



With the first stirrings of fall in the air, we hope you are enjoying the last week of a hot summer. One of the most glorious displays of fall foliage will soon be gracing us here in NH. Those warm, long-awaited days are great opportunities to get outside and enjoy the colors.

## There's No Place Like Home *Ricky in Manchester*

Ricky grew up in Cambridge, MA. As a young man, he joined the Marine Corps. For 15 years, his job was to disarm bombs. Ricky has been around the world twice with his work and travels. With a job as dangerous as that, you can imagine that Ricky's globe-trotting sometimes came with a high price including the mention of one story of being taken off a train and locked up in Yugoslavia for a time. Although his ultimate retirement location would have been the Philippines, he got stationed as a recruiter in Hooksett for 12 years. It was in this area that he met his (late) wife who was a nurse at the Veterans Affairs office.



Ricky's living accommodations have varied more than most people's, including living on a boathouse on Winnepesaukee. He now lives in lovely home that is perfectly set up for him. He uses a wheelchair and his home is designed for total accessibility, from garage to bathroom.

About a year ago, a friend told him about Visiting Angels and he began services. His life has been quite full. It is clear that when Ricky puts his mind to something, there's no stopping him! Recently, Ricky dropped over 50 pounds by making dietary changes. He enjoys watching action adventure on Netflix, surfing the web, reading, and getting out in the car with his Visiting Angel.

Ricky's favorite season is fall. Off his back deck, he has a bountiful arrangement of mature trees which will provide him with gorgeous fall foliage show. We are pleased to help Ricky remain in his home, help out with whatever he needs, and to provide companionship to a man whose stories are as colorful as the most spectacular foliage we see here in New Hampshire.

## Oral Healthcare@Home

Meet Joan Fitzgerald, Certified Public Health Dental Hygienist. Joan provides oral hygiene services for elderly in southern New Hampshire who are homebound or live in a residential care community. She has over 30 years of experience doing this work. When working on her Capstone Project at Granite State College in 2012, Joan recognized an unmet need, especially among the homebound elderly population, and founded Oral Healthcare@Home, Inc. Her company is committed to providing high quality preventative oral healthcare services including oral health screening, assessments, and ongoing oral health care services.



In addition to working with the elderly, Joan works with the residential students living on the campus at Crotched Mountain. As a dental hygienist with advanced training and collaboration with a supervising dentist, Joan goes into her patients' homes, makes the initial assessment, creates a care plan, and provides ongoing care.

Joan is passionate about advocating for oral health as part of total body health. Her interventions are designed to stabilize her patients and get them on a healthy path. For those on palliative or hospice care, her job is simply to stabilize them, arrest the disease process, and provide comfort measures.

Oral Healthcare@Home, Inc. is designed from the ground up to deliver compassionate, holistic care using evidence-based principle. Currently, Oral Healthcare@Home, Inc. accepts private pay and most dental insurances. Currently, Medicare and Medicaid do not cover adult preventative dental services.

As a Certified Public Health Dental Hygienist serving homebound elderly, Joan offers a valuable and highly important service in our community. For more information, contact Joan Fitzgerald, CPHDH, and Clinical Director at 603-493-4723.

## Elliot Senior Health Center

Are you looking for a "senior friendly" gym that caters to the specialized needs of the older generation? The Elliot Senior Health Center, located at 138 Webster St. in Manchester, NH is dedicated to "Helping Our Seniors Live Better!" The facility offers individual assessments, classes, support groups, and other resources for those over 65 years old.

[from their website] The Elliot Senior Health Center is a full service ambulatory healthcare center dedicated to helping seniors to achieve their maximum possible quality of life. One of only a handful of its kind, and in fact the nation's first when it opened, the Center offers a seamless network of senior healthcare services, including primary care, senior health psychiatry, outpatient rehabilitation, radiology and laboratory services, health education and physical fitness programs, all under one roof. The Elliot Senior Health Center has its home in a separate, dedicated facility just minutes from the main campus of The Elliot.

## Hot Apple Cider, New Hampshire Style

As the fall approaches, and the New Hampshire apple cider becomes popular in the stores and local markets, here's a tasty recipe to warm up a cool evening.

- 6 cups apple cider
- 1/4 cup NH maple syrup
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice berries
- 1 orange peel, cut into strips
- 1 lemon peel, cut into strips

### Directions

1. Pour the apple cider and maple syrup into a large stainless steel saucepan.
2. Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.
3. Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling.
4. Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.



## Caregiver of the Month

### Bev K.

Bev has been a Visiting Angel with our agency since December 2014. She was chosen as Caregiver of the Month because she is a natural caregiver, selfless, caring, compassionate, and willing to help out with special requests when a client is in need.



Bev says that being a caregiver is, "fulfilling work." She encourages new caregivers to read the notes in the log from the day(s) before they arrive so they can get to know the client and be aware of what is happening."

Bev appreciates the strong communication from the office staff as well as all the available training. We thank you, Bev, and celebrate you for being such an outstanding caregiver. Your hard work and dedication is appreciated!

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## Save the Dates!

### Fundraising Events

#### Celebrity Impersonation

**Show:** October 16, 2015

**Coins for a Cause:** Please help us by dropping off loose change at our office.

**Raffle:** 1 ticket for \$2, 3 for \$5, 10 for \$10

*Wonderful prizes from:*

Puritan Backroom, Villagio Restaurant, Manchester Monarchs, Fratello's Restaurant, Vertical Dreams, Murphy's Taproom, See Science Center, T-Bones/Cactus Jacks, Clark's Trading Post, Conway Scenic Railroad, Cotton Restaurant, Envy Sports Club & Café, A Market, Market Basket, and more.



## Got medications to get rid of?

Turn in your unused or expired medication for safe disposal on September 26th at the New Hampshire National Guard located at 771 Canal St. in Manchester, NH between 10AM - 2PM.

