

HomeTimes®

America's Choice In Home Care®

Your resource for an at home senior lifestyle.



Understanding the Benefits of Senior Home Care

When looking for professional senior care for a loved one, it's common to weigh the pros and cons. Understanding the benefits of home care services can help you make an informed decision about whether it is the right decision.



What Do In-Home Caregivers Do?

Professional caregivers provide non-medical support to older adults who want to age in place at home and maintain their independence for as long as possible. In-home support can provide the following services customized to your loved one's needs:

- Bathing & Dressing Assistance
- Laundry & Light Housekeeping
- Errands & Shopping
- Medication Reminders
- Meal Preparation
- Incidental Transportation

Professional companion care offers socialization and interaction to help reduce the risk of anxiety, isolation, and depression in seniors. For those with advanced needs, specialized services include Alzheimer's care, dementia care, and end-of-life care.

What Are the Benefits of In-Home Care?

When you choose in-home assistance, you are investing in your loved one's safety, comfort, and well-being. Benefits of in-home care include:

Personalized, One-On-One Support

Your loved one will benefit from focused attention by an experienced professional who will learn their individual needs, preferences, habits, and interests to offer personalized support.

Fully Customizable

Flexible scheduling lets you choose the days, times, and duration of visits, ensuring your loved one gets help when they need it most. Additionally, you can select the specific services that fit their current requirements and adjust the plan as needs change.

Cost-Effective

You can develop a schedule that fits your budget and saves money by eliminating unnecessary services while maximizing your loved one's well-being.

Emotional Well-Being

Research shows most people over 65 prefer to stay in their homes, where leaving can cause anxiety and stress. In-home care may enable your loved one to remain at home longer and avoid a move to an assisted living or nursing facilities.

Peace of Mind

Whether you're working, on vacation, or taking a break, an in-home provider ensures your loved one gets compassionate care. Respite care is also available for short-term assistance.

Visiting Angels caregivers provide customized, affordable in-home services. Schedule a free home care consultation with a coordinator at **800-365-4189** to learn more.



Healthy Habits for Seniors to Keep Sharp

Maintaining healthy habits greatly enhances seniors' well-being and quality of life. A healthy routine sharpens aging minds and reduces the risk of depression and cognitive decline.

A 2022 *JAMA Psychiatry* study found adults 65+ who rose before 7 AM and stayed active had fewer depression symptoms and performed better on memory and thinking tests.

While not conclusive, the research suggests staying active prevents mental decline or depression, and indicates that staying physically, mentally, and socially active can benefit seniors.

Personalized Care and Companionship

Professional senior care from a reputable home care agency, like Visiting Angels, can help your senior loved one remain active, healthy, and independent through activities like participating in a favorite hobby, attending a social event in the community, or walking together around the neighborhood.

In addition to offering opportunities for engagement and socialization, professional home care can help your senior maintain or cultivate healthy habits by encouraging them to:

Stick to a Routine

Familiar routines bring comfort and keep older adults engaged, happy, and healthy. Whether it's a morning coffee, an afternoon stroll, or a calming bedtime, a Visiting Angels caregiver can help them with the daily rituals they enjoy.

Get Plenty of Sleep

Many seniors attribute sleep problems to normal signs of aging. Visiting Angels can help them feel safe and secure while creating a bedtime routine that encourages restful sleep.

Eat Healthy

As your loved one ages, their appetite and tastes may change. Certain health conditions such as diabetes, heart failure, or kidney problems may require them to follow a special diet. Visiting Angels can assist with grocery shopping and meal preparation personalized to your loved one's tastes and needs.

Engage in a Variety of Activities

Visiting Angels can help your older adult engage in various activities that address their social, emotional, and physical needs for stimulation—all based on their unique preferences. An in-home professional caregiver will get to know your senior's likes and dislikes and suggest activities that pique their interests.

Visiting Angels Can Promote Healthy Habits

Visiting Angels, a leading provider of senior home care, offers companion care and personal care as well as specialized services for individuals with Alzheimer's disease or dementia. If your loved one needs to maintain or improve their health and wellness, Visiting Angels dedicated in-home care can help them remain engaged, healthy, safe, and comfortable at home.

To learn more about how professional in-home care can assist, contact your local Visiting Angels agency today at **800-365-4189**.

Angels Cook Book



Maple Salmon

1 pound salmon	2 tablespoons soy sauce
¼ cup maple syrup	1 clove garlic, minced
⅛ teaspoon ground black pepper	¼ teaspoon garlic salt

Instructions:

Gather all ingredients.

Stir maple syrup, soy sauce, garlic, garlic salt, and pepper together in a small bowl.

Cut salmon into 4 equal-sized fillets; place in a shallow glass baking dish and coat with maple syrup mixture. Cover the dish and marinate salmon in the refrigerator for 30 minutes, turning once halfway.

Preheat the oven to 400°F (200°C).

Place the baking dish in the preheated oven and bake salmon uncovered until flesh easily flakes with a fork, about 20 minutes.

Serve and enjoy!

Nutritional Information

Serving Size: 4 servings • Calories: 265

www.allrecipes.com/recipe/51283/maple-salmon/



Red Velvet Cupcakes

1 ½ cups white sugar	1 tablespoon distilled white vinegar
½ cup butter	2 cups all-purpose flour
2 large eggs	⅓ cup unsweetened cocoa powder
1 cup buttermilk	1 teaspoon salt
1 fluid ounce red food coloring	
1 teaspoon vanilla extract	
1 ½ teaspoons baking soda	

Instructions:

Preheat the oven to 350°F (175°C). Grease two 12-cup muffin pans or line with 20 paper baking cups.

Beat sugar and butter in a large bowl with an electric mixer until light and fluffy. Mix in eggs, buttermilk, red food coloring, and vanilla. Stir in baking soda and vinegar. Combine flour, cocoa powder, and salt; stir into the batter just until blended. Spoon batter into the prepared cups, dividing evenly.

Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter and frost with desired frosting.

Nutritional Information

Serving Size: 20 servings • Calories: 160

www.allrecipes.com/recipe/105768/moist-red-velvet-cupcakes/

America's Choice In Home Care®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!

