving services from Visiting Angels for almost a year now. Her caring children set up services for her. Florence thoroughly enjoys her Angel and reports she does a great job with everything. Florence prefers a split shift arrangement, getting help for a couple hours in the morning and then her Angel returns for another couple hours in the afternoon.

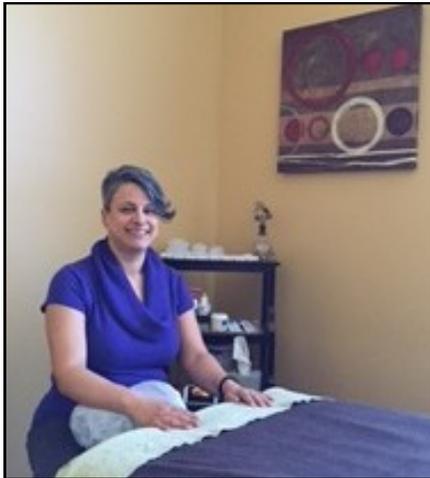
We are delighted Florence is able to remain living safely at home with a little help from Visiting Angel. After so many years of great demands on her time and energy, we celebrate Florence and her late-in-life realization of a hidden talent, now being expressed and enjoyed!

Note: We change names and other facts in this article to protect the privacy of our clients.

Therapeutic Massage for Seniors

No matter our age, the benefits of therapeutic touch are numerous. Massage can be particularly helpful for seniors with chronic health problems, such as arthritis, or a disease that effects mobility, like Multiple Sclerosis or Parkinson's. Working with seniors with serious health conditions takes a special desire to be of service to a vulnerable population. In this light, Amber Fraga's therapeutic massage service is a valuable resource in our community. Amber is a licensed massage therapist and the owner of Native Touch Therapeutic Massage. Her lovely office is located in the heart of downtown Manchester NH at 848 Elm Street.

"Everyone needs touch," says Amber. Whether her clients walk independently or use a wheelchair or walker, Amber welcomes them. Amber informs us, "Senior massage can increase blood circulation, combat depression, improve balance and flexibility, reduce the pain or arthritis, increase joint mobility, improve posture, and encourage overall well-being. Benefits of frequent massage include a decrease in anxiety, greater sleep quality, increased energy, improved concentration, increased circulation, and reduced fatigue." For seniors, Amber recommends a 15, 30, or 60 minute sessions depending on physical status which is discussed during the intake process. She understands seniors' bodies can be fragile and customizes her services for each person.



Her massages can be done fully clothed or unclothed and can be customized to be just head & shoulders, hands & forearms, or whole body. Feet & lower legs may be another option. Amber works with her clients to make it work for them. For more information, visit Amber's website at www.nativetouchtmb.com or call her at 603-765-6776.

Star Caregivers for March

We are so fortunate to have Debra G. as one of our Angels.

What does she enjoy about her job? *"I just love [my client]. He is so appreciative of everything I do. We have a great routine down. Everything from his meals to helping him put on his slippers, he is so appreciative to be home. His stories are incredible. We made a homemade cheesecake the other day. It took us hours. Of course we could have just bought one at the store, but making it was so special."*



Debra G.

*From the office staff:
Debra is an exceptional caregiver. She has one client and she is so devoted to him. Her dedication is so evident. She works a split shift for him so he has consistency of care. We are truly blessed to have Debra as part of our Angel team.*

Caregivers for the month of March 2015



**Sr. Therese C.
Muriel W.
Barb S.
Patti P.**

We appreciate you all for your thoughtfulness, reliability, caring, and outstanding service!