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Caregiver of the Month



Deb G.

This month Deb G. has been selected as caregiver of the month and she provided the following words of wisdom and encouragement:

When we feel like our own life is difficult and how we struggle some days to keep going, I am constantly inspired by those I care for. I listen to who they were, not just who they are today. I look for their strengths so as to empower them to do what they CAN do for themselves and encourage new so they live life not just exist in life.

We all have something to offer, we need only find that purpose in someone and then assure them of appreciation, worth and most importantly they are needed and

Greetings!

Please join us on September 9th for a Visiting Angels Paint Night fundraiser for the Alzheimer's Association.

Event is 6-9pm at the Visiting Angel's Office at 14 Hooksett Road in Auburn.

[Reserve your seat here!](#)



Taking Care of Mom and Dad DOWNLOAD YOUR FREE CHAPTER!!!

Weren't prepared for the role reversal that took place when suddenly you became the caregivers for your parents?

The topics covered in "Taking Care of Mom & Dad: A Beginners Guide to Caring for Your Parents" will be invaluable in helping you deal with issues you weren't prepared for. If you're taking care of your parents, you need this book.

loved. So simple..bring comfort, joy, encouragement , love and meaning to a life.

I have been personally blessed by the experience of working for Visiting Angels. It has brought purpose to my own life and a far greater an education with this life experience working with those in need through the programs offered and the constant advice from the staff. I am confident I will always need guidance though, as my fault being I can not seem to find the line between professional and personally allowing each and every one of my clients, to pull at my heart strings.

I am sincerely touched to be honored with your consideration, as working for Visiting Angels is more a calling than a job. Thank you to all who have guided me through these past 2 years with such patience and understanding.

Congratulations to Deb and the Caregivers of the Week for August!

**Brenda Lord
Claire Bissonnette
Alex Skinner**

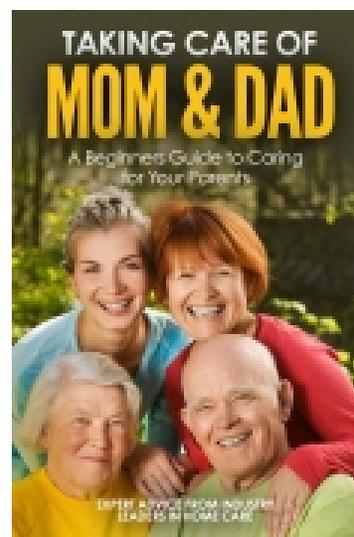
*We appreciate you all for your thoughtfulness, reliability, nurturing care and outstanding service.
Well done!*

Cook's Corner Maple Pumpkin Pie (with lettering)



Ingredients:

1 (15-ounce) package



Here is a quote from our Director, Debra Desrosiers that contributed to this collaboration:

"As one human family, we need to gain knowledge on dementia and know the warning signs. We need to become educated on what to do when you come in contact with someone needing help."

[Download your free chapter here!](#)

It's Fair Season!



Check out the New Hampshire Fair Association website to view the schedules for the upcoming fairs and events in our area:

<http://www.nhfairs.com/index.php>

The Difference Between Cognitive Aging and Alzheimer's

If your parent is beginning to display some memory problems, and over time most of us will, it's important to determine if this is only mild cognitive aging or the beginning of Alzheimer's or another form of dementia. Why is this important? Because a person with mild cognitive impairment can continue to function somewhat normally. She may not be able to

refrigerated pie dough, divided

1 cup evaporated low-fat milk

3/4 cup packed brown sugar

1/4 cup maple syrup

1 1/2 teaspoons pumpkin pie spice

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/8 teaspoon salt

3 large eggs

1 (15-ounce) can plus 1/2 cup unsweetened pumpkin

1 teaspoon water

1 large egg yolk

2 teaspoons granulated sugar (optional)

Preparation:

1. Preheat oven to 450°.

2. Roll half of pie dough into a 12-inch circle. Fit into a 9-inch deep-dish pie plate. Fold edges under; flute. Line dough with parchment paper; fill with pie weights. Bake at 450° for 10 minutes or until golden. Place on wire rack.

3. Reduce oven temperature to 350°.

4. While crust bakes, combine milk and next 9 ingredients (through pumpkin), stirring until well combined. Pour into crust, place in oven, and bake at 350° for 1 hour and 10 minutes or until set. Cool on a wire rack.

5. While pie bakes, unroll remaining pie dough; roll into a

progressive ailment that indicates radical lifestyle changes are needed, it's just part of the aging process. Do you know how to tell the difference?

Alzheimer's disease is not a natural part of aging. It is a disease, a form of dementia that affects at least two of the four domains of cognitive function:

- Memory, 90% of the time this domain - most often, short-term memory - is impacted
- Language
- The ability to do complex motor tasks
- The ability to reason and plan abstractly

Over a three-to-five year period, if your parent is struggling with only mild cognitive impairment, there is about a 50% chance she will remain at about the same level or perhaps improve slightly with diet and other lifestyle changes. That means there is also about a 50% chance she will continue to decline as Alzheimer's or another form of dementia progresses. For a very small percentage of people (5-10%) whose dementia has been caused by such things as vitamin B12 deficiency, overmedication, depression or a thyroid disorder, dementia may be reversible.

So other than waiting to see if the mild cognitive impairment blooms into full-blown dementia, how do you tell the difference? See a neurologist or gerontologist. There are weighted psychological tests that, when administered along with brain scans (amyloid PET scan), can indicate the presence of Alzheimer's disease even in its early stages.

With Alzheimer's, nerve cells in the brain die. With normal cognitive aging, they just don't work as well. Although some researchers say there is no definitive way to diagnose Alzheimer's except with a post-mortem autopsy, if the brain scan is negative then Alzheimer's can be crossed off the list.

Once you receive a diagnosis, then you can determine your course of action, whether that involves care planning, financial planning or legal matters.

And whether it is Alzheimer's or only mild cognitive impairment, there are lifestyle changes that can be made that will help keep almost anyone in better shape mentally and physically:

- Exercise and stay physically active
- Keep socially and intellectually active
- Eat a healthy diet
- Take DHA omega-3 fatty acids

12-inch circle. Cut dough into 1/3-inch-thick strips. Gently shape strips into lettering on a baking sheet lined with parchment paper; keep dough chilled until ready to bake. (Discard remaining dough, or reserve for another use.)

6. Lightly beat together 1 teaspoon water and egg yolk. Lightly brush dough lettering with yolk mixture; sprinkle with granulated sugar, if desired. Bake at 350° for 10 minutes. Cool on a wire rack; arrange lettering on top of pie.

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

Stay Connected!

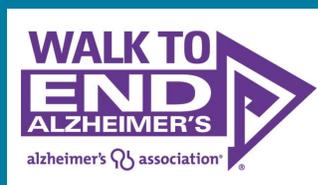


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- Manage conditions like diabetes, hypertension or other medical risk factors for Alzheimer's disease
- But carefully monitor medications, especially those taking multiple medications, for those that may cause confusion and memory problems
- Don't smoke
- Get enough sleep



For more information on this topic visit: [Senior Living.com](http://SeniorLiving.com)

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 to VA at PO Box 715 Auburn NH 03032 or bringing cash in person to the office.

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!](#)

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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