



We hope you enjoy this publication. Wishing you all a safe and healthy month.  
Sincerely, Debra Desrosiers, CSA, CADC,  
Director of Visiting Angels

## January is National Blood Donor Month

January is National Blood Donor Month. Whatever your reason, the need is constant and your donation is important for maintaining a healthy and reliable blood supply. You'll feel good knowing you've helped change a life!



**American Red Cross**

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and

platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

### How to donate blood

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling **1-800-RED CROSS** (1-800-733-2767) to make an appointment or to receive more information. All blood types are needed to ensure a reliable supply for patients.

## Meals on Wheels



Since 1977 St. Joseph Community Service has been providing nutritious meals and support services to elderly and disabled individuals over 60, who are home bound and need assistance to help them preserve long term health, wellness, and independence.

Senior Luncheons are available Monday through Friday at various locations and are a great way to get out of the house, be with your friends and enjoy other activities. In addition to Meals on Wheels, St. Joseph Community Services also provides:

- *Community Dining*
- *Nutrition and Health Education*
- *Transportation*
- *Information and Referrals*
- *Social support services managed by a knowledgeable team of professionals and volunteers committed to serving those in need*

For more information and a complete list of community dining locations visit [mealsonwheelsnh.org](http://mealsonwheelsnh.org), call 603.424.9967 or email [meals@sjcsinc.org](mailto:meals@sjcsinc.org).

## Caregiver of the Month Mary A.

Mary is our Caregiver of the Month for January. Proactive, flexible and dedicated are some of the words used to describe

Mary as a caregiver. Having been with Visiting Angels since August, 2015, Mary has spent many years caring for her mother and that is what drove her to a job as a caregiver for Visiting Angels. When asked what she enjoys most about being a caregiver, Mary said *"Knowing I have helped someone who so desperately needs it, one day, I may need some help too and it's all about helping one another. I especially enjoy serving the elderly...they have*



*so much to offer with their knowledge and experience in life."*

Mary also stated *"They deserve to be treated well and their life honored so if I can contribute to helping them stay in their home, then I feel in some small way I have honored them."*

### Congratulations to Mary and the Caregivers of the Week for January!

**Lisa M.  
Jeanette C.  
Chris L.**

**Claire M.  
John K.**

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



## Alzheimer's/Dementia Education

# CAREGIVER KEYS



Get the Caregiver Keys to Navigate the Dementia Journey

**Saturday, February 13th & 20th, 2016**

**9 am-12:30 pm**

(SNOW DATE is February 27th)

Course fee is \$75.

Debra Desrosiers is passionate about educating and empowering professionals and families who take care of those with dementia. This training is geared toward interdisciplinary members of a care team and gives you the following Keys:

- **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.

*This Continuing Nursing Education Activity was approved by the Northeast Multistate Division Association, an Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.*

**6.5 Nursing Contact hours** will be awarded for successful completion.

**Saturday, Jan. 16th & 30th, 2016**

**9 am - 11:00 am**



At Visiting Angels 14 Hooksett Rd., Auburn, NH

Space in limited. RSVP to (603) 483-0001

WWW.CAREGIVERKEYS.COM

## Health Care for the Homeless

The Health Care for the Homeless (HCH) program of Manchester is also known as the Mobile Community Health Team (MCHT) at Catholic Medical Center. HCH Manchester conducts a primary care clinic at two locations: At the New Horizons for New Hampshire Shelter; and at the Families in Transition Housing Program. All persons who are experiencing homelessness (or who are at risk of being homeless) are welcomed to come to HCH Manchester Clinic.

The mission of HCH Manchester is: *"To guarantee access to high quality comprehensive health care for all people who are homeless in Manchester, in a way that respects their dignity. HCH believes that access to health care is a right not a privilege."* Outreach healthcare is central to HCH philosophy and practice. The HCH Manchester program is sponsored through generous support and grants from Manchester Health Department and Catholic Medical Center.

HCH Manchester offers clinic sessions daily at New Horizons Shelter. Appointments are not necessary. No one is turned away due to an inability to pay. Clinic services include:

- *Primary medical care*
- *Mental health care*
- *Addiction counseling*
- *Nurse case management*
- *Health education*
- *Social services*
- *Assistance with entitlements such as Food stamps, Medicaid and Disability applications*
- *Dental care and eye care is available on a limited basis*

The HCH clinic team includes **two physicians, three nurse practitioners, one psychiatric nurse practitioner, three nurses, one social worker, health educator and one front desk clerk/program assistant.** HCH Manchester also employs a **street outreach nurse** who conducts tours four days each week to meet people at the Homeless Services Center, smaller shelters in town, and at various other locations to assist people who would like to visit or enroll in the HCH clinic for care.

For more information please call the HCH Manchester clinic team directly at: (603) 663-8718.