



Celebrate National Smile Month with us!

We Want to Know...What Makes our Clients Smile?

One of the joys of our agency is the person-centered care approach we take with our clients. Yes, we take our "typical" home care agency training seriously to ensure client safety, cleanliness, transportation to appointments, nutritional needs, and other important factors of activities of daily living.



Additionally, the Alzheimer's Association Habilitation Therapy

training (mandatory for all our employees) sets us apart from other home care agencies. But beyond these trainings is what we call "person-centered care" approach. Joyful companionship is a very important part of our services. Our approach may be a little different in that we encourage our staff to discover our clients' GREATNESS. What did they do (or are still doing) in some capacity as professionals, as heroes, as parents, as intellectuals, as ... people? What activities, hobbies, or passions make our clients SMILE? Is that "built into" your care plan? If not, here is an opportunity to do just that. You can also call into the office and talk with us so we can work with the caregiver to build it in.

Here are a few suggestions to get the "What makes you smile?" ball rolling in conversation:

What is one special interest or activity that you enjoy indoors? Outdoors?

- What is one favorite local place (within a reasonable driving distance) you would like to visit in this spring? Summer? Fall? Winter?
- What is your favorite holiday and why?
- Is there a hobby on your "bucket list" that you would like to pursue?
- Did you / do you enjoy playing an instrument?
- Who are your favorite musicians? Do you know how to make a playlist of their music?
- Do you enjoy communicating with family and friends over the internet using email or Skype?
- Have you "Googled" your favorite activity?
- Would you like your Angel or someone at Visiting Angels to help you with that?

Here in our office in Auburn, the staff has been going through a national certification for Activities Professionals. We are inspired to share what we have learned and create a culture enriched by meaningful activities for our entire Visiting Angels family. For now, please see the questions above and let us know what sparks your interest!

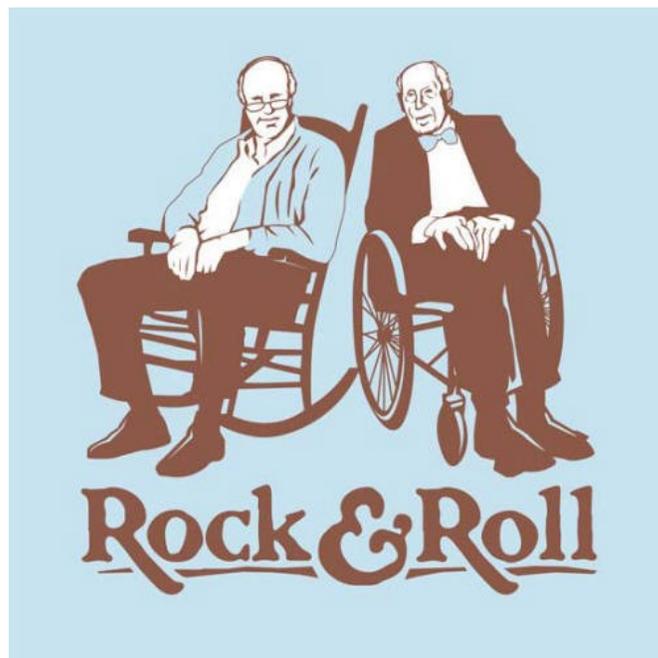
There's No Place Like Home

Home for our client, Clyde, is a historic New Hampshire farmhouse built in the mid 1700s. Clyde, who uses a wheelchair, enjoys a relaxing life at home with his devoted wife, Elizabeth. Both retired, they can pass the time playing cards, cribbage, reading, and other pass times. "Canasta" (card game) is Clyde's favorite! In the good weather, Clyde loves to fish at Bear Brook and other local fishing holes. After serving time in the service, Clyde attended nursing school until complications with diabetes prevented him from pursuing that career. His job took a more local turn when he landed at the post office and remained working there for 27 years. After an injury there, Clyde's retirement began. With three children and four grandchildren who live locally, Clyde and Elizabeth have made their life work with some help from their Visiting Angel.

And a word from Clydes's Visiting Angel: "Clyde has a great sense of humor! Both Clyde and Elizabeth are genuine people, truly easy going, and fun to around. They have a positive attitude and I really enjoy going over to help them out."

We are so pleased that we can offer our services to Clyde so that he can enjoy retirement in the comfort of his home with his wife. Now, with the good weather here, and with a little help, we wish you a summer filled with delightful fishing adventures in NH!

Note: names have been changed to protect privacy.



Free Dementia Seminar



at
VISITING ANGELS!!
Wednesday, June 4th
8:30-10:30 a.m.
-or-
Saturday, June 7th
10.a.m.-noon

14 Hooksett Rd. Auburn NH

Excellent information for families and professionals who provides services to Seniors.

Free Women's Self Defense Clinic

Thursday, June 26th from 6-9 p.m.
Auburn Village School Gym
11 Eaton Hill, Auburn NH

Preregistration is required.
Please call Officer Deeb at 603-483-2134 or register by email at Ideebaurnpd@comcast.net.

New T'ai Chi Chih Class begins June 23

A new 6-week T'ai Chi Chih program begins at Visiting Angels at 14 Hooksett Rd. in Auburn NH on June 23rd from 11 a.m. to noon.

T'ai Chi Chih helps with balance, stress, and body awareness. Come join us. First class is free, so come see for yourself.

For more information, call Ami Sarasvati, accredited T'ai Chi Chih Instructor at 603-483-8999.



Caregiver of the Month: Angela B.

Angela is a very busy caregiver with multiple clients whom she cares for very much. We asked Angela what was her favorite part of the job. She responded, "I love helping people and becoming almost part of their family. In some cases I spend more time with my clients than their family is able to. I do get attached to my clients." We also asked what she enjoys about working for our agency and she said, "The whole staff is awesome. Deb will go out of her way to help in any way she can to make sure everything goes smoothly. Anytime I need to talk or I need anything, the staff is there. It is awesome to have that relationship with my employer. I can tell you that Deb cares about the clients just as much as I do and that's amazing."



We appreciate you, Angela, and we commend you for being such a fabulous caregiver. Thank you for your dedication and bringing your beautiful heart into your work.

Get A Styling Tote for a Walker or Wheelchair!

Brenda Tucker of Creative Seams in Manchester makes adorable handmade totes for wheelchairs and walkers.



These custom bags have plenty of pockets to keep possessions organized. Made with three layers of quality material for durability, the totes have multiple large pockets so that everything is right at your fingertips. Keep your loved one safe with hands free walking with a styling assistive device tote. Bags are \$22 and there is a variety of colors, patterns, and themes from which to choose. These specialty totes make ideal gifts for a loved one's birthday or special surprise. Check out: www.creativeseams.biz or call Brenda directly at 603-717-4963.

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

Sincerely,

Debra Desrosiers, CSA, CADC
Director of Visiting Angels