



It is one of New England's most spectacular times with the leaves turning their beautiful colors. We are excited to help our clients create a day filled with engaging and meaningful moments. We have embarked on a new partnership whose mission is "Improving Quality of Life through Activities and Education" and we hope you will read on...

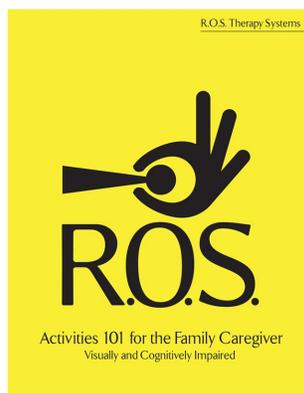


New England

## Let the Activities Begin!

We are very excited to announce we have acquired a new partnership with **R.O.S. Therapy Systems**. The mission of this new partnership is "Improving Quality of Life through Activities and Education." We are just at the very beginning of an exciting time rolling this out.

R.O.S. offers innovative and unique activity products and educational options for caregivers at: [www.roscenternewengland.com](http://www.roscenternewengland.com). A few of the goodies now available! See more on the back page about R.O.S. Therapy Systems.



## Yoga Day with the Monarchs

Join us for the 1st Annual Monarchs Yoga Day! This event is a fundraising for the Alzheimer's Association and is a great way to enjoy Yoga (even if you have never tried it) as well as take in the Monarchs playing the Hershey Bears.



**Event info:** Date: November 2, 2014

Times: *Yoga event:* Check in 10:30 am - 10:45 am

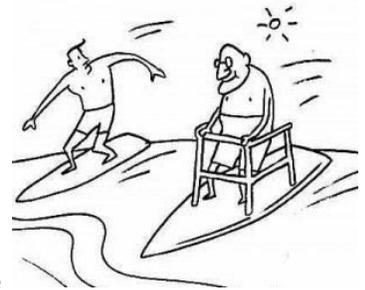
Yoga from 11 am - 1 pm

*Hockey game:* 3pm

Where? At the Verizon Wireless Arena in Manchester! If you would like more information or to sign up call us at 603-483-8999.

## What Does it Look Like Now?

As you know from reading the last couple newsletter editions, we have been gearing up to offer activities that sweeten our clients' lives. We are nurturing a culture of "person-centered care" among our Visiting Angels. By knowing more what our clients enjoy, or used to enjoy, we can begin to create "Lesson Plans."



Here is a great example of what we'd like to know. We have a client who loves photography. He no longer drives by himself, but his Angel can drive him up to the White Mountains where some of his favorite views are, help him in whatever way he needs assistance, drive him home, and then back at home, support him in the process of checking out and distributing his photos.

This is just one example of taking an activity that you may have enjoyed independently years ago, but, with help of your Angel, you can still enjoy! Okay, this comic is stretching the point a bit but hopefully it inspires you to think about what gets you jazzed that may be a possibility in your life with a little help from the Angels.

## T'ai Chi Chih on Mondays here at Visiting Angels in Auburn

For Better Balance, Reduced Stress, and more, come try a T'ai Chi Chih Class!

14 Hooksett Rd., Auburn NH  
Monday mornings from 11 am-Noon  
6 weeks for: \$60 (or \$42 for seniors over 65)

T'ai Chi Chih is a gentle, moving meditation consisting of 20 movements that activate, circulate, and balance the vital energy within us, which the Chinese call Chi. T'ai Chi Chih can be done standing or seated by people of all ages and physical abilities. No special clothing or equipment is required. The benefits that come from this practice are numerous. Right from the very first class, participants report a sense of peacefulness, relaxation, and other desirable benefits. Come experience T'ai Chi Chih for yourself. Bring along a loved one! For more information, call 483-0001.

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## About R.O.S. Therapy Systems

Scott Silknitter is the founder of R.O.S. Therapy Systems. R.O.S. is the initials of his late father, Roger Owen Silknitter who battled Parkinson's disease for 25 years. One day, Scott was visiting his father when the professional caregiver, frustrated, turned to Scott and commented that she wished there was SOMETHING for him to do. Out of the love of his father, Scott created R.O.S. Therapy Systems which is both unique and innovative durable goods for seniors with a variety of impairments, as well as high quality education for professional and family caregivers. R.O.S has quickly grown into a company providing joy and engaging activities to those with Parkinson's, Alzheimer's, Stroke, Developmental Disabilities, LBD and a host of other issues throughout North America.



For more information, call Ami at 483-0001. We can set up a time for you to come by and see the products here in Auburn for your enjoyment!

## Caregiver of the Month: Nancy B.

Nancy is an awesome Angel. She is upbeat, positive, and communicates well with the staff. She gives us valuable suggestions about clients and works just about any shift she's asked.



What does Nancy enjoy about her work? "I love the diversity of people I work with. All the different situations open me up. It is like preparation for when I'm older. My clients are so great. I wish I could give them a report card to show them how well they are doing!" Nancy lets us know how much she appreciates the support of the office staff and how she's so happy she decided to do this work. She feels good knowing her clients need her help and that they can depend on her.

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

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## Community House Calls to the Rescue!

Community House Calls, Inc. located in Chester, NH provides and specializes in services to seniors and adults with disabilities. Services include deck, stairwell or ramp constructions, bathroom modifications, grab bar and handrail installations, doorway widening and threshold adjustments as well as assistance with home repairs and home maintenance.



Additionally, Community House Calls, also help individuals that have a hoarding or cluttering challenge through their Healthy Homes Today program.

"There is no better feeling than walking out of the house and knowing you helped someone do something that they could not do before you walked in- we're giving back independence and improving quality of life." says President, Ray Mailloux. For more information please visit their website at [www.communityhousecalls.com](http://www.communityhousecalls.com).