

Visiting Angels Newton/Canton is dedicated to sharing beneficial information and articles about the people that make a difference in the lives of others every day. We hope you enjoy our monthly newsletter. We are grateful to our caring team members who continue to provide consistent, knowledgeable, and skillful care to seniors and disabled adults. Thank you for being a part of Visiting Angels.

# Visiting Angels Newton/Canton



**The best in non-medical home care for seniors and adults with disabilities**

Call us at **617-795-2727** or **781-828-9200** | On the web: [VisitingAngels.com/Newton](http://VisitingAngels.com/Newton)

Visiting Angels Newton/Canton | Newsletter | April 2021 [View as a webpage](#)

## A Very Special Angel of the Month: TEAM HERBERT



### Quick Links

[A Very Special Angel of the Month:  
TEAM HERBERT](#)

[RECIPE: Roasted Cauliflower  
'Couscous' Salad with Pickled  
Apricots and Carrot Top Salsa Verde](#)

[Interested In Eco-Friendly  
Gardening? Here's What You  
Should Know](#)

[Visiting Angels Newton/Canton  
makes Top 10 list for diversity and  
inclusion: The Boston Globe](#)

[Government-Backed Discounts for  
High-Speed Internet Coming Soon](#)

[Seven Steps to Managing Your  
Memory: What's Normal, What's  
Not, And What to Do About It: A  
Virtual Event](#)

[Dementia and Eyesight: 3 Common  
Changes and Behaviors](#)

[Home Care Services for Seniors  
Following a Stroke](#)

From left to right: Dawn Burrell, Stella Spencer, Rebecca Namatovu, Adiaba Bofia, Silvana Caruso, and Carline Bijou | Center: Client, Herbert

For April 2021, Visiting Angels Newton/Canton is celebrating a team of six exceptional caregivers. These caregivers have worked together providing expert care for a dear client whom we have had the privilege of supporting in his own home for two years. Each of these caregivers brings their own unique qualities and personalities to their time with the client as part of "Team Herbert." For this month's Angel of the Month spotlight, we are honored to recognize Dawn Burrell, Stella Spencer, Rebecca Namatovu, Adiaba Bofia, Silvana Caruso, and Carline Bijou,

While all of our caregivers are skilled, dedicated, and compassionate, sometimes at the onset of care, finding the perfect combination of caregivers can take some time. Today, these caregivers have become like family members to Herbert, his wife Libby, and their children.

"We had some bumps in the road early on, filling shifts, and finding the right people to fit Herbert's needs, while also providing a positive comfort level for him and his family," Case Manager Naté Paige explained. "This team we have put in place has gone above and beyond during every shift they have with him. They all represent Visiting Angels Newton/Canton with their professionalism, dedication, and desire to provide the best care possible to our client and reassurance to his family."

[Click to read article](#)



Mark Richardson explains that the geranium "Rozanne" is a beautiful, low-maintenance ground cover plant. (Courtesy Mark Richardson)

## Interested In Eco-Friendly Gardening? Here's What You Should Know

By [Lisa Mullins](#) and [Hannah Chanatry](#) | [wbur.org](#)

Environmentally-friendly gardening, once considered on the fringe, has surged in interest in the pandemic, according to Mark Richardson, director of horticulture for the [Tower Hill Botanic Garden](#) in Boylston.

Richardson sees the trend in the sold-out tickets to the garden this month and in the blossoming membership in the [Ecological Landscape Alliance](#), which promotes eco-friendly gardening.

"So many people are interested in how they can garden in a more sustainable way," Richardson, who sits on the Ecological Landscape Alliance's board, said. He added that people are specifically invested in learning how they can support pollinators, wildlife and how to "garden in a way that's not environmentally damaging."

Richardson joined WBUR's All Things Considered host Lisa Mullins to explore the meaningful things you can do for the environment right in your own backyard. Click the link below for tips and interview highlights from their conversation, lightly edited for clarity.

[Click to read article](#)



When caregivers go above and beyond while caring for their client, we love to acknowledge and thank them with a gift. These caregivers were most recently *Caught in the Act of Caring*:

- Marie Bellefleur
- Rosenie Francois
- Farah Joseph
- Mirlande Lovensky

## Roasted Cauliflower 'Couscous' Salad with Pickled Apricots and Carrot Top Salsa Verde

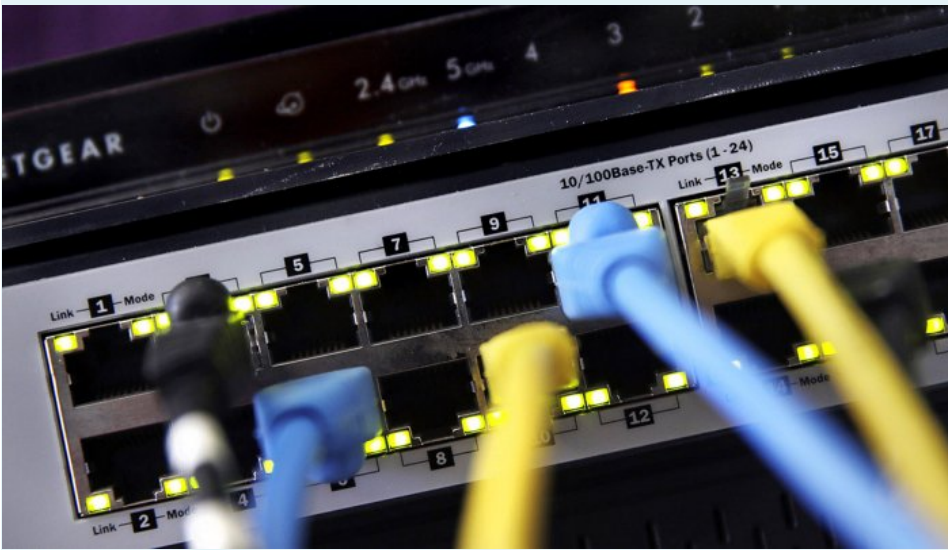


By [Lisa Futterman](#) | [thedailymeal.com](#)

Chickpeas for protein and pickled apricots for tang. In this recipe, carrot tops make a bright salsa verde, a sauce that can dress a [variety of hearty salads](#) as well as pastas or grilled meats and fish.

[Click to read article](#)

## Visiting Angels Newton/Canton makes Top 10 list for diversity and inclusion



WINWIN/ADOBE STOCK

By [Katie Johnston](#) | [The Boston Globe](#)

## Top Places to Work: Diversity edition

Ten companies made the final list, led by the Boston health care nonprofit Commonwealth Care Alliance, based on two sets of surveys administered by the employee research and consulting firm Energage. Employee responses about diversity were first culled from the Globe's [2020 Top Places to Work](#) rankings, and 40 of the highest-scoring companies completed a second questionnaire focused solely on their dedication to making their workplaces more equitable.

The 10 winning companies actively recruit not just Black and Latino prospects, but LGBTQ candidates and people with disabilities, as well as those with Native American and Middle Eastern heritage. Many track representation among new hires, promotions, and people who quit, and evaluate leaders based on these metrics. Some hire outside companies to conduct pay-equity audits and require extensive diversity training for everyone associated with the company.

[Click to read article](#)

## Home Care Services for Seniors Following a Stroke

## Government-Backed Discounts for High-Speed Internet Coming Soon

The program will make available \$3.2 billion to cut the cost of getting connected

By [John Waggoner](#) | [AARP](#)

The Federal Communications Commission (FCC) estimates that 14 million Americans — and 22 percent of those 65 and older — don't have access to a high-speed internet connection. Other estimates say as many as 42 million in the U.S. are on the wrong side of the “digital divide.”

The FCC is rolling out the \$3.2 billion Emergency Broadband Benefit (EBB) program, which was part of the third stimulus bill, to help all Americans get online. AARP has long worked for low-cost internet solutions for older Americans, who need high-speed broadband for teleworking, medical and health-related information and news, online health-care consultations with doctors and nurses, and interacting with loved ones and friends, especially during the [COVID-19 pandemic](#).

“The Emergency Broadband Benefit will help older adults get and stay connected to the internet during the pandemic, and it can provide a road map for more long-lasting policies,” says Dawit Kahsai, AARP senior legislative representative.

If you're on the wrong side of the digital divide — or know someone who is — AARP can help you reduce the cost of getting connected, learn what the Emergency Broadband Benefit program can do for you, and guide you in signing up.

[Click to read article](#)

alzheimer's  
association

Presenter:  
Andrew E. Budson, MD



## Seven Steps to Managing Your Memory: What's Normal, What's Not, And What to Do About It

Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best strategies and memory aids to use, in seven simple steps. He will also briefly discuss his forthcoming book, *Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families*.

**Wednesday, May 19, 2021**  
**8:30 - 9:30 AM**  
**Presented Virtually**

Call **800-272-3900** or [REGISTER HERE](#)

*Families, caregivers, and professionals are all welcome to join!*



### Dementia and Eyesight: 3 Common Changes and Behaviors

[dailycaring.com](https://www.dailycaring.com)

Dementia causes a variety of changes in the brain, including [how the eyes see](#) and how the brain processes the information the eyes bring in. When seniors with [Alzheimer's disease](#) or [dementia](#) behave in strange ways, we might assume they're hallucinating.

[Hallucination](#) is a possible symptom, but the behavior could also be explained by changes in their vision.

But this strange behavior can be incredibly stressful for us to observe. We think the worst of our older adult's mental state and worry that they're declining more quickly.

Knowing about vision changes helps you understand why your older adult could be doing these things, reduces fear and worry, and makes dementia



After surviving a stroke, your loved one has a different set of care priorities. They may have lost mobility after being partially paralyzed, and the need for your assistance has spiked considerably. At first, perhaps you were only needed for basic needs like grocery shopping. But after a stroke, your family member may require more intensive support. He or she will depend upon you for [help with personal care](#) like bathing and grooming. And as you manage your own household and career, caring for your loved one can become much more challenging.

In a healthy brain, blood flow delivers oxygen to its cells. But during a stroke, the brain's blood supply gets temporarily cut off. The shutdown causes vital brain cells to die. The brain damage leads to loss of control over memory and muscle movements.

A stroke survivor faces many physical and mental challenges. Depending on the severity of the brain damage, your loved one will have minor to significant mobility and cognitive issues. Immediately after a stroke, the survivor may endure:

- weakness in an arm or leg
- [memory loss](#)
- partial paralysis of the face
- difficulty or loss of ability to speak
- paralysis to one side of the body

"Some people recover completely from strokes, but more than two-thirds of survivors will have some type of disability," according to the [National Stroke Association](#).

[Click to read full article](#)

care a little easier.

In this 2 minute video, expert dementia educator [Teepa Snow](#) explains how dementia can change vision and what type of behaviors we might see because of those vision changes.

[Click to read article](#)

[Click to watch video](#)



**Call 617-795-2727**



**STAY SAFELY AT HOME  
WITH AMERICA'S CHOICE  
IN HOME CARE®**

Visiting Angels Newton/Canton has been providing compassionate and skilled non-medical home care for families in Newton and surrounding areas for over 16 years.

[Click this ad to explore our award-winning services.](#)



Explore our award-winning services at [VisitingAngels.com/Newton](https://www.VisitingAngels.com/Newton)

Visiting Angels Newton/Canton  
383 Elliot Street, Suite 100 E  
Newton, MA 02464

**617-795-2727 or 781-828-9200**

**Stay Connected**

