



We are thankful for all our clients, their families, our caregivers, and the opportunity to do such needed work in our community. This is a month for counting our blessings, even when they are "disguised" as challenges. Our mission to keep seniors and adults safe and happy in their homes is a mission we take seriously and for which we give thanks.

Dementia Education for Families and Professionals

New service offered at Visiting Angels by Debra Desrosiers, CSA



We recognize that dementia is a journey for the whole family, not just the individual with cognitive impairment. Excellent care for those with dementia is an important part of the required training for our entire staff. We put all our caregivers through this program and have gotten phenomenal feedback due to the positive results of having this training with our clients.

We also recognize that it is not only our clients that need support and assistance at home (or even in facilities). Adding on to the services and value we provide at Visiting Angels, we are now offering professional coaching for the family caregiver. We offer one-on-one coaching as well as group seminars. Here is the information on our first seminar:

Caregiver Tools for Success

Understand the Dementia Journey

This family-friendly seminar explores the skill set of successfully navigating the dementia journey.

**Thursday, December 12, 2013 from 6 - 7:30 pm
14 Hooksett Rd. Auburn NH**

This seminar is useful for family caregivers as well as professional caregivers. Receive resources for education, support, and empowerment.

*Light dessert refreshments. **Please RSVP to 603-483-8999 due to limited seating.***



"My memory is gone Mildred, so I changed my password to "incorrect." That way when I log in with the wrong password, the computer will tell me...
"Your password is incorrect."

There's No Place Like Home

Bob lives a quiet life in his home with minimal assistance from Visiting Angels. His stories echo an illustrious career in aerodynamics as an engineer at Douglas (now McDonald Douglas) and Ford. He was also a pilot and enjoys going to a local park on his own or with friends from his glider club to enjoy flying his latest glider. His current project is a red and white glider controlled by an amateur radio which he built himself. The gliders he works have a five or six foot wing span. Even as a teenager, Bob was flying model airplanes and even competing with his engineered creations.



Bob recalls having enjoyed square dancing and ballroom dancing with his wife, who is now passed, but whom Visiting Angels helped to age at home. Bob's lifestyle today is active with visits to the Bedford Senior Center, his lifelong interest in music, his keen ear for languages, and enjoying his model airplanes.

We are delighted to help Bob "age in place" so he can enjoy his hobbies and activities in his golden years.

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at 8 Loudon Rd. in Concord NH open 9 am-9 pm 7 days a week. For the price of a office visit co-pay (that you would pay at your regular physician's office), you can receive services that you would normally go to an urgent care clinic, but at a much more affordable price and with a much shorter wait. They are networked with the 15 major health insurance providers. Most insurances are accepted, but not required. If you do not have health insurance ConvenientMD has a great self-pay program where a visit would never cost you more than \$250.00. At ConvenientMD, you receive fast service treating illnesses and injuries for all ages. No appointment is needed, just walk in! At ConvenientMD you can get x-rays, labs, EKG, stitches, IV fluids and much more. A strep test results within minutes and if you do have strep, get antibiotics before walking out the door. This business bridges the gap between emergent care and primary care. After your visit, they will send the records of your visit to your regular general practitioner. They strive to bring a high level of customer service back to healthcare.

During the month of November (2013), ConvenientMD offers **FREE FLU SHOTS to anyone who walks in the door** as a promotional event. For more information go to www.convenientmd.com.

Community Service Project

Your clean winter coats, hats, mittens, and scarves are appreciated

In support of New Horizons of New Hampshire, Visiting Angels is coordinating a "WARM WINTER WEAR" drive. The Girl Scouts of Auburn NH



are also collaborating in this effort. Cleaned winter coats, hats, mitten/gloves, and scarves are welcome. Another great need of theirs is sheets, blankets, and towels. If you have extra of any of these items, please bring them (cleaned) to **Visiting Angels now through December 10. We are located at 14 Hooksett Rd. in Auburn NH.**

The New Horizon's facility is impressive. Serving hundreds of families every day, the food pantry is a busy and well run machine. New Horizons is located in the previous Girls Club at 199 Manchester Street in Manchester. The food "production" happens in the space where the swimming pool used to be. It has been renovated and is filled with enormous amounts of food (much from Hannaford donations) and processed and prepared to be served by volunteers with a heart of gold. Every night, they serve a great number of families who would otherwise go hungry.

In another part of the complex is a green house which was donated (over \$30,000.00) in which they are growing their own food.

The shelter is yet another large component of the facility providing clean, safe, and warm accommodations (bunk style) to men and women in transition.

In addition to cleaned winter wear (as mentioned above) if you have extra linens including cleaned sheets, towels, and blankets, please bring them to Visiting Angels. We will be making a (hopefully) large contribution to New Horizons just after our drive ends on December 10, 2013.

Every donation is appreciated and will help those in need safe warm this winter.

Celebrating the Outstanding Efforts of a Very Special Angel this month!

Employee of the Month

Sheila Geisler



Sheila is an exceptional caregiver and always rises to the occasion to take on shifts regardless of client's needs, hours, or location. When asked what she enjoys most about working with our clients Sheila says, "If I can leave my shift and they have a smile on their face, I know I did my job. I really enjoy making them smile. It makes me feel so good. It's that simple."

Sheila consistently goes above and beyond and is really shows. Thank you Sheila for all you do!

Turkey made of Veggies!

Looking to balance out the meat and potatoes at the Thanksgiving table? Consider an easy-to-make "turkey" made out of vegetables.



Ingredients:

- one head red leaf lettuce
- celery sticks
- 1 package baby carrots
- bunch of asparagus
- 2 red peppers
- 2 yellow peppers
- 1 green pepper
- 1 package cherry tomatoes
- 1 cucumber
- 1 summer squash
- 1 black olive

Wash the red leaf lettuce and prepare individual leaves for placement. Fan the leaves on the bottom of a large platter with red tips toward the outside of the dish. Think about a clock face and set the lettuce from "7:00 to 5:00" leaving about 25% of the "circle" open at the bottom where the "turkey's body" will be. Next set the celery sticks in the same fanned position leaving about 2 inches of the red leaf lettuce showing. Work inwards placing the baby carrots and asparagus on the next inner ring. Next place pepper circles working inward starting with the red pepper, then the yellow, then the green. Next, arrange the cherry tomatoes outlining the "body" of the turkey. Cucumber slices as the body itself and a summer squash (cut in half) as the neck and head of the turkey. Finish with the face (1 black olive, pitted, cut in half and placed on the squash "head" as eyes, one piece of the red pepper as a "nose" and use two celery stocks split in three to be the legs. The more closely you follow the photo, the easier it will be. Also feel free to substitute any vegetables with ones you can think of!

This can be accompanied by a favorite dip or dressing once it is time to dig in! Enjoy.

Kudos to Ami Sarasvati, our Marketing Liaison

Ami has been studying for the Certified Senior Advisor (CSA) exam for the past several months and was just informed she passed her exam!

Congratulations Ami!



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

*Sincerely,
Debra Desrosiers, Director of Visiting Angels*