



April  
2016  
Edition



## Caregiver of the Month Darlene A.

Darlene is our Caregiver of the Month for April! Darlene has been with Visiting Angels since January, but has been a personal caregiver for over 3 years.

*"My fiancé had ALS and I was his primary caregiver," stated Darlene. "This was the most difficult, yet loving/rewarding situation I have ever gone through. My love, Mark, passed away 3 years to the date of his diagnosis. During that time, we were blessed to have VA staff assist me with this care. I could not have done it without this help and support. I am now retired and deciding back in January what to should do for part time work was not hard so I applied at VA so that I could continue to help others. I was blessed by being hired. My respect for the VA family has grown even further. The love, care and respect that is felt is immense."*

When asked what she enjoys most about being a caregiver Darlene said *"Seeing smiles on people's faces when they are so pleased. A verbal thank you could never take the place of seeing happiness in someone's face. That makes it all worth while!"*

**Congratulations to Darlene and the Caregivers of the Week for March!**

**Kimberlee D., Jeannete C., Pauline L., Renate C.**

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

## Gardening Tips for Seniors



Gardening can be very rewarding, however for seniors all the digging, weeding and watering it takes to maintain a beautiful garden can be hard on your knees and back making it a chore and not a fun activity.

Here are a few tips to help bring the fun back to your spring gardening.

- *Always wear gardening gloves. Gloves with extra padding or cushioning may cost a bit extra, but are always worth it.*
- *Use Reachers or handle extenders to help reduce stress on your back.*
- *Try to use new or sharpened lightweight hand tools when possible. Ergonomic hand tools with rubber molded grips will be easier to hold and require less effort to use. Newer or sharpened tools cut through the ground and roots easily, requiring less effort.*
- *Replace annuals with bulbs and other perennials to get garden color with less effort each year. Planting after rain is also easier because the soil is soft.*
- *If possible use containers or raised beds. Both offer different results, but both can save your back. Containers can provide a variety of colorful, fragrant flowers and delicious vegetables and are much easier to manage than a typical garden. Waist-high raised beds are one way to eliminate bending altogether. With tall raised beds, seeding, weeding and harvesting are a snap. Even beds that are only 1' or 2' off the ground can make gardening easier on the back too. Raised-bed gardening is a great way to grow vegetables because there's no bending over to pull weeds or harvest vegetables. The soil in raised beds warms up more quickly in spring so planting can be done earlier. And if the bed is narrow, 3' or less, there will be no need to step on the soil and thus it prevents compaction. It's much easier for roots to grow in loose soil. They can also be placed wherever you like.*



With careful planning you can reduce the effort it takes to begin and maintain a beautiful and healthy garden. Enjoying plants, flowers and vegetables will be easy as long as we don't try to do tackle it all at once.

Know your limits, plan carefully and use the right tools to have a garden you'll enjoy for years to come.



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[www.greystonefarmatsalem.com](http://www.greystonefarmatsalem.com)

## Personalized Care to Meet the Needs of Each Resident

Reminiscent of a bygone era, the community has the look and feel of the farmhouses of Old Salem. With a wrap-around farmer's porch and traditional New England touches, Greystone Farm welcomes everyone to gather like family. Residents are involved, cared for and social. From Food Council to outings, to clubs and annual fundraisers, life is full and fulfilling at Greystone!



Greystone Farm at Salem is where traditional assisted living is at its best – secure, at ease, pleasant and supportive. Their higher medical model allows residents to have their changing needs met without transferring to another community! They enjoy the privacy of their own apartment and the support of caring staff while benefiting from a broad array of services and amenities. From assistance with basic activities of daily living, such as bathing and dressing, to transportation and reminders to take medication, to providing more complex care, residents are given the help they need and the respect they deserve. In-house primary care, geriatric psychiatry, physical and occupational therapy, podiatry, dermatology, lab service and x-ray offers the residents the ability to age in place gracefully. Greystone also offers the benefit of a nurse in the building at all times.

Residents enjoy a rewarding lifestyle that lets them laugh, learn, get involved and focus on what makes them happiest. Their **Live Now, Live Well™** lifestyle offers a choice of activity programs for each hour, centered on the *Six Dimensions of Wellness*. Residents lead a fulfilling life, focused on physical, intellectual, social, emotional and spiritual health, as well as a renewed sense of purpose.



For residents suffering from memory loss, their Harbor Memory Care neighborhood is designed with visual cues and themes to stimulate

memory and help residents find their way. Contrasting colors help residents identify their surroundings, special lighting reduces shadows in the common areas, coded doors provide safety for potential wanderers, and loving caregivers are selected just for them.

The innovative and award-winning **Live Now, Live Engaged™** Memory Care Program is designed to help those with memory impairments stay active and engaged, supported by a caring staff, specialized programs and a neighborhood designed just for them. The program is led by a dementia care specialist who provides the programming, services and support to help the residents feel secure, comfortable and successful every day. Using research-based programming, each resident is approached, appreciated and encouraged to engage in six dimensions of wellness—physical, social, intellectual, emotional, purposeful & spiritual.

Visit Greystone Farm's Facebook page for a more personal glimpse of life in their community!

To find out more about Greystone Farm at Salem or schedule a tour, please contact *Denise Petty, Director of Community Relations* at **(603) 898-5393**.

## April is National Parkinson's Awareness Month

Raising public awareness about Parkinson's disease is very important. Although there are no official statistics, Parkinson's disease is thought to affect over 1,000,000 people in the United States alone.

In 2010, April was designated Parkinson's Awareness Month by the United States Senate. By designating Parkinson's Awareness Month a national event, it is hoped that this observance will lead to more media coverage which in turn will gather further support for those affected.

People may have heard of Parkinson's disease, many know little or nothing about the condition and how affects a person and their friends and family.

Parkinson's disease is a neurodegenerative condition and after Alzheimer's is the second most common disease in the United States. Neurodegenerative is a term which refers to a progressive loss of nerve cells (neurons) and/or their function. Neurodegeneration from Parkinson's disease can give rise to a wide spectrum of symptoms; symptoms can vary widely between people in terms of their type and severity.

### Symptoms of Parkinson's disease include:

- *difficulties with balance, swallowing, chewing & speaking*
- *tremor*
- *slowness*
- *constipation*
- *sleep disruption*
- *psychological issues including problems with cognition, anxiety and depression*

One of the most noticeable symptoms of Parkinson's disease is tremor in which the body makes involuntary quivering movements. As the disease progresses, symptoms can worsen. For example, over time a person may not be able to move, speak or swallow. This can often arise 4-8 years after the initial onset of Parkinson's disease.

The cause of Parkinson's disease is unknown and there are no known successful treatments which can delay or stop its progression. To further complicate matters, the symptoms of Parkinson's disease may be mistaken for another condition. As Parkinson's disease is so prevalent in society, Parkinson's Disease Awareness Month help support those affected by the disease while encouraging further research into finding a cure or adequate treatment.

For more information please visit: [www.pdf.org](http://www.pdf.org)

## Coffee & Classic Movies

Monday Morning Movies from the 30's, 40's and 50's at Bedford Library free to the public at 9:30am.

**March 28<sup>th</sup>** "Father's Little Dividend" (1951)  
*Spencer Tracy, Joan Bennett and Elizabeth Taylor*

**April 25<sup>th</sup>** "Singing in the Rain" (1952)  
*Gene Kelly, Donald O'Connor and Debbie Reynolds*

Please contact Bedford Public Library, Bedford Parks and Recreation or visit [www.befordreconline.com](http://www.befordreconline.com).

