



# LIVING AT HOME SENIOR CARE Newsletter

Www.lahseniorcare.com

603-546-6060

## About LAHSC

**Living At Home SeniorCare is a NH State Licensed Home Health Care Provider.**

Living at Home SeniorCare was established to help the elderly and disabled remain safe and cared for in the comfort of their own homes. We also provide respite for family members faced with the challenge of caring for elderly loved ones. Finishing our fourth year, we have delivered home care services to about 300 clients.

Home Care services include personal care, homemaking, dementia care, transportation, meal preparation, medication management & more.

For more information about how our services can help provide peace of mind to families and their loved ones, please call 603-546-6060 or visit our website at [www.lahseniorcare.com](http://www.lahseniorcare.com)

## Staff Additions...

Home Care Nurse ....

Living at Home SeniorCare is pleased to announce the addition of **Janet Gaynor, RN** to our staff as Home Care Nurse. Janet attended Villanova University where she earned her BS in Nursing in 1989. She has worked at St. Joseph Hospital in ICU as well as serving the community as a School Nurse in the Amherst School District. She has been a Board Member for the Souhegan Cooperative School District where her unique combination of communication & organizational skills, a good sense of humor and a dose of humility have served her well.

Janet became acquainted with Living At Home SeniorCare when she needed help with her own Dad. She says, "At first, I didn't think anyone could possibly do as good a job as I could, but...I was wrong and I am eternally grateful to have found such a dedicated group of individuals who make such a difference in all the lives of the clients they serve."



## MD.2 Medication Management

Living at Home has been distributing the MD.2 Medication Management System for over a year and the results have been outstanding. We have not had a single instance of reported missed doses or equipment malfunction.. Recently the MD2 was approved for a nursing contact hour and is being piloted for HCBC-eci patients. Features that make the MD2 "indispensible" are:

- 60 Dose capacity: MD.2 holds 3-4 WEEKS of medications for most individuals
- One-button dispensing: Medications dispensed with just the touch of a button
- Automatic monitoring: Caregivers automatically called if meds are not dispensed
- On-line data: you can view the user's dispensing activity over a secure net site.
- Medication Security: meds are in a locked cabinet, only dispensed when needed
- Multiple reminders: voice, text, and a visual light signal medication times
- Instructional messages: messages such as "Take with food", or "Time for your insulin" can be programmed
- Easy set up and use: Setup is fast and easy with the IMD Support Center or over the Internet

For an informational brochure on the MD.2 or a demo,

Please call Frank at 603-546-6060

## Our Clients Tell Us...

Hi Frank,

Here some feedback (on the MD.2) .

With my mom diagnosed with short-term memory problems and mild dementia, managing her medication became a major concern. With eight different medications to take daily, she would regularly become confused about whether she took a dosage or not. She would either forget to take a dosage or take too many. Before we installed the MD.2, we had to take the medication from my mother's house, and we would take the medication twice daily to her home. My mother was angry and hurt that we didn't think she was capable of managing her medications. The daily stress took its toll on everyone.

The MD.2 has given my mom some of her independence back. It is worth its weight in gold. We highly recommend it to others with an aging parent.

Thank You,

Phyllis Hardy

## The Constant Corner

From the desk of Officer Jane Constant

*(Note: Office Jane Constant is the Senior Relations Officer for The City of Nashua. The essential goal of Officer Jane is to make our community as safe as possible for our seniors. She energetically pursues that goal by providing seminars, recognizing crime situations, acting as a liaison all interested senior groups, and distributing educational information. Officer Jane has been a member of the Nashua Police Dept since 1994 and is member of the Breakfast Exchange Club. We welcome Officer Jane Constant as a regular contributor to our newsletter with "The Constant Corner".)*

### How inviting is your home to burglars?

More than half of all burglars enter homes through an open door or window. By taking a few extra precautions, you can make you home a much more difficult target for burglars.

1. Lock all doors AND windows when you are not at home.  
Most home burglaries occur between 8am to 5pm.
1. Deadbolt locks provide the best security.
2. Don't leave drapes or shades fully closed; it gives a deserted look.
3. Put your lights, TV, and radio on a timer.
4. Install outdoor lighting.
5. Don't hide any keys outside the home.
6. Trim trees and shrubs so a burglar can't hide behind them.
7. If you go away on vacation, stop the delivery of your news paper and mail.
8. Have a trusted neighbor watch your property if you are away.
9. Get an alarm system installed.

These are just a few tips you can use to make it much harder for a burglar to enter your home. And if you leave your vehicle parked in the driveway, **ALWAYS LOCK YOUR CAR DOORS.**

Here is a freebie for those who have computers and want to select a beautiful screen saver. Go to one of these web sites:

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

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

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