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## Caregiver of the Month



### Cathie M.

Cathie is our Caregiver of the Month for May! Cathie has been with Visiting Angels for almost 2 years.

When asked what she enjoys most about being a caregiver Cathie said " I love this job and how rewarding it is. I know my clients depend on me each and every day to be there for them and are grateful for everything I can do for them to make their day a little easier. Though I don't expect it I know it is from their heart when I hear the words "thank you for making my lunch" or whatever the task is.

*I try to really get to know my clients and bond with them from the beginning. I find something that interest them or they really love and try to focus on that when with them. They know my visits are all*

### Greetings!



## Local "Angels" Surprise Seniors with Mother's Day Makeovers



[Link to our article in The Union Leader](#)

## Traveling hairdresser

about them.

*I know without a doubt that the day I turned around in a driveway and saw a sign that said "Angels Wanted" it was not by mistake."*

**Congratulations to Cathie and the Caregivers of the Week for March!**

**Larry P.  
Terry D.  
Laura A.  
Rhona V.**

*We appreciate you all for your thoughtfulness, reliability, nurturing care and outstanding service. **Well done!***

### **Maple Balsamic & Herb Chicken**



#### **Ingredients:**

**¼ cup balsamic vinegar**  
**2 Tbsp pure maple syrup**  
**1 Tbsp Dijon mustard**  
**2 cloves garlic, minced**  
**½ tsp. fresh thyme**  
**⅛ tsp. cayenne**  
**Salt and black pepper, to taste**  
**4 boneless, skinless chicken breasts**  
**2 Tbsp olive oil**

#### **Instructions:**

**In small bowl, whisk together balsamic vinegar, maple syrup, mustard, garlic, thyme, cayenne and salt and pepper. Pour sauce into a large plastic baggy and add chicken breasts. (I like to pound out the chicken breasts to ensure they each have the same thickness so they**



Presenting....Trudy Molloy a traveling hairdresser whom comes highly recommended by several of our families. Trudy works part-time to help those home-bound maintain their beautiful head of hair. The prices are \$60 for perms, \$17 for a wash and set and \$16 for a haircut. You will also find Trudy working Saturday's at The Hair Loom in Manchester. Give Trudy a call if you want someone traveling to you to get your hair done.

*Please contact Trudy Molloy at (603) 627-3347*

## **10 Smart Security Steps for Seniors**

(BPT) - From identity theft to home burglary, it's an unfortunate fact that senior citizens are often a target for criminals. By taking simple security measures while at home and out traveling, you can dramatically reduce the likelihood you or a loved one is victimized.

**Always lock doors:** Whether you're in a home or an apartment, always keep doors locked. It's a simple yet effective step to keep property and the residents safe, during the day and in the evening.

**Secure patio doors:** Determined criminals won't stop even though the front door is locked. Use the Master Lock 265DCCSEN Security Door Bar to restrict patio and sliding glass doors from being pried open.

**Ask for identification:** When service or delivery people come to the door, ask for ID. If you still feel uneasy, get a number to reschedule the visit and then call the company directly to confirm the employee's status.

cook evenly) Marinate the chicken for at least 30 minutes or even overnight. Heat olive oil in a large skillet over medium-high heat until oil shimmers, about 3 to 4 minutes. Using tongs, remove chicken breasts from baggy (leaving the marinade inside) and arrange in the pan. Allow chicken to cook for about 7 to 8 minutes, without moving, so a nice golden-brown crust forms. Flip chicken over and cook the other side for another 7 to 8 minutes. You'll know the chicken is done when the juices run clear and the inside temp has reached 160 to 165 degrees.

Remove chicken and place on a cutting board to rest then pour the remaining marinade into the heated skillet. Scrape up any brown bits and allow marinade to bubble up and cook, stirring occasionally.

Add chicken back into the skillet, coating well. Serve and enjoy!

**Nutritional Information :**  
**Serving Size: 1 chicken breast \* Calories: 247 \* Fat: 10 g \* Saturated Fat: 1.9 g \* Carbs: 9.8 g \* Fiber: 0 g \* Protein: 26.9 g \* Sugars: 9 g \* WW Points+: 6 \* Smart Points: 6**

<http://www.eat-yourself-skinny.com/2016/03/maple-balsamic-herb-chicken.html>



**Secure small valuables:** Whether home or away, use a light portable safe. The Master Lock 5900D SafeSpace Portable Personal Safe keeps cash, documents, electronics and small valuables safe, plus the cable can be wrapped around a fixed object or serve as a carrying handle.

**Vary routine while home:** While home, try to vary the routine periodically. Criminals track when you come and go, so if it's obvious you're always gone during certain times, your home can easily be targeted.

**Maintain routine while gone:** If traveling, make it seem like someone is home. If you can't get a house sitter, make sure to stop the newspaper and mail delivery and have a neighbor bring your trash in on the appropriate days.

**Keep keys close:** Skip the obvious doormat or planter and instead store spare keys and access cards securely by using a Master Lock 5422D Push Button Portable Key Safe. Plus, the protective weather cover prevents freezing and jamming.

**Travel with less:** When traveling, avoid drawing attention by wearing minimal jewelry and carrying only the necessary cash. You'll feel confident and enjoy your trip more when you leave jewelry and other valuables at home.

**No need to name:** For phone books, organization directories and apartment lobbies, list your first initial rather than your full first name. This can help protect your identification; strangers won't know your full name while friends and relatives will recognize your initial.

With these simple safety measures, senior citizens can feel protected in their homes for years to come.

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## Planning to age in place? Don't overlook need for balanced natural light

(BPT) - When homeowners think about improvements that can allow them to stay in their homes longer as they grow older, they may focus on things like grab bars in the bathroom or wider doorways to boost accessibility and safety. Yet they often overlook another critical type of improvement that addresses both those concerns, and directly affects seniors' health - access to glare-free, balanced natural light.

Age-related changes in vision like cataracts or macular degeneration can mean you'll require more quality light to see well. Yet artificial light can create glare or affect visual acuity. What's more, simply adding more artificial lights could increase your electricity bill - at a point in your life where controlling expenses is more important than ever. Natural light can be the answer.

The benefits of natural light are well-documented. It allows people to see better in order to perform tasks, affects the body's sleep rhythms, influences mood and perception, and facilitates important bodily processes, according to a report by the Center for Health Design. Bringing more natural light into the home can be especially beneficial for seniors who may not get out as much, have vision issues, have trouble regulating their sleep cycles or experience feelings of isolation and depression.



If you're considering making home improvements to help you age in place more enjoyably, here are three ways to incorporate more natural light into your home redesign:

\* Ditch the heavy drapes - If your windows currently

have thick, heavy drapes for privacy and insulation, consider replacing them with cordless blinds or even remote operated blinds - two styles that are friendly for people with dexterity issues. These easier-to-open blinds will allow you to maximize the amount of natural light that enters your home through windows, and removing heavy-looking drapes will brighten up the interior decor.

\* Install skylights - Natural light from above can be a great way to enhance your ability to see well, improve your mood, and encourage your body to produce more vitamin D. Installing Energy Star-qualified solar-powered fresh-air skylights allows you to provide balanced natural light and passive ventilation to any space, including bathrooms (where privacy is a concern) and kitchens (where visual acuity is critical for everyday tasks). Skylight manufacturer Velux America makes their products especially friendly for seniors by providing programmable remote-controls to open and close their fresh-air skylights, as well as their light-controlling solar-powered blinds, which are available in designer colors and patterns to brighten your decor while increasing skylight energy efficiency.

And when downsizing, seniors can use skylights to make a smaller room feel larger. Sara and Frank Mansbach, homeowners in Greenville, South Carolina, downsized when they approached retirement age and utilized skylights in their new home. "I read a lot and am on the computer a lot," Mrs. Mansbach says, "and it isn't until eight at night that we ever turn on any lights because the light is just there for us to use. And on those winter days when it's cold outside, it's cheerful in here. The light comes in and the warmth comes in and it brightens your spirits."

What's more, whether you are installing new skylights or replacing older glass or plastic bubble skylights, the latest solar powered models, and solar powered blinds, are eligible for a 30 percent federal tax credit as are installation costs. Visit [www.whyskylights.com](http://www.whyskylights.com) to learn more.

\* Enhance light with color - Paint is always one of the easiest, most cost-effective ways to improve a home's interior - and repainting in lighter, more vision-friendly colors and textures can help maximize the value of the natural light that enters a room. Choose bright, pleasing colors in paint textures that minimize glare, which can make it difficult for aging eyes to see well. Pay attention to the Light Reflectance Value (LVR) of the paint you're considering - this number provided by paint manufacturers on sample chips and

labels tells you how much light the color reflects vs. absorbs. Seniors should aim for paints in the LVR mid-range of 40-60.

Many home improvements can make it possible to age in place while enjoying your home well into retirement. Increasing balanced natural lighting is an important improvement that not only affects the livability of your home, but your physical and mental wellbeing, too.

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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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