

We hope you enjoy this publication. Wishing you all a safe and healthy holiday season.

Sincerely,

Debra Desrosiers, CSA, CADC
Director of Visiting Angels



Bird watching with "Birdie"



"Lucy Birdie" grew up in Concord with four brothers and one sister. She married and moved to Manchester where she and her husband enjoyed sixty years together raising their five children. One of her great joys is her eight grandchildren and four great-grandchildren. "Lucy" enjoyed many summers with her family at Suncook Lake.

She worked as a data entry operator for forty years, the last seventeen years of her career were at UPS. During her retirement she enjoys reading, playing cards, going out to eat, shopping, and watching TV especially the Patriots and the Hallmark Channel. She has also enjoyed water aerobics at the YMCA and yearly trips to Atlantic City!

For the last 6 months "Lucy" has enjoyed the company in her home of her Visiting Angel. Together they routinely do many of the things "Lucy" enjoys, however, their biggest pleasure is watching the birds from her front window. Sometimes the squirrels cause trouble and her Visiting Angel has to go out and scare the squirrels away. From time to time they are lucky enough to see a red cardinal. They say the red cardinal is a symbol of a loved one who has passed and is visiting you. "Lucy Birdie" has always loved red cardinals and when one arrives she knows her husband has come to visit her.

Caregivers Can Help with Holiday Errands

The holiday season is a busy time of year...why not have a helping hand?

Visiting Angels caregivers can help our clients and their families with holiday preparations in addition to our standard services. Caregivers can help with shopping and errands, light housekeeping, gift wrapping and decorating. Please call us for more information!

Caregiver of the Month

Lynn G.

Caregivers for the weeks:
Pattie P., Julie H. and Cathie M.

Art Therapy with HART!



Healing Arts of New Hampshire

40 North Main Street, Second Floor, Concord, NH 03301

Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem, among other goals. Expressive therapies offers opportunities to bring in new forms of healing that are tailored to the interests, needs and comfort level of each person.

HART will travel to private homes to provide art therapy services to the elderly living within the home of family or care providers. This service provides respite to the care provider and an opportunity for a client/artist to comfortably explore life through a new medium. This service is great for someone who may have made art in their early years, but due to the aging process may now require a new learning curve to create art in a different way. This is just as equally beneficial to someone with no experience with art making as it can bring in new excitement and comfort.

René L. Albee, MA, AT



"I believe that each individual has the potential to be their best self and can achieve their goals by recognizing and nurturing their strengths through art therapy," states René Albee, Art Therapist.

HART is a comprehensive and multifaceted art space unique to New Hampshire. Celebrating all ages and abilities through creative expression catered to the individual or group's needs. HART is committed to outreach within our community to foster the arts as they are an essential, fundamental importance to building a healthy, vibrant community. The Team of **René L. Albee, MA, AT** and **Mechelle Zydenbos** seek to encourage, foster and maintain creative expression in each individual so that they may form a lifelong lasting connection to the arts as a whole for a more enriched and fulfilling life, both mentally and emotionally.

HART offers programs such as; individual and/or group art therapy, art events and other services including Meaningful Art Making, Kids Art Making, Instructional Groups and more! For more information visit Healingartsnh.com or call (603) 496-1211.

Seniors and the "Holiday Blues"

Written by L. Lindsey Rehfeld, Owner of Visiting Angels Glendora & Upland

The holiday season is regarded as a time of joy, family, and tradition. Unfortunately though, many seniors find themselves increasingly disappointed or sad. Many factors can contribute to these feelings that eventually can lead to the "holiday blues". Seniors are particularly at risk during this season. There are several components that may trigger these feelings:

- *Being alone over the holidays.*
- *Unrealistic expectations.*
- *Reminders of lost loved ones.*
- *Reminders of past holidays that were "better."*
- *Coping with having to leave their cherished home.*
- *Coping with poor or failing health.*

With a few considerations, you can enhance the holiday season for your senior loved ones. It's important to set realistic expectations and start planning early. Don't make promises that you cannot keep. Here are some ideas to make their season joyful:

- *Increase visits and phone calls.*
- *Include them when planning for the holidays.*
- *Use their cherished recipes for a holiday meal.*
- *Have a celebration in their home.*
- *Choose a special holiday outfit with them.*
- *Assist them in getting ready for the celebration.*
- *Keep gift giving simple.*
- *Shop for family gifts for them; get their suggestions.*
- *Decorate their home with simple decorations.*
- *Start new traditions that they can enjoy.*
- *Take them on a drive to see holiday light displays.*
- *Enjoy community activities (caroling, senior centers, etc..)*

The holidays are an excellent opportunity to honor our seniors. Since they're particularly sensitive to the moods of the season, it is important to monitor a senior's mental condition. Note any changes in sleeping, eating, or social patterns and consult a professional therapist should significant changes occur.

Enjoy this holiday season with your senior loved-ones. They are the living history of our families and have so much to offer.



Need Help with Plowing, Shoveling, Salting and Sanding?

Get your driveway and walkway cleared before your Visiting Angel is due to arrive and avoid any interruption in your services. If you live in within a 15 minute driving radius from 14 Hooksett Rd., in Auburn, NH, you can set up this service for the upcoming winter.



Call Ron Desrosiers at (603) 860-1550.



70 Hawthorne Drive
Bedford, NH 03110

www.arborsofbedford.com



The Arbors of Bedford is the area's premier residence for people at every stage of Alzheimer's disease and other memory impairments, serving New Hampshire and northern Massachusetts. We are nestled in the pines along the Merrimack River, in the heart of an American Bald Eagle sanctuary. This quiet, natural setting is a wonderful therapeutic benefit to our residents, creating a perfect backdrop for a healthy and happy lifestyle. Clinically sophisticated while warm and inviting, The Arbors of Bedford is the furthest thing from a nursing home.

When your family joins ours, we become partners in ensuring that your loved one feels cared for, knows joy, and lives to their fullest potential. We provide the most sophisticated memory care services in our Reflections Memory Care program available in an environment that is secure, professional, but anything but clinical.

Levels of Care

Specialized Assisted Living, including:

Alzheimer's disease, Dementia and Memory Care - Our Reflections Memory Care is renowned for its approach, and benefits from our partnership with Brigham & Women's Hospital and Harvard Medical School.

There are many options available to seniors and their families looking for a way to ease the day-to-day stresses of maintaining a home and good health. The Arbors of Bedford specializes in helping families whose loved one is struggling with Alzheimer's disease or another form of dementia, and for whom living at home is becoming unmanageable and/or unsafe.

The Arbors large staff allows for a truly personalized experience—both for our residents and their families and friends. Memory care issues come with many questions and daily concerns, and we work in close collaboration with your family on a care strategy.

We are proud of our associates who invest their time, love, and energy in ensuring our residents' health, safety and enjoyment. Our staff is led by a dedicated management team focused on creating a positive experience and enriching the lives of each of our residents. At The Arbors of Bedford, it all adds up to extraordinary living!

Good Times. Good Friends. Great Care!

For more information about life at the Arbors of Bedford, or to arrange an appointment, contact [Paula Whittier](mailto:Paula.Whittier@arborsofbedford.com) at (603) 647-9300.

CAREGIVER KEYS



Alzheimer's/Dementia Education

Saturday, January 9 & 16, 2016 9-12:30 am

At Visiting Angels 14 Hooksett Rd., Auburn, NH

Course fee is \$75. Space is limited. RSVP to 603-483-0001

- **FOUNDATION:** UNDERSTAND THE DISEASE AND DIAGNOSIS PROCESS
- **ROLES:** DEVELOP A COMPREHENSIVE SUPPORT TEAM
- **ENVIRONMENT:** LEARN WHAT SYSTEMS NEED TO BE PUT IN PLACE
- **COMMUNICATION:** DISCOVER A NEW WAY TO RELATE & "MAGIC" WORDS
- **ACTIVITIES:** IMPROVE QUALITY OF LIFE FOR EVERYONE INVOLVED
- **SURVIVAL:** THE IMPORTANCE OF YOUR RESPITE PLAN

Educator: **Debra Desrosiers, CSA, CADC, HCC/MC**
Certified Senior Advisor, Certified Alzheimer's/Dementia Coach & Consultant,
Home Care Certified in Activities with Specialization in Memory Care

6.5 Contact Hours awarded for completion. WWW.CAREGIVERKEYS.COM