

Visiting Angels serving Whatcom, Skagit, Island, San Juan and Snohomish Counties

Special Interest Articles:

- Thanksgiving – Giving and Receiving
- A letter from Fred and Debbie

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To Give as Well As Receive
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A Thanksgiving Essay

Laura Beck watched as her father's spirit sagged and his "spark was gone" as he lived with dementia. In an effort to capture the interest of his nursing home caregivers, she penned "I Am Howard." She tried to capture the mosaic of her father's life: his joys, passions, challenges and heartache. She then taped it to a wall above his bed. What Laura learned next was a story of

giving and receiving. The staff began asking him questions about his life experiences and because his long-term memory was intact he could continue with the conversation.

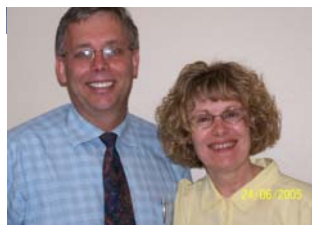
The staff gave him the gift of their interest and he gave them the gift of his story – the truth of a life lived.

Creating opportunities for

those we care for to give care as well as receive means that we must know who we are caring for and then give them a chance to give back. Consider offering the opportunity to care for a pet, plant, children, family and the larger community.

Fall 2005
care Advantage
Publication of the
Alzheimer's
Foundation of America

A Letter from Fred and Debbie Bengen



Dear Angels,

Thanksgiving gives us all time to reflect on that we are grateful for. Five years ago we started Visiting Angels in our home in Bellingham with one client and one caregiver. Today, Visiting Angels has offices in Bellingham, Burlington

and Everett.

We have remarkable caregivers who make it able for seniors and people of all ages with disabilities to continue to live in their own homes.

After the recent death of a client, we received a note that said "I so appreciate your kindness and tenderness towards Dad and always your availability to me.."

Another client, whose family lived far away, had water leaking into her basement. Between the

caregiver and office staff we got the problem fixed. The message from the daughter said "Oh, thank you so much. This was beyond the call of duty for you and your organization and I sure appreciate it."

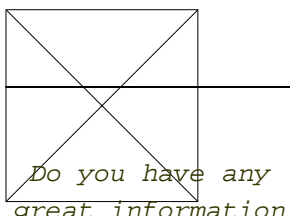
Over and over we see the difference that you make in the life of our clients and their families.

We will always be measured by the lives we touch.

We thank you all and wish you all a very Happy Thanksgiving.

Sincerely,

Fred and
Debbie



*Do you have any
great information
for the
newsletter?
Please call your
case manager."*

To Give As Well As Receive

To give as well as receive is the antidote for helplessness.

The Eden Alternative, a nonprofit organization whose mission is to improve the well being of elders and those who care for them believes "An individual with a reason to live is an incredibly rugged organism." They the following exercise to reflect on the balance of care:

Create a Care Balance

Sheet

- Make a list of ways your loved one with dementia can offer caregiving.
- Next to it, list ways that she or he receives care.
- Look for disparities between these lists and brainstorm possible solutions to restore balance. For example, include ways your loved one can care for animals, plants, children, and

other family members, the larger community, etc. Now apply the same process to yourself. Again, look at the different ways you may receive care and from whom or what.

- Really challenge yourself in the process! Remember that gifts of care come in many packages.

Fall 2005

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Publication of the Alzheimer's

Heart Attack Warning Signs

From The American Heart Association's website:

Chest Discomfort – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body –

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath – may occur with or without chest discomfort

Other signs: These may include breaking out in a cold sweat, nausea, lightheadness.

If you or someone you are with has chest discomfort, especially with other symptoms, don't wait longer than a few minutes (no more than 5) before calling 9-1-1 for help. Get to a hospital right away!

Visiting Angels staff has donated \$1,055 to World Vision for the victims of Hurricane Katrina. Visiting Angels is happy to match that gift.

Congratulations to all the new 401 K participants!

If you are interested, your next opportunity to sign up is December to begin in January.

Turkey Soup with Rice

1 turkey carcass
2 stalks celery with leaves, coarsely chopped
2 carrots, coarsely chopped
1 onion, peeled and quartered
1 bay leaf
8 cups water
3 tablespoons butter
1 cup chopped onion
1 cup chopped celery
2 teaspoons dried thyme
2 cups chopped carrots
1 cup rice
2 cups chopped leftover turkey
1 cup frozen or leftover corn
3 tablespoons fresh parsley

In a large pot, combine carcass, celery, carrots, onion, bay leaf and water and bring to simmer. Simmer for 2 to 3 hours over medium low heat. Strain and discard vegetables and bones. Reserve turkey stock. In a large pot, melt butter and cook onions until tender. Stir in celery and thyme. Stir in carrots and rice and toss to coat. Stir in turkey stock and bring to a simmer. Cook until vegetables and rice are tender. Stir in turkey, corn and parsley. Return to simmer and season to taste.

From *The Foot Network*