

HomeTimes

America's Choice In Home Care

Your resource for an at home senior lifestyle.



Professional Home Care Can Help Seniors With Pets

Pets have an extremely positive impact on the health and wellness of seniors. One of the benefits is elderly companionship, which helps to reduce feelings of social isolation, loneliness, depression, and cognitive decline. Pets also help seniors stay active and give them an added purpose in life.



However, certain physical or health limitations can make pet ownership difficult.

Professional senior care services can help by keeping older adults safe and comfortable at home while helping them tend to their furry friends.

Getting Help at Home with Pet Ownership

Seniors may develop health, cognitive, or mobility issues that make it challenging—or even unsafe—to look after a pet on their own. Because most living assistance facilities prohibit animals, a senior may have to painfully say goodbye to their four-legged buddy if moving to a nursing home.

Home care services from Visiting Angels can be a better alternative.

Visiting Angels provides a variety of resources tailored for seniors who own pets, helping them to maintain a joyful and fulfilling life with their furry companions:

Pet Care Support

A Visiting Angels caregiver will help your loved one with daily pet responsibilities, such as providing food, water, and medication. A caregiver can assist with scheduling vet appointments, finding a mobile groomer, setting up automatic pet food deliveries, or hiring a neighborhood dog walker.

Transportation Assistance

Just like humans, pets need medical care, food, and supplies. If your senior is unable to drive, a Visiting Angels caregiver can provide transportation to vet appointments and pet stores and assist with shopping.

Hazard and Safety Monitoring

Although pets can be loving companions, they can sometimes cause unsafe situations. For example, a pet's food bowl or toys in the middle of the kitchen floor could create a tripping hazard. A senior with mobility issues who attempts to walk a large dog alone could get hurt. Additionally, pet messes that aren't cleaned up properly could cause a health hazard. Having a caregiver in the home can ensure your loved one's pet isn't becoming too much to manage.

Visiting Angels Assists Seniors With Pet Care

In-home caregivers can make it possible for aging adults to enjoy the benefits of pet ownership by providing much-needed support to overcome age-related challenges.

To learn more about how Visiting Angels can provide seniors with personal home care and pet care assistance, contact your local Visiting Angels agency today at **800-365-4189**.



What Are Qualities of a Visiting Angels Caregiver?

If you want to hire the best personal caregiver for a loved one, you need a trusted home care professional who provides dedicated service with competence, kindness, and compassion.

Look no further than Visiting Angels.

As a national-leading provider of non-medical home care, Visiting Angels takes a “character-first” approach to hiring caregivers, ensuring the highest quality at-home assistance for older adults through a comprehensive vetting and background check process.

Characteristics of Professional Caregivers

During the interview process, each candidate’s desire to pursue a meaningful career as a professional in-home caregiver is assessed.

Visiting Angels seeks the following qualities in caregivers:

Compassion

Caregivers need to focus on enhancing the physical, emotional, and social well-being of clients. Visiting Angels employs respectful and compassionate caregivers who share this belief and are committed to caring for the “whole person”—just as they would for a cherished member of their own family.

Community-Minded

Visiting Angels looks for caregivers who are engaged in their communities and enjoy contributing to their neighbors’ welfare. Through innovative collaborations with faith-based organizations, charities, and other groups, Visiting Angels identifies candidates who gain a sense of fulfillment from serving others.

Integrity

Caregivers should conduct themselves professionally with honesty, trustworthiness, and integrity. Potential caregivers undergo a rigorous background check to ensure they will be the right fit to oversee a client’s safety, security, and comfort.

Energy

Visiting Angels hires cheerful, engaging caregivers who bring joy to the lives of older adults. Their positive attitudes and energetic personalities help forge strong, lasting relationships with clients.

Passion

Professional caregivers need to enjoy and value the interaction they have with clients and their families. Their passion for caregiving should be rooted in love, duty, and a commitment to making a positive difference in the lives of their clients.

Hands-On

Our caregivers support clients’ dignity, identity, and independence, assisting older adults with dressing, bathing, toileting, eating, and personal care tasks with professionalism and kindness.

Dedication and Compassion in Home Care

Visiting Angels has been recruiting, training, and hiring personal care professionals for more than 25 years. Team members understand how important it is to hire professionals who possess the integrity and character required to deliver the high-quality care you expect.

Contact your local Visiting Angels agency at **800-365-4189** to get started with a free home care consultation, where you can learn more about personalized care options for you or your loved ones.

Angels Cook Book



Italian Sausage Soup

- 1 pound Italian sausage
- 1 clove garlic, minced
- 2 (14 ounce) cans beef broth
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 1 cup sliced carrots
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (14.5 ounce) can great Northern beans, undrained
- 2 small zucchini, cubed
- 2 cups spinach, packed, rinsed and torn

Instructions:

Gather all ingredients.

Heat a stockpot or Dutch oven over medium-high heat. Add sausage and garlic; cook and stir until browned, 5 to 7 minutes.

Stir in broth, tomatoes, and carrots; season with salt and pepper. Reduce heat to medium-low, cover, and simmer 15 minutes.

Stir in beans with liquid and zucchini; cover and simmer another 15 minutes, or until zucchini is tender.

Remove soup from heat and add spinach; replace the lid and allow spinach to wilt.

Stir until warmed through. Serve and enjoy!

Nutritional Information

Serving Size: 10 servings • Calories: 385
www.allrecipes.com/recipe/12942/italian-sausage-soup/



Nectarine Cobbler

- 2 1/4 cups white sugar, divided
- 2 cups all-purpose flour
- 2 large eggs
- 1 1/2 cups melted butter
- 2 teaspoons vanilla extract
- 2 pounds nectarines, pitted and sliced into 12 slices each
- nonstick cooking spray

Instructions:

Preheat the oven to 375°F (190°C). Spray an 8x8-inch baking dish with nonstick cooking spray.

Stir 2 cups sugar, flour, eggs, butter, and vanilla extract together in a bowl to make a smooth batter. Spread half of the batter into the prepared pan.

Bake in the preheated oven until the crust is golden brown, 20 to 25 minutes.

Meanwhile, toss sliced nectarines with remaining 1/4 cup sugar. Spread fruit over base layer. Drop the remaining batter by spoonfuls evenly over fruit.

Bake in the preheated oven until cobbler is golden, and fruit is bubbly, 28 to 35 minutes.

Optional: Heat an air fryer to 400 degrees F (200 degrees C). Place cobbler in the air fryer until topping is crunchy, about 5 minutes.

Nutritional Information

Serving Size: 9 servings • Calories: 629
www.allrecipes.com/nectarine-cobbler-recipe-8698923

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!

