

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

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



Q&A: Should I change my holiday plans because of the COVID-19 surge, omicron? What experts say

By [CDC.gov](https://www.CDC.gov) | [DailyItem.com](https://www.DailyItem.com)

With Omicron rapidly spreading and its implications unclear, how should people approach the coming holiday season? Should plans be altered?

Some experts think it would be prudent to make some adjustments, although many health experts this year are also emphasizing the importance of seeing family and friends after many people spent the last winter holiday season following stay-at-home orders.

Q. What is some advice about attending large gatherings?

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Angel of the Month: Gladys Monday



A. People who are particularly risk-averse, or who are older or have a weakened immune system, may want to think twice about attending large, crowded indoor gatherings where people aren't wearing masks. A big problem that has become more noticeable, especially with the newest variants, is how there seems to be an increased chance that vaccinated, boosted asymptomatic people can still be unknowingly infected and be contagious.

That's why wearing masks in indoor public settings still remains an essential strategy at this particular moment in the pandemic, even if you're already vaccinated, local health officials say.

[Click to learn more](#)



We are thrilled to honor Gladys Monday as our last Angel of the Month for the year. She joined **Visiting Angels** Newton/Canton in March 2020 and has been a star from day one. Gladys understands what it means to be an essential worker and dove right into her caregiving responsibilities in the midst of a global pandemic.

Our clients have significantly benefited from Gladys' assistance since joining our team. She has been working with two of our clients for almost a year. Gladys has been lovingly and patiently supporting these seniors through challenging and changing health issues.

[Click to read article](#)



Visiting Angels Newton/Canton Celebrates 7 years as a Boston Globe Top Place to Work

Owners Karen Woodrow and Larry Michel attended The Boston Globe's *Top Places to Work* 2021 celebration on December 1st at Big Night Live in Boston with Newton's Director of Client Services, Julie R. McBain, and Cheryl Nicholas, Client Care Manager, from the *Visiting Angels* Chelmsford/Burlington office. This is the seventh time the Newton office has earned this title in the top medium-sized employer category and the first for the Chelmsford office in the top small employers category.

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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**:



8 Ways to Protect Seniors from Financial Fraud and Scams

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

Elder financial abuse destroys lives and costs seniors a whopping \$37 billion each year. [Dr. Stacey Wood, Ph.D.](#), one of the nation's leading experts on elder financial abuse, shares 8 ways caregivers can help seniors avoid scams and fraud.

Today, people over age 50 hold over 70% of the country's wealth. But elder financial abuse is all too common.

Fraudsters target older adults using a variety of scams and manage to steal \$37 billion each year from [American seniors](#).

Older people who are no longer working may be the most vulnerable to fraudsters. This is especially true if they also have disabilities and need to rely on others for access to the community and other assistance.

Some scams may specifically [target the vulnerabilities](#) of certain seniors. They may also rely on well-known brand names or someone's unfamiliarity with the technology and social media.

Another popular scam technique is to push emotional hot buttons about romance, desirability, or even familial love.

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- Glorieuse Antoine
- Stella Appiah

Eggplant Ricotta Bites



By [FoodNetwork.com](https://www.foodnetwork.com)

Lightly breaded eggplant is sauteed instead of deep-fried, giving it crunch without excess oil. It's then topped with ricotta and tomatoes for an eggplant Parmesan-inspired appetizer with much less fat.

[Click for recipe](#)

5 Tips for Senior Care During the Holiday Season



The winter holiday season has finally arrived. As we look forward to spending time with friends and family, shopping, and enjoying our favorite holiday meals, we also experience some shake-up in our routines. These changes are often more acutely felt by the elderly. Being prepared for the holidays will make your job as a family caregiver easier to manage. It will also ensure your loved one stays comfortable and content through what is often a chaotic time.

Click below to learn a few tips that will help you manage the holiday season with ease.

help you prepare for a joyful and comfortable holiday season.

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Looking Back On The Year That Was 2021

By [Time.com](#)

It was a lurching, stammering year that began in hope flirted with whiplash, and shuddered to a halt. In 2021, [miraculously effective vaccines showed up](#), a new President [promised unity](#), and a [jury convicted the man who killed George Floyd](#). It was also the year that [supporters of the losing candidate took over the U.S. Capitol](#), [Asian-Americans were given a new reason](#) to fear for their lives, and COVID-19 people [killed Americans at a faster rate](#) than before free, life-preserving injections were available across the land. Is it any wonder that, from [Naomi Osaka](#) to [Simone Biles](#), the deliberate preservation of mental health—resilience was a major theme?

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**We love our caregivers and staff!
Thanks for loving us back.**



- Karen Woodrow & Larry Michel
Owners, Visiting Angels

**DO YOU KNOW ABOUT OUR
CAREGIVER REFERRAL PROGRAM?**

[Click this ad to learn more!](#)

Visiting Angels Newton/Canton ran an ad in the Dec. 5 issue of *The Boston Globe Magazine* thanking their caregivers and staff for this honor.



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

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