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## Caregiver of the Month



**Gina C.**

October's caregiver of the month was selected due to her upbeat personality

### Greetings!

Many are not prepared for the role reversal that takes place when suddenly they become the caregivers for their parents. The topics covered in "Taking Care of Mom & Dad: A Beginner's Guide to Caring for Your Parents" are an invaluable in helping families deal with issues that come with caring for aging parents.

If you're taking care of your parents, you need this book. Pick up your copy at: <http://bit.ly/2d6KPAv>

On October 3rd & 4th only, if you use the Promo Code: CVZ3PFB6, you save an additional \$2 off the retail price of \$12.95!

Amazon link for purchases October 5th on is: <http://amzn.to/2dKBoYl>

and her ability to help motivate clients who have historically demonstrated a tendency to push back when offered help.

**Originally from Dorchester Massachusetts, Gina moved to Derry NH 12 years ago and lives with her husband and four kids: Michael 23, Lauren 13, Jacqueline 11 and Katelyn 8.**

**Prior to working at Visiting Angels, Gina witnessed the challenges that her husband faced while taking care of his parents. Gina was living in her in-laws home and was there along with hospice to help when her mother-in-law passed away after a battle with cancer.**

**A few years after moving to New Hampshire Gina applied with Visiting Angels. The caregiver position was appealing to Gina due to her love of talking to people and her desire to help them.**

**When asked if she had any tips of the trade for new caregivers Gina said, "Love what you are doing or it won't be worth it. It shows when you enjoy the work that you are doing." Gina also stressed the importance of paying attention to the details- taking the time to sweep the floor or move things out of the way so that a client has a clear path to walk on- doing things that show you really care can make all the difference.**

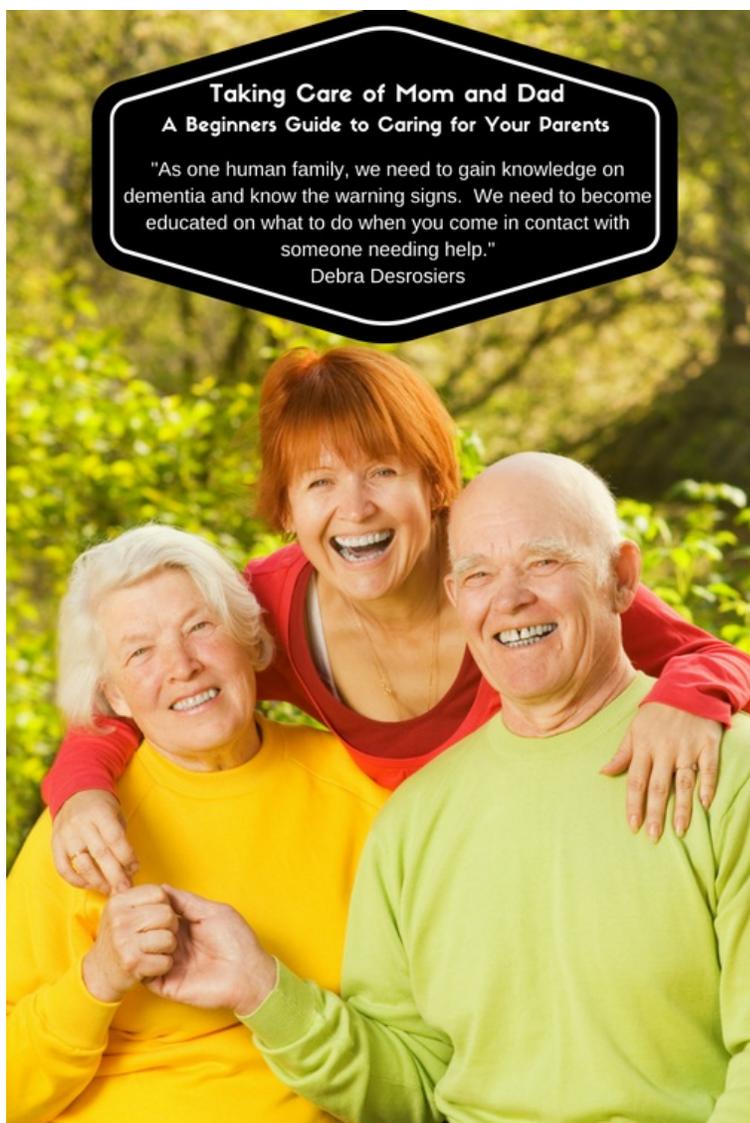
**Congratulations to Gina and the Caregivers of the Week for August:**

**Laurie P.  
Jaynemie W.  
Donna P.  
Lynn G.**

**Merit Awards (awarded to caregivers who made a substantial difference in a client's life):**

**Christine L.  
Kimberly D.  
Colleen H.**

*We appreciate you all for your thoughtfulness, reliability, nurturing*



## **Flu + You: Educate Your Loved Ones**

Influenza ("the flu") is a contagious respiratory illness that can be severe and life-threatening, especially for adults 65 years of age and older. The immune system weakens with age, which makes it harder to fight disease. The flu can be dangerous in older adults whether they are healthy or have a chronic health condition such as heart disease or diabetes, which can worsen as a result of the flu.

care and outstanding service.  
Well done!

## Visiting Angels Introduces Corinne Star Psychic Event



See Corinne at work!

**When:** 6-8 pm Saturday November 5,  
2016

**Where:** 14 Hooksett Rd. Auburn NH at  
the Visiting Angels Office

**Cost:** \$25 per person

Please pay in advance either by mailing  
a check (made out to the "*Alzheimer's  
Association*") C/O Visiting Angels at PO  
Box 715 Auburn NH 03032 or by  
bringing cash in person to the office on  
14 Hooksett Rd in Auburn.

There is limited space available, so  
please RSVP sooner rather than later.

**Details:** We will have refreshments at  
5:30 prior to the event. Please be  
respectful of the energy of the event by  
arriving on time and staying for the  
entirety of the session.

To see more about Corinne Star: [Visit  
her website!](#)

## Cook's Corner Pumpkin Quesadillas



Getting an annual flu vaccination is one of  
the things you can do to help maintain your  
health. According to the U.S. Centers for  
Disease Control and Prevention, the single  
best way to help prevent the flu is to get an  
annual vaccination, which is recommended  
for everyone six months of age and older,  
with rare exception.

[Learn More about the "Flu + You Campaign" here.](#)

## Gift Basket Raffle



Visiting Angels will be raffling off gift baskets-  
each \$100+ value- over the next couple of  
months to raise money to benefit Alzheimer's  
Awareness.

We have the following themed baskets that will  
be up for raffle:

- Cupcake/Baking Basket
- Autumn Basket
- Lucky Lottery/Scratch Ticket Basket
- Movie Basket
- PetCo/Dog Basket
- Money Basket
- Golf Basket
- Date Night Basket

Cash can be given to staff in the office at 14



## Ingredients:

- 2 cups canned pure pumpkin puree
- 1 teaspoon ground cumin
- 8 8 inches flour tortillas
- 4 ounces goat cheese, crumbled
- 1/2 cup chopped walnuts, toasted
- 1/4 cup vegetable oil

## Preparation:

In bowl, stir pumpkin and cumin; season.

Spread over 4 tortillas.

Sprinkle with cheese and nuts.

Top with remaining tortillas. In large skillet, heat 1 tbsp. oil over medium-low.

Cook quesadillas 1 at a time, turning once and adding more oil between batches, until browned, 3 minutes.

Cut into wedges & Enjoy.

*If you have recipes you would like to see shared in our newsletter please e-mail them to: [Jharring@visitingangelsnh.com](mailto:Jharring@visitingangelsnh.com)*

Hooksett Rd in Auburn NH or a check can be made out to the "*Alzheimer's Association*" mailed to: PO Box 715 C/O Visiting Angels Auburn NH 03032

If you mail a check or donate to the team site below, make sure to email Deb Desrosiers at [Ddesrosiers@visitingangelsnh.com](mailto:Ddesrosiers@visitingangelsnh.com) your choices for what raffle baskets you would like to be entered to win (1 ticket for \$5 & 3 tickets for \$10).

To donate, visit Visiting Angels team site: [Here](#)

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## Four ways to support your community's fight against elder financial exploitation

Financial exploitation robs millions of older people of their money and property every year. To prevent and respond to the crisis of elder financial exploitation, people are working together in hundreds of communities across our nation.

These networks of people bring together, among others, community volunteers, local law enforcement, social workers, health care and legal professionals, banks and credit unions, government agencies, and accountants. Networks combat financial exploitation through different activities. Many are educating their community, training professionals, coordinating efforts between agencies, and reviewing cases of financial exploitation.

Today we are releasing a report with recommendations that describes how networks help to protect older people. There are networks in hundreds of communities nationwide. There is also an opportunity for building new networks, especially in communities where elders are a large share of the population.

## Stay Connected!



✉ Join Our Mailing List

✉ Forward to a Friend



**5 consecutive years!**

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[Play our CEO Message!](#)

[Donate to our Team Today!](#)

### Side Heading

This is dummy text. Computer services, debugged computer, audio messaging messaging feedback.

[Optional Link](#)

Here are four ways you can help to protect older people in your community from financial exploitation:

1. Find a local network and attend their meetings and activities. Many networks conduct meetings to raise awareness about safety and common frauds and scams. Find out if there is a network in your community and when it meets by contacting your local sheriff, police department, or local Area Agency on Aging.
2. Share what you learn with others. You can help your networks' educational and prevention work by sharing the information with your family, friends, and neighbors. Check out this resource that others are passing on.
3. Lend a hand. Many networks depend on volunteers to carry out their activities. Retired lawyers, bankers, teachers, police officers, and others serve as leaders and train others to detect, prevent, and respond to financial exploitation. Many volunteers also support their network's educational work by reaching out to community and faith-based groups. Many are serving as trainers for educational programs, such as Money Smart for Older Adults . Ask your local network if they need an extra hand.
4. Build a network. If you live in one of the nearly 2,300 counties without a network, create a network in your community. Learn more about existing networks and get some tips on how to start a network in your community.

Together we can build communities that support the safety and independence of older people by protecting them from financial predators.



For more information on this topic visit: [Here](#)

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**"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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Visiting Angels | [visitingangelsnh@comcast.net](mailto:visitingangelsnh@comcast.net) | 603-483-8999 | [www.homecareofnh.com](http://www.homecareofnh.com)  
14 Hooksett Road, Auburn, NH 03032

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