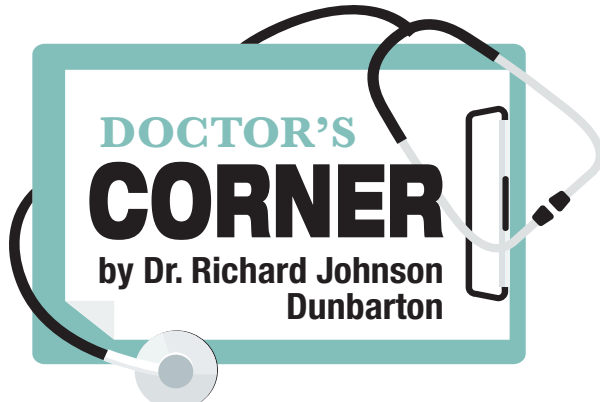





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## HOME HEALTH CARE

When I was ill as a child, in the 1940s' & 50s, my parents called our family physician, and he came to our home to evaluate my illness.

That practice model did not last long, and soon it was the doctor's office, the emergency room and hospital that took the brunt of disease and injury. Now hospitals are over worked and understaffed, and patients wait for hours in the ER, and usually cannot see their primary physician who has closed the office and gone home.

If you have ever been cared for in a hospital, you know from the bill that you or your insurance carrier received, it is an expensive stay.

Hospital care can be compassionate, but many times with too many patients and too few staff, patients feel they are more a project than a person. I say this as a surgeon whose patients were always in the hospital. I never made a surgical "house call." My colleagues and I must remember, each time we enter the patient's room, that the patient is a person, is not the surgical procedure. They are so much more.

I have been acutely aware of the value and need for home health care. With the help of home health care professionals, one relative has been a 24/7 care giver for the last 3 to 4 years. The spouse has a chronic, progressive debilitating disease. Another relative's spouse had a stroke during the night and awoke unable to move the left side. At that moment the patient's spouse became a 24/7 caregiver and has begun the process of securing home health care help. Another couple, in their 80's, is being cared for in their children's home as Alzheimer's disease takes its toll. My own mother, living alone with terminal cancer, had great hospice care. But most poignantly, two of her granddaughters spent a week at a time with her as she was slowly being worn down by the malignancy. Both granddaughters view this as a high point of intimacy with their grandmother. My wife and I were with my mother the weekend she died. We were going to reposition her for nighttime sleep, and as I laid my mother down on her pillow, she took her last breath.

Home Health Care is medical care that you receive at your home. You might qualify if you are homebound recovering from an illness, surgery, of an injury, or you might have a chronic medical condition.

Studies have shown that 2/3 of people between 60-80 years old prefer to stay in their homes as they age (1)

Can you be adequately monitored at home? Let's start with your wristwatch and go from there! With data collected over time, a care team can manage and treat chronic conditions, as they affect a patient's lifestyle.

Two goals need to be pursued:

1. Improve clinical outcomes for patients and
2. Reduce the total cost of care. This is a huge topic with many different facets that have pros and cons. For a more detailed discussion please look at (2).
  1. The Linus Group. (2022) Home is the Center of Health. Retrieved from: <https://www.thelinusgroup.com/home-is-the-center-of-health>
  2. <https://www.ama-assn.org/system/files/health-at-home-models.pdf>

## LONELY? YOU ARE NOT ALONE!

A 2024 American Psychiatric Association survey found that 30% of adults "feel lonely." Another study by Penn State University last year links loneliness to high blood pressure, anxiety, and depression.

A Florida State University College of Medicine study of 600,000 people found that for the lonely the risk of dementia rose by 31%.

### WHAT CAN YOU DO?

One expert in aging says: "It can be hard to meet people when you're older. Get involved in neighborhood or town issues or events. Take a class such as pottery, current events, crafts, or art history, for example, at a local college, or find out what's happening at a nearby senior center. Many offer varied activities, including ping pong, book clubs, choruses, social hours, and bridge."

Also helpful to you and others is just old fashioned volunteering. It can make a difference not just in others' lives but in your own, too. Helping offers a sense of purpose, sharpens a skill, or provides a new interest— and don't forget the fun factor.

### Bow Community Men's Club

91 Bow Center Road • Bow, NH 03304  
www.bowmensclub.org  
Email: info@bowmensclub.org

### FLAGS ACROSS BOW Enrollment Form 2025



Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway at least three days prior to each of the following patriotic holidays of 2023: Memorial Day, Flag Day through Juneteenth, Independence Day, Labor Day through 9-11, and Veterans Day. We will remove the flag three days after each holiday and reinstall it for the next holiday. Your payment of \$50 will be used to support the BSA and Cub Scouts, Scholarships for Bow HS students, Robotics Club and other charities within our community.

The US made flags measure 3'x5' and are made of 2-ply spun polyester or nylon with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a 10 inch high ground spike.

**THERE ARE TWO OPTIONS TO ENROLL:**

1) Send a check for \$50 payable to the *Bow Community Men's Club* with this form to:

**Dik Dagavarian**  
2 Bela View Drive, Bow, NH 03304-4600  
Phone: 603-856-7268.

2) or enroll on-line and pay \$52 via Square at <https://bowmensclub.square.site/>

**PLEASE NOTE:** Customer service calls this year should be directed to **Jim Weber** (new Flag Team Leader) at **603-340-3063** or email [bowflags@gmail.com](mailto:bowflags@gmail.com)

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Town: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

*Place an "X" below for your preferred flag location. Please identify any underground utilities, sprinklers, or other buried items in the vicinity of flag locations.*

	YOUR DRIVEWAY	
YOUR STREET		

NOTES:

Website: <https://bowmensclub.square.site/> Email: [info@bowmensclub.org](mailto:info@bowmensclub.org)

“*This flag, which we honor and under which we serve, is the emblem of our unity, our power, our thought and purpose as a nation. It has no other character than that which we give it from generation to generation. The choices are ours. It floats in majestic silence above the hosts that execute those choices, whether in peace or in war. And yet, though silent, it speaks to us — speaks to us of the past, of the men and women who went before us, and of the records they wrote upon it.*

President Woodrow Wilson, 1917