

HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



What is Long-Distance Caregiving from Visiting Angels?

Long-distance caregiving happens when a family needs in-home care for an older loved one who does not live in their area. For example, your mom and dad may have retired to a warm-climate city while you reside in your family's hometown.

No matter why you live far from a loved one, you don't have to worry if they need in-home senior care. Visiting Angels' dedicated long-distance care services can help them age in place at home and give you confidence they are safe and comfortable.

Why Choose Visiting Angels?

Visiting Angels, a national-leading senior home care provider with offices across the country, understands the unique needs of long-distance caregiving assistance.

A Visiting Angels' in-home personal caregiver will serve as your "eyes and ears" in your loved one's home. You will have peace of mind knowing they are safe with a trusted, compassionate professional — even if you are hundreds or thousands of miles away. If any issues or concerns arise, a care coordinator will alert you immediately.

Begin Long-Distance Caregiving Services

Visiting Angels is a resource you can trust if you need compassionate in-home assistance for a loved one who lives

across the state or country. A friendly and helpful team member will help you find a local home care office that serves the community where your loved one lives.

Visiting Angels will address the following topics with you via phone or videoconferencing:

- Your loved one's location.
- Where you live.
- Care needs and requests.
- Frequency and duration of care.
- Involvement of your loved one in the discussion of caregiving choices.
- Any chronic conditions or health issues, such as dementia, Alzheimer's, Parkinson's, etc.
- Questions you have about Visiting Angels or long-distance caregiving.

Developing the Care Plan

After your coordinator collects this basic information and answers your questions, they will meet with your loved one to review the guidelines and a customized care plan. If you cannot travel to attend this meeting in person, you could participate via a virtual call. During this meeting, your coordinator will also conduct a home care assessment to identify any household hazards and make recommendations to optimize your loved one's safety.

Your coordinator will match your loved one with a carefully screened caregiver, who will visit based on the agreed-upon schedule and provide feedback to the local office. The team at the local office will keep in regular contact with you to ensure the caregiver is meeting all your loved one's needs.

If you are concerned about the well-being of a loved one who lives far from you, professional long-distance caregiving can provide the solution you need. Contact your local Visiting Angels' office today for more information at 800.365.4189.

6 Tips to Help Beat the Holiday Blues for Seniors



Whether an elderly adult in your life is dealing with a loss, coping with age-related difficulties, or feeling isolated, it only takes a little care to enhance their holiday experience.

Here are some ideas to brighten up their spirits and make the most of this special time of year:

1. Make Arrangements for Long-Distance Family Members

Depending on your current living situation, you may not be able to visit a loved one who resides in a distant city or state. However, you can try to make other arrangements to ensure they have something to look forward to and don't spend the holidays alone. Ask a family member or friend to drop by or schedule a visit from a compassionate senior care provider, like Visiting Angels. This small step can make a big difference.

2. Take a Walk Down Memory Lane

Encourage your loved one to share old memories with you. Getting out photo albums and telling stories can lift their spirits. Sharing memories is also a great way for elderly adults to connect with younger family members.

3. Be Accommodating

Sometimes being surrounded by a lot of people, even if they are family, is not what seniors need when they are struggling with the holiday blues. Keep an eye on your loved one at family gatherings and watch for cues they may need a break from the small talk and loud noise. Have a quiet place they can go, and take time to offer the one-on-one conversation and attention they need.

4. Do a Deep Clean

Depression, as well as decreased energy and mobility, can

weaken a senior's motivation to keep their home tidy. Clutter and general uncleanliness can dampen their mood. Helping your loved one tidy up, get rid of things they no longer use, and make their living area feel fresh can lift their spirits and make their home much safer.

5. Help with Holiday Decorations

Once your loved one's home is nice and clean, offer to help them decorate for the holidays, adding festive touches that bring joy. They may need your help unpacking and arranging cherished holiday decorations that bring happy memories.

6. Be Inclusive

Seniors who used to host holiday events sometimes feel uncomfortable sitting back and relaxing at family gatherings. Help them feel useful and needed by including them in any way possible. Even doing the most basic tasks, like greasing a cookie sheet, passing out gifts, garnishing dishes, or sharing recipes can encourage them to embrace the holiday spirit.

Home Care Can Make the Holidays Enjoyable

Visiting Angels can be a valuable resource for helping your elderly loved one fight the holiday blues. By providing personalized care and attention, senior care professionals can offer companionship, emotional support, and practical assistance during the holiday season. With the right support and care, seniors can feel more connected, engaged, and positive during this special time of year.

An in-home personal caregiver will provide your elderly loved one with companionship, prevent isolation, and supervise trips outside the house — providing you with peace of mind, even when you can't be there.

Angels Cook Book



Chicken Pot Pie

1 pound skinless, boneless chicken breast halves - cubed
1 cup sliced carrots
1 cup frozen green peas
½ cup sliced celery
⅓ cup butter
⅓ cup chopped onion
⅓ cup all-purpose flour
½ teaspoon salt

¼ teaspoon black pepper
¼ teaspoon celery seed
1 ¾ cups chicken broth
⅔ cup milk
2 (9 inch) unbaked pie crusts

Instructions:

Gather all ingredients and preheat the oven to 425 degrees F (220 degrees C.).

Combine chicken, carrots, peas, and celery in a saucepan; add water to cover and bring to a boil. Boil for 15 minutes, then remove from the heat and drain.

While the chicken is cooking, melt butter in another saucepan over medium heat. Add onion and cook until soft and translucent, 5 to 7 minutes. Stir in flour, salt, pepper, and celery seed.

Slowly stir in chicken broth and milk.

Reduce heat to medium-low and simmer until thick, 5 to 10 minutes. Remove from heat and set aside.

Place chicken and vegetables in the bottom pie crust. Pour hot liquid mixture over top.

Cover with top crust, seal the edges, and cut away any excess dough. Make several small slits in the top crust to allow steam to escape.

Bake in the preheated oven until pastry is golden brown and filling is bubbly, 30 to 35 minutes. Cool for 10 minutes before serving.

Nutritional Information

Serving Size: 8 servings • Calories: 412

www.allrecipes.com/recipe/26317/chicken-pot-pie-ix/



Cranberry Orange Cookies

Cookies:
1 cup unsalted butter, softened
1 cup white sugar
½ cup packed brown sugar
1 large egg
2 tablespoons orange juice
1 teaspoon grated orange zest
2 ½ cups all-purpose flour
½ teaspoon baking soda

½ teaspoon salt
2 cups chopped cranberries
½ cup chopped walnuts (Optional)

Glaze:
1 ½ cups confectioners' sugar
3 tablespoons orange juice
½ teaspoon grated orange zest

Instructions:

Preheat the oven to 375 degrees F (190 degrees C).

Make the cookies: Cream butter, white sugar, and brown sugar in a mixing bowl until smooth. Beat in egg until well blended. Mix in orange juice and zest.

Whisk together flour, baking soda, and salt in a separate bowl. Stir flour mixture into the butter mixture until combined. Mix in cranberries and walnuts until evenly distributed.

Drop dough by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheets.

Bake in the preheated oven, switching racks halfway through, until edges are golden, 12 to 14 minutes. Transfer cookies to wire racks to cool completely.

Meanwhile, make the glaze: Mix together confectioners' sugar, orange juice, and zest in a small bowl until smooth.

Spread glaze over the tops of the cooled cookies; let stand until set.

Nutritional Information

Serving Size: 110 servings • Calories: 48

www.allrecipes.com/recipe/40180/cranberry-orange-cookies/

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!

