



LIVING AT HOME SENIOR CARE Newsletter

Www.lahseniorcare.com

603-546-6060



Living at Home SeniorCare Celebrates 5 Year Milestone Helping Seniors Age in Place.

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. Now in our fifth year, we have delivered home care services to over 400 clients.

Home Care services include personal care, homemaking, dementia care, transportation, meal preparation, medication management, skilled nursing assessments & 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

We are a proud member of "The Senior's Choice," The Home Care Association of New Hampshire and S.A.F.E. www.safenh.org

May 1, 2008 is the five year anniversary of Living at Home SeniorCare. Company President, Adele Belsky reflects back in this interview of her experience of running a Home Care company and goals for the future:

- **Most Rewarding Day?** I went to a client's home to introduce her caregiver for the first shift of an Alzheimer's respite grant. The client's wife had cared for him 10 years and this was the first break she was going to have. When we arrived, this precious lady was all dressed up; lipstick, earrings, perfume, nice hairdo, all ready to go out to lunch with her daughters. I was blessed by her joy in her much needed break.
- **Biggest Surprise?** How competitive Home Care is. Although we did market research, we no sooner got started when it seemed 5 more home care companies sprung up! We have been able to differentiate ourselves, by giving excellent service and providing more comprehensive care than strictly non-medical home care companies.
- **Biggest Challenge?** Staffing quality caregivers to meet the scheduling requirements of our clients. This challenge is ongoing, but we have been fortunate not to have to "wait list" new clients or lay off good caregivers due to lack of work.
- **Best Business Decision?** We determined we needed to be a fully licensed Home Health Care Agency with Registered Nurses, and later added a Medical Director (Dr. Pierre Dionne) to oversee our commitment to quality care.
- **Future plans for the agency?** We're looking for a location where we can provide an Adult Day Care. It would be a great way for us to offer an affordable solution to people who have a need for 9-5 care for elderly parents.
- Also, we are currently in process to become a Medicare Certified Agency. This will enable us to provide a continuum of care for our clients who may experience an event requiring Medicare reimbursed rehabilitative services.

Spotlight on Services...

Our website had an extreme make-over! Recognizing that many of our referrals come through family caregivers, often through internet searches, there's a section devoted to "Caregiver&Community Resources."

Caregivers can find information on Home Safety, Fall Prevention, and Community Resources.

Please visit www.lahseniorcare.com
We appreciate comments & feedback as our site is a work in progress.

Spotlight on Employees...

LAHSC caregivers Pat McAndrews and Beverly Rush completed the Certified Companion Aide (CCA) Program! According to President Adele Belfsky, "Although many employees come to us with training as an LNA and in elder care, the CCA is a specialized certification for companion care. The CCA program requires competence in 19 facets of companion care. Pat and Beverly made the effort to master this program demonstrating a commitment to providing the highest level of care to our clients." As Beverly Rush stated, "this program organized the whole picture of what a caregiver needs to know, plus more." Ms. Rush is a certified Musician for Healing and Therapy using her talents as a musician to minister to patients in area hospitals and nursing homes.

Pat McAndrew, a retired Flight Attendant, noted the training module on body mechanics provided her more confidence in safely assisting clients with transfers.

We congratulate Pat and Beverly for their CCA designation!

Senior Community News

By Frank Belfsky

A new collaborative for Senior Wellness Support Services is being launched in Hudson. **Mission Pointe Senior Support Services** is an affiliation between 5 different agencies: Area Agency of Greater Nashua, Home Health & Hospice, Parish Nurse Program (through St. Joes) , 55 PLUS Program of SNHMC and Mission Point Day Away program. The collective goal is to provide "meaningful community services allowing seniors to age in place." An Open House is scheduled for 4/23 from 10am -5pm at 0 St. Eugene Way, Unit #1, Hudson, NH. An invitation only dedication is planned for May 1st. For more information please call Shirley Beland at HHHC 882-2941.

Nanci Rydstrom, the coordinator of the new Mission Pointe Day Away, became involved in Alzheimer Care when her father was diagnosed with the disease 10 Yrs ago. Wanting to learn as much as possible about the disease she volunteered to work at the St. Neumann Day Away program. She noted this respite program is patterned after the St. John Neumann and Edward V. Karg Day Away programs. Each program serves individuals with early Alzheimer Disease who are at least 62 yrs. old.

The anticipated first Day Away at Mission Pointe is May 7. Serving individuals in Hudson, Pelham and Litchfield, it is expected to start with five participants and accommodate up to eight. As these programs are staffed one volunteer to one participant, Nanci welcomes anyone interested in volunteering to contact Shirley Beland at HHHC 882-2941. With Nancy's experience, enthusiasm and heart for caring for those with Alzheimer Disease, this new Day Away is sure to be a real benefit to the community.

News Notes

Do you know someone (or a group) that generously gives of their time enriching the lives of seniors in our community? If so, the **Breakfast Exchange Club of Nashua** would like to recognize their contributions at the annual Golden Deeds Award breakfast on May 28. This award is given to a person or group who volunteers their time, talent and energy to help seniors in need, and to improve the life of seniors in Greater Nashua. This person need not be nominated by a member of the Club. For a nomination form or more information please contact Frank Belfsky at 603-546-6060. Nomination forms are due by April 30th. Each qualifying nominee will be recognized at the Breakfast Exchange Club meeting on May 28 at the Hunt Community in Nashua.

Got Meds?

The State of NH is approving the use of the MD2 medication system for HCBC patients statewide. The purpose of the MD2 is to ensure that medications are being taken properly. A HCBC nurse must approve the MD2 as part of the care plan. For a brochure on the MD2 please send an email to Frankb@lahseniorcare, subject line: request MD2 info.