



As we approach Thanksgiving, we begin to remember all we have to be thankful for. All of us at the Visiting Angels office are thankful for all our clients, their families, our caregivers, and the opportunity to do such needed work in our community. Our mission to keep seniors and adults safe and happy in their homes is a mission we take seriously and for which we give thanks.

There's No Place Like Home



Tugboat was born in Everett and grew up in Malden, MA. He is from

French Canadian and Micmac Indian (Tugboat's Great, Great Grandfather) descent. His childhood summers were spent on Cape Cod enjoying fishing, water skiing, swimming, and working on cars.

As a boy, he watched his father work on boats as an engineer and decided to follow in his footsteps. He became an engineer on tugboats and other ships with large engines. Tugboat was in charge of the engine room overseeing and working on everything mechanical. He was an engineer for forty years with a work schedule of two weeks on, two weeks off. With the cost of property in Massachusetts being so high, Tugboat and his (late) wife decided to move to New Hampshire in the 1970s. With certainty in his voice and a big smile on his face, he says, "New Hampshire is the best place in the whole world." They build a lovely home in a local town which he is enjoying his retirement in now.

With the schedule of two weeks on, two weeks off, Tugboat had a lot of free time on his hands. His helpful nature motivated him to join the local fire department as a volunteer. He truly enjoyed his experience with the fire department and lit up with excitement recalling several remarkable stories!

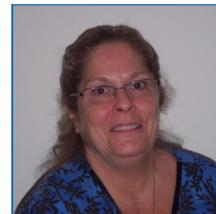
Tugboat enjoys listening to rock and roll music, watching TV, and spending time with his three sons and numerous grandchildren in Exeter, Deerfield, and Stratham.

We are pleased to be of assistance in Tugboat's life and wish him many years of healthy retirement.

Caregiver of the Month

Line G.

Line was chosen as Caregiver of the Month because she is a natural caregiver that has a nice calming nature that is dedicated, reliable and compassionate about her care with her clients.



We asked Line, "Why do you like being a caregiver?"

Line stated, "I learn a lot from my clients and sometimes the family cannot be present or know how to care for their parents so I step in and help out."

We asked Line, "What advice would you give a new caregiver?"

Line suggested, "Take a deep breath, have patience and never argue, they are always right."

We thank you, Line, and celebrate you for being such an outstanding caregiver with our agency for 4 years. Your hard work and dedication is appreciated!

Caregivers for the weeks:

Martha C., Olga D., Deanna P., Patty D.

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.



Free Educational
Event



Caregiver Keys-Navigating the Dementia Journey
Saturday 11/21/15 9-11am

Host: Visiting Angels 14 Hooksett Road, Auburn, NH

RSVP 483-0001

What does it look like now?

Incorporating Meaningful Activities into a Care Plan for Seniors with Dementia

In designing a successful daily care plan for someone with dementia, one thing is for sure: one size does not fit all. Covering the ADLs (activities of daily living) is the starting point. Beyond that, where's the joy? Just because an individual has some form of dementia doesn't mean they don't have the capacity to have fun! Including meaningful activities, based on the person's likes and dislikes, is a great strategy to improve quality of life for both the senior as well as caregiver.

Innovative activities for those with cognitive impairment have widespread benefits. Person-centered activities plans can be created with some upfront effort on the caregivers' part. Caregivers who have taken the time to educate themselves along these lines will tell you, creating an appropriate and intentional activity plan for a senior with dementia pays great dividends for everyone involved.

It is becoming widely understood that undesirable behaviors by those with dementia is caused by an unmet need. Following this train of thought, the benefits of well designed, person-centered activities help to:

- *Minimize behavioral issues (keep them busy!)*
- *Improve sleep habits (keep them busy during the day so that they sleep more at night)*
- *Decrease depression and anxiety (a well-suited activity makes them feel useful)*
- *Improve self esteem (activities which they can experience successful)*
- *Mental and social stimulation (we all need to interact with others)*
- *Reduce caregiver stress (a great plan, with plenty of room for flexibility, makes for a great day)*



A person-centered activity plan layered on top of the care plan is now showing up in home care agencies as well as among savvy family caregivers. Consider the progression of the form of the senior's dementia. When crafting a meaningful activity plan, consider the following questions:

- *Is the activity geared appropriately to their cognitive and physical ability?*
- *Is there a way to modify this activity to set them up for success?*
- *What are the social needs, abilities, and preferences of the senior?*

For example, when creating a balanced approach, consider what time of day the person's high point of energy occurs. This would be a great time to introduce a physical activity which can be as simple as taking a walk or doing a little chore in the house to music like folding laundry or sorting coins.

Do you know what the #1 go-to "activity" is for an agitated senior which often occurs in the late afternoon? In talking with activity directors at senior living facilities, health aides in senior day programs, as well as caregivers in home care agencies, the home run activity during sundowning involves music! Start by finding out what musical artists and specific songs your senior enjoyed when they were around 20 years old. Work directly with the individual or with their family.

Collect a list of 10-12 songs that can be downloaded from iTunes or is already in their personal music collection. Music is a backdoor into the mind. If you haven't experienced an amazing turnaround in mood and focus from the power of music, just give it a try and see for yourself. An irritated senior's mood is often instantly improved just by putting on a tune they loved to dance to such as Glen Miller's hit song "In the Mood." The power of music cannot be underestimated.

Amazing programs dedicated to collecting a songlist are emerging especially for those with advanced Alzheimer's disease. You can expand this success by putting on some music and adding a fun activity like a balloon toss or a scarf dance, which would make it a physical "activity." This is just one example of a person-centered activity plan.

Taking the time to create a simple menu of activities can yield great rewards.

JOSH's book: The Dementia Concept

Community House Calls

Meet Ray Mailloux



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.

At this time of the year, Community House Calls are diligently helping folks with the change of the season chores including taking out the air conditioners, changing out the storm windows, removing the irrigation hoses, taking in the patio furniture and storing it, and, once the leaves are down, clearing out the gutters.

Once the warm weather arrives in late spring, they get busy reversing this list.

"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.