

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*.



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](https://www.VisitingAngels.com/Newton)

Visiting Angels Newton/Canton | Newsletter | April 2024 [View as a webpage](#)

Angel of the Month: Sallay Mboyawa



Visiting Angels Newton/Canton is proud to name **Sallay Mboyawa** our **Angel of the Month for April 2024**. Over the past nine years, thirteen different Visiting Angels clients have had the pleasure of inviting her into their homes and experiencing firsthand exactly what our agency is all about. Sallay's approach to every interaction with her clients comes with an enduring warmth and a lot of passion. She makes sure they know they're in good hands.

"I love what I do because I'm helping people and making them happy," Sallay said. "I tell people that you have to be very caring and have patience because it's not an easy job."

Yet it's a job she felt was her calling from a very early age when she had the opportunity to travel the world with her family. Eldercare was very different in places like Greece and the UK, and for her, that's how her love of caring for seniors started. Sallay explained, "I noticed everyone's family was involved,

and it was inspiring to watch. That's when I realized I had the heart and passion for it, too." Before long, she found herself taking care of her great-grandmother and then other members of her own family.

[Read more about Sallay Mboyawa here!](#)



Spring into Wellness with Visiting Angels! Keeping Seniors Active and Engaged

With spring in full swing, it's the perfect time to get out there and enjoy the fresh air and sunshine. At Visiting Angels Newton/Canton, we're all about helping our senior clients make the most of this vibrant season by staying active and engaged in life.

Spring is all about growth and change, so why not embrace that energy and try out some new activities? Whether it's taking a stroll through a blooming garden, getting into some gentle yoga to keep flexible, or challenging the brain with puzzles and games, there's plenty to do that'll make you feel good inside and out.

We know that staying active isn't just about feeling good – it's about staying healthy too. Regular exercise helps keep muscles strong, joints flexible, and can even lower the risk of things like heart disease and diabetes. Plus, staying social and engaged with others is great for your mental health, keeping feelings of loneliness at bay.

Here at Visiting Angels Newton/Canton, our team is all about helping seniors live their best lives. We're here to support you in whatever activities you enjoy, whether it's getting outside for a walk or trying out a new hobby. Our goal is to make sure you feel your best, both physically and mentally.

So, let's make the most of this spring together! If you want to learn more about how Visiting Angels Newton/Canton can help you or your loved one stay active and healthy, just give us a shout. Here's to a spring filled with fun, wellness, and new adventures!



by nextavenue.org

What Do We Do With the Stuff Our Kids Don't Want?

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Not too long ago, heirs would fight over who gets Mom and Dad's valuable collections — sterling silver flatware, Lladro figurines or Lenox china.

We're not talking about a couch or a crockpot, but carefully-curated, much-loved possessions that were once considered an emblem of success and gracious living.

But now, these once-coveted objects can be seen as more burden than blessing. Their demise has been attributed to everything from changing tastes to smaller spaces.

"Kids just don't want this stuff anymore," said Jim Berland, a Chicago collector of autographed manuscripts who admits to being "a little hurt" by his daughter's lack of interest.

As for "brown furniture," dining room tables with Chippendale chairs, breakfronts and buffets — "that market is over," Berland said. "You can't even give it away. Our kids look at these things as if they're garbage."

The story is the same for dozens of other artifacts — glass paperweights, leather-bound books, Oriental rugs, Wedgwood, and many other acquisitions that were once dutifully dusted and polished before being passed on to the next generation. Even today's bridal registries are apt to be more Target than Tiffany's.

Setting Realistic Expectations

If the rejection isn't enough, these heirlooms rarely command the prices their owners are expecting — especially after seeing someone hit it big on "Antiques Road Show" or "Pawn Stars."

To increase in value, items need to be in demand, rare and in mint condition, according to auctioneers, appraisers and antique dealers nationwide.

"I tell clients that in every sale there are stars and cast members," explained Jacquie Denny, co-owner of "Everything but the House" a Cincinnati-based online company that runs estate sales. "It's why the mass-produced stemware of the 1950s and '60s barely gets \$20, while Baccarat crystal can go for almost full price. Setting realistic expectations is just part of the job."

Take my Lladro — please — which my late mother cherished. I recently brought some of the glossy porcelain figurines into Secret Treasures Antiques in Evanston, Illinois. The owner, Dawn Okamoto, told me that she has "hundreds" which sell only occasionally, usually around Mother's Day or Christmas.

[Click here to read more.](#)



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!**

*Robert Mwesigwa
Sheryl Bailey
Gladys Kawuki-
Judah
Betié Gilot*



We are proud to honor our caregivers who have been recognized by our clients in this month's Home Care Pulse satisfaction survey for their outstanding service.

To thank them for their hard work and commitment to the *Visiting Angels'* mission, we have presented our angel with a bonus to celebrate their achievements.





Should I Hire an HHA or CNA for Home Care?

When researching home care for your loved one, you may have run into the terms HHA and CNA. You may wonder whether you should hire an HHA or CNA and what the differences are between them.

What are the Differences Between an HHA and a CNA?

In Massachusetts, Home Health Aides (HHA) are required to have 75 hours of training through certified programs. A Certified Nurse Assistant (CNA) requires 75 hours of training and takes a state exam, after which they register at the Nurse Aide Registry.

Many CNAs have experience in various settings, including hospitals, facilities, home care, and rehabilitation services. HHAs generally work in home care environments. Both are skilled at medication reminders, bathing and dressing, transfer needs, [respite care](#), meal preparation, and socialization. Many CNAs and HHAs will take focused classes and training for specialized skills, such as [dementia care](#), hospice care, and palliative care, to name a few. CNAs with hospital and clinical experience may also have trained with medical equipment and have other nursing skills.

Should you hire an HHA or CNA for home care?

Both CNAs and HHAs should have basic home care training and experience. Still, top [home care agencies](#) often provide the additional education that can make a real difference in the quality of care offered to clients. When searching for [home care aides](#), find out what home care agencies have focused training and how

involved their administrative staff is in providing continuing education programs and hands-on guidance as needed by caregivers for their clients. A reputable home care agency will have both CNAs and HHAs with enough experience and complete training to provide quality home care to your loved one.

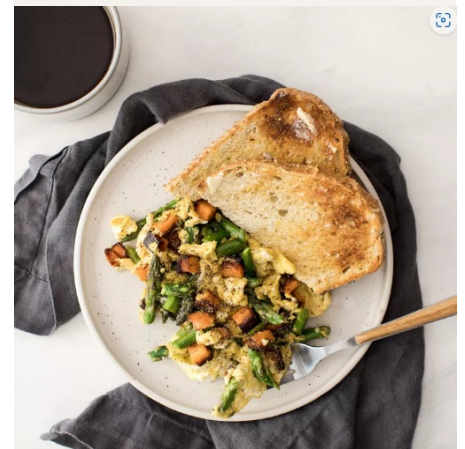
Make a list of specific needs your loved one has and review them

This month's awardees are...

Dieula Lumac
Stella Spencer

Congratulations!

Scrambled Eggs with Vegetables



This fridge-clean-out meal is the perfect way to use up whatever vegetables you have on hand. Chop up anything that's been left behind in your veggie drawer for this quick scramble that's the perfect healthy dinner for one.

[Click here for the recipe](#)

Shake Things Up This Spring!



Make a list of specific needs your loved one has, and review them when speaking with different agencies about their caregiver's experience. Home caregivers should have knowledge and skill in these areas:

- Medication reminders
- Meal planning and preparation
- [Bathing, dressing and other personal care](#)
- Transport from a bed, wheelchair, bathing chair
- Cognitive support and stimulation
- Socializing and [companionship](#)
- Light housekeeping and laundry

If your loved one is living with dementia, Parkinson's, or other diseases requiring particular care, you must be sure to describe the specific assistance requirements. Also, ask to meet the caregiver or caregivers working with your family member before their first shift.

While training and skills are necessary for delivering professional [senior home care](#), it is just as important for caregivers to have compassion and respect for their clients. Reputable home care agencies monitor the quality of care by regularly getting feedback from their clients. This helps to ensure that neglect and abuse do not occur and any necessary changes are appropriately addressed with service adjustments. In addition, home care agencies should have a pool of caregivers who can substitute for a caregiver who cannot provide service due to unforeseen circumstances.

[Click here to read more.](#)



We're hiring in-home caregivers!

Looking for a change this spring? Visiting Angels Newton is seeking compassionate individuals who are eager to make a positive impact as caregivers for seniors.

If you're ready to ***Shake Things Up This Spring*** and pursue a rewarding career in caregiving, we want to hear from you! Join our team and become part of a supportive community dedicated to enhancing the lives of seniors.

Apply now and start your journey towards making a meaningful difference!

[Apply today!](#)



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