

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 | December 2023 [View as a webpage](#)



Happy Holidays from Visiting Angels

Here at Visiting Angels, we're truly thankful for our incredible community. To our clients, their families, our dedicated care team, office staff, and valued referral partners, your support means the world to us.

May this holiday season bring you good health, happiness, and precious moments with loved ones.

As we celebrate togetherness, let's continue to spread love and kindness throughout the community.

Happy Holidays from our entire Visiting Angels family!

Angel of the Month: Andell Sylvester

Andell Sylvester has been a part of the Visiting Angels Newton/Canton



caregiving team since May 2022. Since coming on board, Andell's proven to be a highly-skilled, compassionate caregiver determined to do everything she can for her clients and their families to make them feel comfortable and safe. She's not afraid to make recommendations or communicate additional needs to her case managers, either. Ultimately though, it's the confidence she has in her skills and abilities that led her to being named our Angel of the Month for October 2023!

With over 20 years of experience in the field, Andell believes that patience, good listening skills and, of course, love, are what made her the caregiver she is today.

[Read more about Andell here!](#)



20 Festive Holiday Activities for Seniors

by dailycaring.com

Seniors enjoy being included in holiday activities

The holidays can be fun for older adults even if they have physical or cognitive limitations.

It's all about spending time together, feeling included, and enjoying the good company – whether in person or virtually.

The activities you do together don't have to be exciting to be special and meaningful. Simply being able to join in brings joy and helps your older adult enjoy the season.

So, we've rounded up 20 fun holiday activities for seniors that are perfect to enjoy with family and friends.

We also share tips on how to modify or pace activities to keep older adults from getting too tired or overstimulated.

Quick Links

[Angel of the Month](#)

[20 Festive Holiday Activities for Seniors](#)

[Seasonal Home Care for Greater Boston Families](#)

[Is It a Cold? Flu? COVID? Or RSV?](#)

[Recipe: Crockpot Chicken & Dumplings](#)

[Join Our Visiting Angels Team](#)



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!**

**Sandra J. J.
Margaret N.
Andell S.**

[Click to learn more](#)



Seasonal Home Care for Greater Boston Families

The holiday season is upon us – whether you celebrate Halloween, Thanksgiving, Chanukah, Christmas, Kwanza, Solstice, or New Year’s - with winter just around the corner. ‘Tis a joyous season for friends and family, but it is also a time when we find ourselves overbooked and spread thin. When you have an aging loved one who needs your attention, that holiday stress is compounded. This is true for both adult children and their aging parents. [Seasonal home care assistance](#) can be a great help for Greater Boston families with elderly loved ones.

[Click to read more](#)

Olasumba O.

Crockpot Chicken and Dumplings



This easy crockpot chicken and dumplings recipe makes my life so much simpler. You can use canned biscuit dough for the dumplings which makes the recipe so simple, but it still tastes like those classic chicken and dumplings everyone loves.

[Click here for the recipe](#)

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



Calling All
Compassionate
Caregivers!





Is It a Cold? The Flu? COVID? Or RSV?

by [aarp.org](https://www.aarp.org)

Many symptoms overlap, but a few warning signs set the common illnesses apart

It starts with a snuffle, then it moves to a cough. Maybe you get a sore throat or achy muscles, even a fever. Is it just a cold? Or something else?

It's been nearly four years since COVID-19 burst onto the scene, adding yet another virus-causing illness that could be to blame for why you're feeling crummy. After all, the common cold, the flu, RSV (respiratory syncytial virus) and COVID-19 all share a similar list of symptoms.

As we face the cold-weather season, when people head inside and respiratory viruses come out in full force, experts share some tips on how to distinguish among the different diseases and how to recover from each of them. Plus, they have some advice on what you can do to help avoid getting sick in the first place.

[Click to read the article](#)

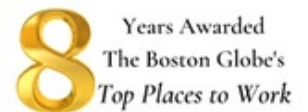


Join our Visiting Angels team!

Are you a caregiver with a heart full of empathy and a desire to provide exceptional care?

Visiting Angels Newton is hiring caregivers who share our commitment to making lives better.

Join us in creating moments of joy, comfort, and companionship for those in need. [Apply now](#) and become part of our compassionate team!



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

Serving Newton, Brookline, Canton, Dedham, Jamaica Plain, Natick, Needham, Norwood, Roslindale, Stoughton, Upper Back Bay, Watertown, Wellesley, West Roxbury, Westwood, and surrounding neighborhoods.

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