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Thinking of You

The following people have generously sent in donations from February 1st through April 30th, 2003 *in honor of* and *in memory of* someone special. This is truly a wonderful way of showing that you care about someone, because not only are you paying them tribute, but each donation helps others in need.

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Charlene Ouellette *in memory of* Kay Spaulding Adams
Sally Sanborn *in memory of* Kay Spaulding Adams
Mr. & Mrs. Vance Spaulding *in memory of* Kay Spaulding Adams

Sizzler cont.

with a few useful tools that would potentially serve to help them prevent dehydration and make the summer months more enjoyable.

The 1st Annual Senior Summer Sizzler event took place on Saturday, June 7. Through the generous sharing of volunteer time and efforts packages were distributed to those who applied to participate in the program. All involved felt that the day was worthwhile and The CareGivers is planning to coordinate the effort again next year.

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If you share our mission and would like to be part of our team, please call The CareGivers.

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The CareGivers, Inc. would like to acknowledge the generosity of the following people who contributed to our programs from February 1st through April 30th, 2003. Their donations will help insure that more than 600 seniors and disabled people will receive the services they need to remain independent.

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The CareGivers

Helping the frail, elderly, and disabled to maintain their independence & dignity.

News

Serving the Greater Manchester and Nashua Communities

Spring 2003


CareGiver Relationship Celebrates a Milestone

Saturday, May 17th, may have seemed like another ordinary day to most of you, but for Catherine, it was a day to reflect on 100 years of smiles. There are happy memories revolving around her years of service to the Kennedy Family that are some of her favorite to relive. For many years she worked as a caterer for the family and has many quaint anecdotes; one of which is about Rose and her request for cake and warm milk before bed. On an evening in Hyannis little John-John, who was around 6, asked her for a piece of cake, only he asked that he be served cold milk. Catherine was saving the cake for his grandmother, but not being able to say no to his sweet request, she gave him the last piece and ended up having to bake another cake.

Catherine now resides in a nursing home. However, this transition did not occur until February of this year. Up until then, Catherine resided in her own home and received CareGivers services from Barbara, a long time volunteer. Barbara made sure that Catherine had transportation to her medical appointments and had food in her pantry; all support which enabled Catherine to hold onto her independence for as long as possible. But just as important as the assurance that Catherine had her medical and nutritional needs would be met, is the caring friendship that developed over the years between the two. A relationship that has continued despite Catherine's move into her new residence as Barbara makes time to visit her in the nursing home at least several times a week. Catherine and Barbara prove to all of us that the greatest power we have is the *power of caring*.



Senior Summer Sizzler Added as New Program

 Dehydration, heat stroke and heat exhaustion are common conditions that may become life threatening. Seventy-five percent of Americans are chronically dehydrated, and this number increases with the onset of summer. Senior citizens are especially susceptible to these conditions due to their decreased sense of thirst and the body's inability to tolerate extreme temperatures. The CareGivers, Inc. was pleased to partner with Fleet, Harvard Pilgrim Health Care, Coca-Cola, Veryfine Products, Wal-Mart and the American Red Cross in an attempt to address the challenges that summer creates for seniors.

The initiative was designed to be a one-day service project, in which the organization concentrated its efforts on identifying eligible seniors in the city of Manchester. Care packages were assembled containing items to help "beat the heat". These included: electric fans, bottled water, sports drinks, freezer pops, an emergency guidebook and easy to prepare recipes. The organization's intent was to provide seniors

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- 2 Great Opportunities**
- +2 Stay Active**
- 4 Seniors**

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