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Caregiver of the Month



Bev K.

Bev has been a caregiver for Visiting Angels since December of 2014. She initially applied to Visiting Angels upon retirement after 52 years as an executive assistant.

Bev says that Visiting Angels has given her the opportunity to meet "the most wonderful people" and she feels like it has given her a chance to give back.

When asked if she had any advice for other caregivers Bev discussed the importance of asking questions to get to know the clients that you are

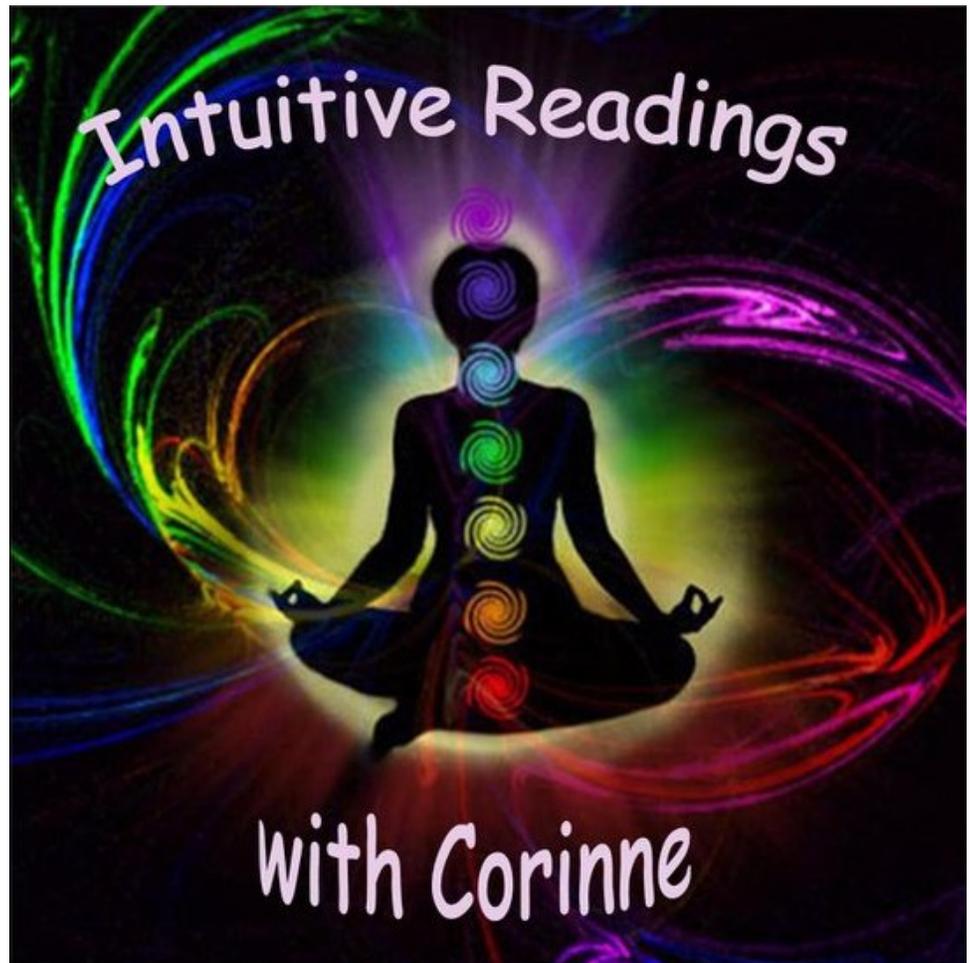
Greetings!

Join us on November 5th for our psychic event!

The group experience will be held at the Visiting Angels Office at 14 Hooksett Road in Auburn NH.

The event will be 5:30-8:30pm and we ask that everyone in attendance stay the entire time so as not to disrupt the spirits.

Tickets are \$25.00 and must be purchased in advance prior to the event. Cash can be paid to the office or checks may be mailed to Visiting Angels PO Box 715 in Auburn NH 03032.



To learn more about Corinne, check her out on [her facebook page!](#)

Get Out And Vote: Election Season 2016

working with. She said, "Read the notes in the book from the other caregivers because people and their circumstances tend to change."

When Bev isn't working as a caregiver, she is busy helping to raise her 5 grandchildren that range from 5 to 16 years of age. Her daughter and son-in-law both work and are pursuing graduate degrees.

Bev stated that she is "honored to be a Visiting Angel" and we are honored to have her.

Congratulations to our Caregivers who received "Caregiver of the Week" for the month of October:

Julie H.
Jane F.
Cheyene B.
Donna L.
Olga D.

Caregivers who received our Merit Award this month:

Darlene Aucoin

Cook's Corner

5 Ingredient

Pear Pomegranate Salsa



Yields about 3 Cups
Prep Time: 10min
Total Time: 10min

INGREDIENTS

2 fresh pears (any kind)
cored and diced



Where do the two major party candidates stand on issues of concern to older adults and the aging network? We did the research for you.

To learn more visit: [The National Council On Aging](#)

Dear Veterans,

Visiting Angels Thanks you for your service!

Veterans' Day 2016 is a federal holiday (previously known as Armistice Day) observed annually on November 11, not only in the United States but in many other countries throughout the world. In the United States, it is a day that honors all men and women that have served as military veterans in the United States Armed Forces. Additionally, Veteran's Day 2016 is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Veterans Day 2016 should not to mistaken with Memorial Day; Veterans' Day celebrates the service of all United States military veterans, while Memorial Day honors those who died while in military service.

Visiting Angels recently partnered with the Employer Support of the Guard and Reserve in support of hiring Veterans. Check us out on their [Facebook Page!](#)

1 fresh pomegranate

half a red onion, diced

1/2 cup chopped fresh cilantro leaves

juice of half a lime

DIRECTIONS

1. Toss all ingredients together until combined.

2. Season to taste with salt and pepper.

3. Serve immediately, or store in a sealed container for up to 2 days.



Preventing Falls: Tips for Older Adults and Caregivers



6 Steps to Prevent a Fall

Did you know that 1 in 3 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly-in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.



If you would like to learn more about this topic and other issues facing older adults visit: WWW.NCOA.ORG

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5 consecutive years!



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This information is brought to you by: The National Council on Aging

"We make a living by what we get, but we make a life by what we give."
Winston Churchill

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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