



Did you know, since 1963, the month of May has been set aside to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities? We wholeheartedly support and celebrate this wonderful theme! Wishing you a summer ahead of taking opportunities to create activities in your life to bring your life joy and vitality.

There's No Place Like Home

Doris in Salem

Doris is a beautiful, bright light in this world! She has enjoyed a robust life and continues to have a vibrant lifestyle at 89 years old. Doris's sunny disposition is contagious and it is a joy to hear about her life. Raised by her grandparents here in New Hampshire, Doris went to nursing school as a young woman. She married, had one son, and worked for 39 years as the Assistant Head Nurse at a local hospital in the newborn nursery and then in pediatrics.



She lived in several locations in the United States including Albuquerque, New Mexico. Her lovely home is adorned with the artwork from the southwest as well as other destinations. As the years rolled along, her husband passed away, and her son moved out of state.

After a health crisis a couple years ago, Doris landed in a local rehabilitation facility. Although advanced in years, she was determined to return to her home. "I just wanted to come back home. I wanted to sleep in my own bed," says Doris. She put her mind to regaining her health and did everything right. Having been a nurse for so long, she knew what she need to do to get back on her feet. She took excellent care of herself and willed herself back to health. After just a few months in the rehab facility, she returned to her home.

When she considered regaining her driver's license, she chose to take the state tests insuring she was competent bases on her present ability, not just her rights. She passed with flying colors and enjoys the independence of being able to drive herself to church every Sunday, do her own errands, go to her doctor's appointments, do her groceries, etc.

Although Doris is able to handle all her activities of daily living independently, she took services from Visiting Angel for just a couple hours a week to have someone help her with tasks that are so much easier with two people working together. Also, she enjoys the companionship of her caregiver. Doris and her Visiting Angel venture out to enjoy a nice meal together at local restaurants. For Doris, it is also comforting (and wise) to have a backup support system in place so that as the months and years roll on, reliable help is just a phone call away.

"It is so handy to have someone who can help out with just about anything." Doris enjoys driving, attending weekly services at her church, reading biographies, listening to classical music, and doing housework. What does she enjoy most about living at home? "I can do my own thing," says Doris who is enjoying her senior years with a little help from Visiting Angels.

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

FULL COURSE OFFERED!

CAREGIVER KEYS



Alzheimer's/Dementia Education
For Family and Professional Caregivers
Educator: Debra Desrosiers, CSA, CADC,
HCC/MC

Three Saturdays
(you should plan to
attend all 3)

July 18, Aug 15, Sep 19, 2015

9 am - Noon

GoodLife, 254 N State St., Concord NH

Course fee is \$125.

6.5 Nursing Contact Hours for successful completion. Approved by the Northeast Multi-state Division Association, an Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

6.5 Continuing Education Units for Activities Professionals through NCCAP (National Certification Council for Activities Professionals)

To register call 603-228-6630 or go to:
www.goodlifenh.org



Caregiver of the Month

We are so fortunate to have Lori as one of our amazing Angels!

Lori has been a Visiting Angel since 2012.



Lori M.

Lori is a highly dedicated employee. She has been helping one family for several years providing continuity of care and longevity of service.

What does she enjoy most about being a Visiting Angel?

"I love hearing their stories. [My client] was a World War II vet, a Ranger, and the stories are amazing! I enjoy hearing about life back then compared to the world we live in now."

What advice would she offer to someone new to caregiving?

"Really get into the mindset of enjoying the elderly. Many older folks are sort of forgotten. It is so important to spend time listening to their. They love the company and have so much to tell us."

Caregivers of the Week

Sarah S., Sherry J., Shirley A., Moe M.

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

Our New Website

Please visit our new website, look around, and let us know what you think!
www.homecareofnh.com

