

*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 | March 2023 [View as a webpage](#)

### Angel of the Month: **Glorieuse A.**

We are delighted to award Glorieuse A. as **Angel of the Month** for March 2023. Since joining the Visiting Angels Newton/Canton team in June 2021, she has consistently provided excellent care to our clients. Over the past two years, Glorieuse has accomplished quite a bit.

Working with sixteen of our clients during her time with us, Glorieuse has been a true angel. She has over ten years of Home Health Aide experience working with seniors and those with disabilities. Visiting Angels Senior Case Manager Elizabeth Q. said that Glorieuse is a pleasant, delightful, sweet, warm, and energetic person. She is easy to talk to and has a calm yet confident demeanor about her.



[Click to read more about Glorieuse](#)

### Dementia and Eyesight 3 Common Changes and Behaviors



### Quick Links

[Angel of the Month: Glorieuse A.](#)

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

[Full Time Home Care for the Senior Who](#)



by [dailycaring.com](http://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 care a little easier.

[Click to read more](#)



## Full-Time Home Care for the Senior Who Needs Constant Care

[Needs Constant Care](#)

[Get Trivial and Get Social!](#)

[Spring Cleaning Tips](#)

[Caught In The Act of Caring Winner](#)

[RECIPE: Benefits of Super Cereal for Older Adults](#)

[We're Hiring! Join Our Team!](#)

[Frequently Asked Questions About Respite Care](#)



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

**Ruth Ellis**

## Super Cereal for the Elderly



This recipe is a go-to because it's so open to substitutions and

If you're a member of the sandwich generation, you're familiar with this scenario. Your immediate family and work responsibilities may limit your ability to provide round-the-clock care for an older adult's escalating care needs. Full-time home care provides a high-quality level of support while helping your senior loved one age in the comforts of a familiar place – home. Elderly companionship from a trusted home care professional offers one-on-one emotional and physical support that retirement homes or assisted living communities have a hard time providing.

[Click to read more](#)



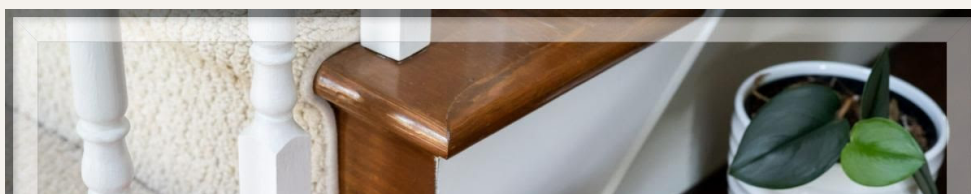
## Get Trivial – and Get Social!

by [seniorplanet.org](http://seniorplanet.org)

There's nothing trivial about trivia. Experts say playing trivia games exercises your brain, sharpens memory, improves learning habits—and is tons of fun! Trivia is also a great way to make social connections. In cafes, bars, living rooms, community centers and online, teaming up for trivia games means meeting new people and spending quality time with family and friends.

[Click to read more](#)

## Spring Cleaning Tips



substitutions and relies on nutrient-dense pantry staples. It's also a soft food that works for seniors who have trouble chewing or other dental problems.

[Click here for the recipe](#)

## Know Someone Who Has a Heart for Helping Others? We're Hiring!



### Join our Visiting Angels team!

Visiting Angels of Newton/Canton is expanding and we're looking for compassionate, empathetic and caring individuals to join our team!

If you are passionate about helping your elderly friends and neighbors, visit our [careers page](#) to get started!

## Frequently Asked

## Questions about Respite Care



As you're caring for your senior clients this spring, take some time as you go about your day with them to take note of anything that could use a little spring cleaning or sprucing up. It is a great time to write down a list of things you've noticed but really haven't had a chance to change or bring to anyone's attention. If you're always in the home, you might notice things that family members and loved ones don't see as they're visiting with their seniors. It is a great way to ensure your clients are in a safe, clean, and comfortable home.

Here are some ideas of things to look out for.

**Home maintenance:** Have you noticed that when you help your client bathe the handrails are loosening up each time? Maybe they're still secure in the wall, but you've noticed they're just a bit looser. Or maybe the banister going upstairs feels more wobbly. It is a great time to take those thoughts out of the back of your mind and bring them to the attention of family members, so they can go through the home and tighten all of the screws and more things spring.

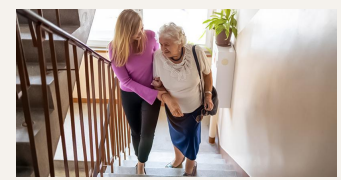
**Stock Up:** Ask them to have a stock of 9-volt batteries on hand. Maybe you've been there during the day, and the smoke detector has started beeping. Have them stock up, so everything can be in working order.

**Overstock:** Is the medicine cabinet overflowing with empty bottles? Have you noticed that the date on some of the bottles is way past their expiration date? Bring these things to the attention of family members, so they can do some spring cleaning of the cabinet at this time of the year, and remove anything that shouldn't be in there.

**Decluttering:** Do you notice magazines or newspapers that have piled up over winter, when it was too chilly to bring them out to the recycling bin? Are winter brackets piling up on a bench, and spilling onto the floor? Anything that is piling up on the floor can potentially cause a tripping hazard for senior citizens. If you notice anything like this, bring it to the attention of your client and his or her family.

**Lots of Leftovers:** Is there food in the refrigerator your senior client just won't eat, and that has been sitting there for a while? Maybe it's growing some mold on it. Bring this to the attention of your clients, so there is nothing unhealthy or that can cause illness in the refrigerator that your senior client might accidentally grab.

**Overgrown foliage:** Before the buds started sprouting and leaves



At some point in your life, you may act as the caregiver for an aging spouse, parent, or grandparent. Most people find caregiving manageable in the early stages of care. However, as your loved one grows older and their needs become more intensive, without a plan in place for support, you could find yourself suffering from caregiver burnout. It is essential to feel comfortable asking for and accepting help to avoid exhaustion. Many people today face the challenge of a lack of family and friends who can provide consistent support.

Consider [respite care services](#) if you do not have a network of people to help with your loved one when you need time for yourself.

[Click to read more](#)

**Overgrown foliage:** Before the buds started sprouting and leaves began to grow, no one may have noticed. But now that it's spring and things are growing, there might be branches that are protruding in the backyard that they need to walk around when they go outside and could cause a tripping issue for your senior clients. Maybe the leaves are in the way of your senior client looking out to the street, and you know how much they love to sit by the window and watch what's happening in the neighborhood. You can highlight things like this as you strive to ensure your senior clients have the most comfortable and safe environment to live in.



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Visiting Angels Newton/Canton  
29 Crafts Street, Suite 320  
Newton, MA 02458

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

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Visiting Angels Newton/Canton | 29 Crafts Street, #320, Newton, MA 02458 (617) 795-2727

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