

Love and Support When You Need It Most!

By Donna Deos

Welcome to December and the end of this calendar year. What a big year full of change it has been! Now we face wrapping things up and gearing up for 2017. Where does the time go?!

I hope you have found my columns over the past year or two to have been helpful. That is my goal. I continuously strive to provide you with the love and support I think you may need as each month comes by. Really, I feel that is my purpose in life. To be here and support people in their most pressing times of need. To talk about the things no one wants to talk about, but that we all go through.

I want to let you know that you are not alone in what you are thinking and feeling. Aging, change, watching our loved ones age and change, doing it ourselves is all very tough stuff. No one should have to go through that alone. No one does have to go through that alone. That is why I am here and I do want to help. So please, reach out. If you find yourself unsure and not knowing who to turn to, call me. If I am not the best person to help you I will point you toward the one who is.

The holidays typically bring around family and visitors, but not for everyone. Some of us are essentially on our own a lot of the time. That doesn't seem or feel right, does it? Not to me and I'm sure not to many of you either. So, if you have a neighbor that you know of who seems to be left out or somewhat forgotten – reach out to them, please. Not just this time of year, but periodically throughout the year.

Remember, many seniors don't want to be a bother. They won't let you know they are lonely or don't have a place to go for the holidays or a special meal to have on their special day. They won't ask. They won't tell you. It's not in their nature and it's not how they were raised. However, if you show up with a meal or an invitation or some other special thing I guarantee you will make their day! We all want to be loved and appreciated – by as many people as possible. Perhaps a good goal for all of us for 2017 would be to make a commitment to once a month go out of our way to do something special for a senior



citizen that we know who could be lonely.

Even if you think they have family nearby, and even if they do, you can still make their day.

My very own next door neighbor has had a tremendous influence on my whole family by being the wonderfully caring person her parents raised her to be. On many occasions she visited my mother with her kids and brought more joy than you can imagine to her. Just the other day, on the two year anniversary of my mother's passing she dropped by with a meal for me. She truly is the best neighbor ever and I'm so proud to have her in my life. Thank you Carolyn! You are an amazingly beautiful woman who opens hearts everywhere she turns. Please don't ever stop being your wonderful self. We love you.

I wish we could all have our very own Carolyn, or be our very own Carolyn to someone else. Just doing a nice thing like stopping by to say "hi" even if you have no gift to offer is a wonderful thing to do.

So, spread the joy this December to those you think could use the pick me up. And, then spread it to someone you think doesn't even need it but do it anyway. You will give them a blessing they will not soon forget and the feeling you give yourself and the example you set for your children will be a gift that keeps on giving.

My gift to you this holiday is that I have put a sale on my entire website of services and offerings. Now through Christmas Day (because that is the holiday I celebrate) is 25% off your entire purchase. Simply use the coupon code of "LoveAll" at checkout.

My new program on advocacy called "Speaking for Them" is available in a downloadable course now. So, you can have access to it anytime versus when it is offered live on line. Downloads give you freedom and flexibility, but live courses give you camaraderie with your fellow classmates.

I welcome any suggestions you may have for 2017. I am actively planning and writing my courses and plans for the coming year. You will hear about those as 2017 unfolds.

Remember, I am always here for you. You have love and support any time you need it. If you have a group you would like me to speak to, a topic you would like me to write or teach about, I am here to listen and open to suggestions. You can always email me at donna@donnadeos.com or call 224-4178. I welcome your input. After all, **YOU are why I do what I do.** With blessings and love this holiday season,

P.S. In November, I was a speaker in an online summit of experts called "The Family Caregiver's Summit". The entire summit was recorded and can be purchased by those who are interested. My website has a link on it under the Events Section or go to: <http://www.donnadeos.com/new-events/2016/10/25/family-caregivers-summit-2016>. I will always try to provide you with resources – my own or others – that I feel will help you with all that you face!

WINTER TIPS

BY TIM SWEENEY

DEPT. OF PUBLIC WORKS

WINTER SNOW SHOVELING AND CLEARING

- Prevent back injuries by using small shovel loads and shoveling in layers, starting from the top.
- Shovel in time intervals, every hour or two, to reduce the amount of snow accumulation.
- At the road side, pile snow on the side of your driveway, on the downstream-flow of traffic.

This reduces the amount of snow the plow truck puts in your driveway.

- Don't throw snow into the street — it creates a driving hazard and eliminates the plows from pushing the snow in front of your driveway.

PREVENT DAMAGE TO YOUR MAILBOX

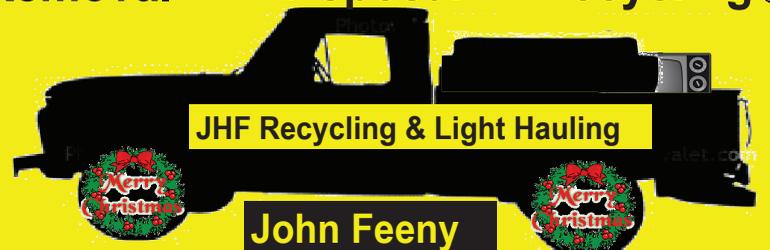
- Maintain a sturdy mail box; perform repairs every fall season.
- Add reflectors to mailboxes; Christmas lights work great too!
- Keep snow cleaned away from mailboxes; each winter event, accumulation becomes a block of ice and added plow pressure can cause damage.
- If your mailbox seems to always be a target, contact us at Public Works and ask what can be done to prevent further strikes! The most common contributing factor is the location, post too close to the road, or maybe it is located on a sharp curve and needs to be relocated.

Have a safe winter season and remember the plow trucks are here to help.

The Bow Times can be picked up at these locations!

Blue Seal Feeds	Bow Mobil
Cimos	Merrimack County Savings Bank
Baker Free Library	Chen Yang Lee
White Rock Senior Center	Patty Lee's Kitchen
Merrimack Savings Bank	Robie's Store, Hooksett
Hooksett Northbound (93)	Quality Cash Market, E. Concord
Veano's, Manchester St.	Sugar River Bank, Concord Heights
Johnson Golden Harves	South St. Market
Alltown Gas & Store	Wellington's Market, Main St.
Tuckers Restaurant	Bow Town Offices
Bow Recreation Building	Dunbarton Town Office

Removal Disposal Recycling



John Feeny

144 Kaime Rd. Chichester, NH. (603)496-1923

Merry Christmas and Happy New Year



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From your first "OMG Moment" where a loved one needs your help, right through care giving, advocacy, lifestyle changes, terminal illness, death, dying, grieving and all that comes after. You are not alone—we are here to help.

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