

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 | August 2021 [View as a webpage](#)

## A Message from Karen & Larry

With great sadness, we have witnessed the devastating humanitarian crisis in Haiti, a result of the earthquake and political upheaval. We feel for our Caregivers who watch their home country from afar, worrying about their loved ones still living there and mourning those lost. In a previous career, Visiting Angels owner Larry Michel worked on humanitarian aid projects in Haiti and lost a colleague during the earthquake in 2010.



Our Caregivers are the heart and soul of our agency. We are grateful for all the hard work and dedication they give our clients each day. In honor of our Caregivers from Haiti, we will donate to two charitable organizations working on the ground to help: **Food for the Poor** and **Doctors Without Borders**. We hope our contributions can bring some relief. Our hearts go out to all who may have lost loved ones or know anyone directly who is suffering.

Please click the link below to learn about reputable charities if you would like to contribute and support the people of Haiti.

[Click to learn how you can help](#)

Tout le Meilleur,

Karen Woodrow & Larry Michel  
Owners

## Quick Links

[Haiti: Charity Navigator](#)



## National Senior Citizens Day: Date, Activity Ideas & How to Celebrate

By [Belinda McLeod](#) | [JoinCake.com](#)

You have heard of Mother's Day and Veteran's Day, but did you know there's a day for celebrating senior citizens? It's not a widely celebrated holiday, but it might be worth adding National Senior Citizens Day to your calendar. It's likely you have a senior in your life that would enjoy the recognition.

### When is National Senior Citizens Day?

National Senior Citizens Day is held on August 21 every year.

According to Forbes Magazine, by 2035, there will be 78 million people over 65 living in the United States. People are living longer than they used to. And they're continuing to work and be involved in the community even as they age. Many older Americans are living productive and happy lives. This is definitely something worth celebrating.

### History

National Senior Citizens Day was designed as a day to thank our elderly citizens. You might be thanking a family member for their role in your life. Or thanking someone for their contribution to the community.

National Senior Citizens Day is an opportunity to say "thanks" to older Americans for what they have done to make our families and country better. It's also a time to reflect on our current communities.

Proclamation 5847 encourages "places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity." Are those things happening in your neighborhood? It's an important thing to ask. No matter the answer, National Senior Citizens Day is an opportunity to improve your community's support of the elderly.

### How to celebrate

You can celebrate National Senior Citizens Day by giving thanks to the elderly in your life. It's also a good time to examine your relationships with them.

And take a few minutes to think about your community and how it

[National Senior Citizens Day: Date, Activity Ideas & How to Celebrate](#)

[ANGEL OF THE MONTH: Mary Depradine](#)

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## Angel of the Month: Mary Depradine



With great joy, we announce that Mary Depradine is our Angel of the Month for August 2021.

Last month, Mary celebrated her 15th-anniversary with **Visiting Angels** Newton/Canton. She represents so much of what has made our agency successful through the years. Her caliber of care, professionalism and her commitment to our clients continues to impress us all. Mary was honored with this award in the fall of 2007, and we are happy to do it again today.

supports and assists senior citizens. Make a plan, so when August 21st rolls around once again, you will know how to commemorate this special day.

## [How to Honor Seniors on National Senior Citizens Day](#)



AHMAD GHARABLI/GETTY IMAGES

## FDA Clears COVID Vaccine Booster Shots for Immunocompromised

Only certain people with weakened immune systems need a third dose now

By Rachel Nania | [AARP](#)

The Food and Drug Administration (FDA) on Thursday, Aug. 12, expanded the emergency use authorizations (EUA) for the [Pfizer-BioNTech and Moderna vaccines](#) to allow certain people with compromised immune systems to receive a third “booster” dose, as COVID-19 cases, hospitalizations and deaths continue to climb in the U.S.

The amendment affects a small population — less than 3 percent of American adults, according to Centers for Disease Control and Prevention (CDC) Director Rochelle Walensky — whose immune systems are weakened from a solid organ transplant or other conditions that have an equally crippling effect on the immune system.

### Others don't need booster shots yet

In the FDA's news release announcing the EUA expansion, Woodcock reiterated that “other individuals who are fully vaccinated are adequately protected and do not need an additional dose of COVID-19 vaccine at this time.” However, COVID-19 booster shots for the rest of the population are likely inevitable, experts say. It's just not clear when they will be needed or who will be next in line to receive them.

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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***:

- Mary Alleyne
- Berthide Chaudry
- Mical Coriolan
- Blessing Gbokolo
- Barbara Tomlinson

## Arugula and Wild Rice Salad with Zippy Lemon Dressing



By [CookieAndKate.com](#)

[Wild rice](#) is chewy, nutty, and



## Healthy Eating and Alzheimer's Disease

[NationallnstituteOnAging.gov](http://NationallnstituteOnAging.gov)

Eating healthy foods helps everyone stay well. It's even more important for people with [Alzheimer's disease](#). Here are some tips for [healthy eating](#).

### Buying and Preparing Food

When the person with Alzheimer's disease lives with you:

- Buy healthy foods such as [vegetables, fruits, and whole-grain products](#). Be sure to buy foods that the person likes and can eat.
- Give the person choices about what to eat—for example, "Would you like green beans or salad?"
- Buy food that is easy to prepare, such as premade salads and single food portions.

### Maintain Familiar Routines

Change can be difficult for a person with Alzheimer's disease. Maintaining familiar routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person's preferences.

[Click to learn more](#)

hearty. It's high in protein and B vitamins, and adds a strong backbone to healthy green salads.

This salad is wholesome and filling, with plenty of bold arugula and bursts of flavor in the form of toasted almonds, creamy feta, dried tart cherries and fresh basil.

[Click for recipes](#)

## Personal Caregivers Make Assisted Living Care Easy



If your loved one can no longer manage basic daily tasks, you may worry about their safety and comfort at home. This is especially true if you have reason to believe they cannot move easily, are not eating well, or starting to withdraw from others. Many families turn to assisted living communities, which allow seniors to maintain a level of independence while receiving ongoing support with everyday tasks.

Within these communities, your loved one may receive regular meals, participate in communal activities, access laundry and housekeeping services, and receive [personal care, including bathing and dressing](#) support.

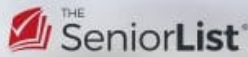
However, as beneficial as these services can be for your loved one, you may have concerns about their overall quality of life. This is especially true if you live in a different city or state from your elderly parents and cannot visit as often as you'd like.

[Click to read article](#)

**BIGGEST LIST  
OF SENIOR**



# OF SENIOR DISCOUNTS



## Biggest List of Senior Discounts 2021

By [Chris Clark](#) | [TheSeniorList.com](#)

In keeping with tradition, The Senior List® is pleased to bring you our annual “Biggest List of Senior Discounts” for 2021. What you’ll find below is a compilation of all of our senior discount lists, woven into one giant money-saving machine!

Our senior discount list continues to grow because our community members actively engage with one another to ensure we’re up to date! Also, see our guide on assistance and discount programs during COVID-19.

[Click to read article](#)

[Massachusetts list of Senior Discounts](#)



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