



As we approach Thanksgiving, we begin to remember all we have to be thankful for. All of us at the Visiting Angels office are thankful for all our clients, their families, our caregivers, and the opportunity to do such needed work in our community. 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.

Alzheimer's Café - Free and Open to the Public!

Enjoy a social experience for people with Alzheimer's or dementia and their loved ones or caregivers. The café is a supportive environment for people to take a break from daily routines and issues relating to the disease. Laughter, love, and merriment are the keystones of the café.

Alzheimer's Café is at the Currier Museum at 150 Ash Street, Manchester, NH on Wednesday, November 12 from 2-4 pm.

3-Step Pumpkin Pie



Ingredients

- 1 (15-ounce) can pumpkin purée (not pie mix)
- 1 (14-ounce) can sweetened condensed milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- Whipped cream

Instructions:

1. Preheat oven at 350
2. Place all of the ingredients except the whipped cream in a large bowl and whisk until smooth and combined. Pour into the chilled pie crust.
3. Place the pie on the hot baking sheet and bake until the top starts to brown and the filling is set, about 50 minutes.

ENJOY!



There's No Place Like Home

Honey is a 93 year old ray of sunshine! She grew up in Fall River, MA and worked in a senior living facility preparing food for the elderly as well as in the mills in a sewing department. She moved up to NH a few years ago to live with her daughter and son-in-law. She has been receiving services from Visiting Angels since then. Her Angel visits twice a week and their relationship has blossomed into a beautiful friendship.

Honey lives in a lovely home in Goffstown. The home has been set up with chair lifts, grab bars, and arranged so Honey can get around easily. She uses a walker at home and when she goes out, sometimes uses a wheelchair allowing her to travel and participate in family events.

She absolutely beams as she talks about her family. Honey names all members of her family including her children, their spouses, and her grandchildren. Her family is very important to her. She describes their jobs, their interests, and the relationship she has with them.

Honey has a deeply rewarding spiritual life and is a devoted Catholic. She talks about how the power of prayer helps her keep her attitude healthy and she hopes all the prayers for her family are doing good.

Honey is a model of having an "attitude of gratitude" as she talks about her family and the activities she enjoys. Honey loves to read books by Nora Roberts, Nicholas Sparks, and other authors. She also enjoys knitting and a few TV shows. Her favorite shows are Dancing with the Stars and Days of Our Lives. To get her laughing in the morning, she listens to Mike & Mike (radio show) with her son-in-law. She comments how great it is to start your day laughing with loved ones.

We are so pleased to be part of Honey's life. We look for ways to continue helping her as she enjoys an excellent lifestyle in body, mind, and spirit.

Note: Client names are changed in this series of article to protect their privacy and security.

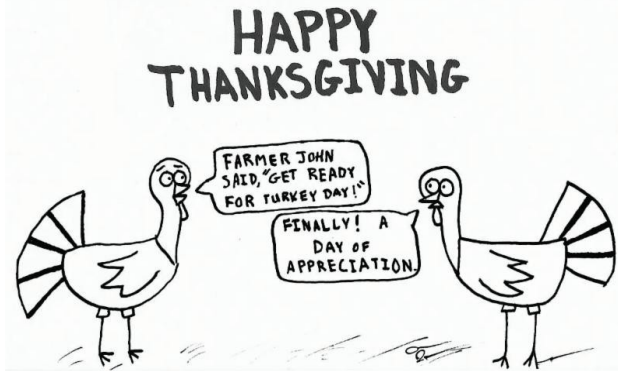
Care to Cure Conference

Alzheimer's Association Caregiving & Research Great information from presenters such as Ross Gourvitz, Ph.D Clinical Neuropsychologist at the Elliot Memory and Movement Clinic in Londonderry on advancing brain science in 2014. Breakout sessions include; Activities at Home, Communication & Behavior Challenges, Easing Transitions From Home to a New Care Setting, and Legal and Financial Issues & Answers.

The conference is FREE!! Pre-registration is required as space is limited. Call 603.606.6590 or register at www.caretocure.org



Conference is Saturday, November 15, 2014 at the Grappone Conference Center, 70 Constitution Dr, in Concord, NH. **Debra Desrosiers will be one of the presenters!**



We Thank You for Your Service

As a community service project, Visiting Angels partnered with the Auburn, NH National Honor Society Candidates to organize and assemble 200 Veteran's Day cards and deliver them to different Veteran specific facilities around the area.



Caregiver of the Month: Line G.

Line is an awesome Angel who has been with us for about four years now. She is caring, helpful, and appreciative. She is always reliable for her clients and is always willing to help out with extra shifts when needed.



What does Line enjoy about her work? Line loves being able to show her clients that there are still people that care for them, she said helping them and making their day better "just gives me a good feeling." Line lets us know how helpful it is that the office staff is very flexible and works with her schedule. Line is so happy she decided to do this work and that her clients enjoy spending time with her as much as she enjoys spending time with them.

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

Workshops focusing on Improving Quality of Life

Wednesday, December 10, 2014
Birch Heights at 7 Kendall Pond Rd., Derry NH
9 a.m.—Noon

CAREGIVER KEYS



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