



Veteran's Day November

10 percent of living Veterans are women

5.9 million served in Vietnam

7.8 million served in the Gulf War

4.2 million serve(d) in the Global War on Terrorism

933,000 served in the Korean War

16 million served during WWII

As of 2023, the **top three states** with the highest percentage of veterans are Alaska, Virginia, and Wyoming

Veteran's Day honors the patriotism, courage and willingness of all veterans who served and sacrificed for the common good.

Originally Armistice Day, it was to commemorate the end of the First World War : "the eleventh hour of the eleventh day of the 11th month."

The first observance was November 11, 1919 , proclaimed by President Woodrow Wilson.

It became a legal holiday in 1938.

Armistice Day was changed to Veteran's Day in 1954 to honor all veterans, after veterans' service organizations pushed to celebrate all who served in the military.

In 2022 one-fifth (21 percent) of the candidates for US Senate, House of Representatives or Governor claimed military experience.

Notable celebrity veterans include Chuck Norris, Alan Alda, Montel Williams, Drew Carey, Tom Selleck, Bea Arthur, Morgan Freeman, and Hugh Heffner.

Harriet Tubman set up a vast espionage ring for the Union during the Civil War. She served as a cook, a nurse and even a spy! She was the first woman in history to lead a military operation. Her group freed about 750 slaves and no soldiers in her command were lost in the attack.

If you have the opportunity, Please Thank a Veteran for their service!

"DOROTHY'S GIFT" ANNUAL APPEAL

"Dorothy's Gift" was inspired by Dorothy Nedeau and for over 21 years "Dorothy's Gift" has helped provide home care services for thousands of people. Our annual appeal begins in December.



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HOME CARE
SERVICES

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Dorothy's Gift

Team In Action



Dorothy Nedeau of "Dorothy's Gift"

We lost our Dorothy in the fall of 2014 shortly after she celebrated her 100th birthday. Our Dorothy was always concerned that people "...are still giving to the fund?" Her periodic notes let us know that our work meant something very personal to her as a recipient of home care and as someone who believed others should have the same help when they need it too. Without riches to share, still she sent a donation every month. She wanted us to assure that "Dorothy's Gift" would continue after she was gone, and we promised. She made sure her family understood that "Dorothy's Gift" was her greatest legacy.

A.V. Home Care Services has been serving Berlin and the surrounding communities since 1975, providing homemaking (cleaning, cooking, errands and laundry) and personal care services (bathing) to those people who need this assistance to remain independent in their homes. A private, non-profit agency licensed through the State of New Hampshire, A.V. Home Care Services employs over 70 professionally trained workers and is located at 795 Main Street, Berlin and can be reached at 752-7505 weekdays 8 a.m. to 4 p.m. for in-home support information.



Beautiful, hand-crafted donations have stated coming in. Our crafters are very generous and talented ladies in our area. We are so grateful to them!



“Kickstart” Gifts From the



Article of the Month

The Heart of Wellness: Nourishing Mental Health Through Connection and Creativity

Continued series from Christine Lamirande, LCMHC ,Clinical Director NHS and member in AV Community Partners

Movement and the Mind-Body Connection

You don't need to run marathons to benefit from movement. Gentle walking, stretching or water aerobics can greatly improve mood by releasing endorphins—those natural “feel-good” chemicals in the brain. Physical activity also helps regulate sleep, reduce tension and enhance focus.

For those with mobility concerns, seated exercises, Tai Chi and breathing-focused practices like meditation can offer similar benefits. Mindful movement not only strengthens the body, but grounds the mind.

Knowing What's Available

Mental Health isn't just an individual responsibility—it's a community opportunity. Many people don't realize the range of resources and programs available locally, often at little or no cost. Whether it's a group support, creative workshops wellness walks or mental health services, reaching out can be the first step toward a more fulfilling life.

If you're not sure where to start contact your local community center, public library or senior center. They can often connect you with groups or events tailored to your interests and needs.

The Takeaway:

Mental wellness isn't about achieving constant happiness— it's about building a life that feels meaningful and manageable, especially during difficult times. Through companionship, creative expression, movement and community connection, we can all take simple but powerful steps toward a more balanced and vibrant life.

Let's keep the conversation going, and continue to nurture a community where well-being is accessible, supported and celebrated—at every age and stage of life!

Staff Satisfaction

I feel rewarded every time I make clients happy.

I like that my job is to help people who really need it.

Our clients need us and we have the opportunity to make a difference every day.