

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

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A nurse at the Royal Cornwall Hospital prepares to administer a COVID-19 vaccine in Truro, United Kingdom. Hugh Hastings/Getty Images

How much protection COVID-19 vaccines give you against the Delta variant, according to the best available data

[Dr. Catherine Schuster-Bruce](#) | [Insider.com](#)

The [highly infectious](#) Delta coronavirus variant is causing a [surge in COVID-19 cases](#) around the world, from [the US](#) to India. The variant has mutations that help it partially escape the immune response

Quick Links

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**Angel of the Month:
Grace Quaye**



produced by vaccines.

The data for how well COVID-19 vaccines work against the Delta variant isn't clear cut.

The World Health Organization [said Tuesday](#), July 6, that COVID-19 vaccines from Pfizer-BioNTech and AstraZeneca worked well against severe COVID-19 caused by Delta, in comparison to other variants. But the vaccines may offer less protection against symptomatic illness — rather than severe disease — caused by Delta compared to other variants, it said.

Click below to learn more about how much protection COVID-19 vaccines give you against symptomatic Delta infections, based on the best available data from four studies.

[Click to read article](#)



Visiting Angels Newton/Canton is thrilled to award Grace Quaye “Angel of the Month” for July 2021. Grace just celebrated her one-year anniversary on July 13th. She has assisted sixteen of **Visiting Angels’** clients to date. It is quite an accomplishment to be honored with this award after only one year on our team.

According to Webster’s dictionary, “grace” means “a disposition to kindness and courtesy” and “the quality of being considerate or thoughtful.” These definitions prove that Grace Quaye was properly named as they genuinely describe our team member, who has dedicated her entire professional career to caring for others.

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Teepa Snow’s 10 Steps to De-Escalating a Dementia Care Crisis

Strategies for Calming a Person in Acute Distress

By Valerie Feurich | [TeepaSnow.com](#)

Have you ever encountered a situation where a person living with Alzheimer’s or another form of dementia was in acute distress and terrified of one or more people?

Did you want to help calm the situation but weren’t sure how?

It can be heart-wrenching to watch and leave you feeling helpless.

In a popular video clip, filmed and shared with the generous permission of the Alzheimer’s Support Network of Naples, FL, Teepa Snow tells the story of Milly, an older lady living with dementia who became extremely upset when a group of Emergency Medical Technicians (EMTs) was trying to take her with them to the hospital.

While responding to a situation like Teepa can require a skill level on the goal-list for many of us, there are some general tips and techniques she uses that may be helpful the next time you encounter a high-stress

situation similar to this.

De-escalating a crisis situation is not easy. It can be challenging to know how to help. Teepa is an expert in reading and solving situations similar to this. But even without being an expert, there may be things you can do to help.

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It'll likely help you remember the steps if you review the content several times and in different formats. With that said, here are the 10 steps Teepa used to de-escalate a crisis.

Click the video below to watch the crucial guidance Teepa shares.



We are proud to honor our Caregivers who have been recognized for their outstanding services given to our clients in the quarterly **Home Care Pulse** satisfaction surveys.

Thank you to these seven caregivers for their hard work and commitment to the **Visiting Angels** mission. Each Caregiver has been presented with a bonus to celebrate this achievement.

- Carmelle Alfred
- Letitia Anum
- Marie Ketsia Daille
- Rosenie Francois
- Gladys Monday
- Patricia Roberts
- Janet Wilson
- Raxanne Wright



6 Things you can do to Prevent Heat Stroke in Seniors

[DailyCaring.com](#)



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**:

- Glorius Antoine
- Kettly Aurelus
- Sheryl Bailey
- Adisha Rafiq

In hot weather, heat stroke in seniors is a serious risk. Older bodies are less sensitive to changes in temperature and can't adjust as well. So, seniors might not even notice that they're overheating – until they become ill.

And chronic health conditions and common medications, like beta-blockers for [high blood pressure](#), also make it harder for the body to respond to heat.

We explain what heat stroke is and share 6 tips to prevent your older adult from overheating.

What is heat stroke?

Heat stroke happens when the body overheats, typically to 104 degrees Fahrenheit or higher.

It's a serious condition and requires immediate emergency treatment. If it's not treated, heat stroke can damage the brain, heart, kidneys, and muscles. Plus, the longer it takes to get treatment, the higher the risk for serious complications or death.

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- Adriana Boria
- Berthide Chaudry
- Williams Ejimongebala
- Blessing Gbokolo
- Paul Geneus
- Russell Hyland
- Happiness Ndyhgwabe
- Vivian Onaiwu
- Elie Pertion
- Grace Quay – *Our Angel of the Month for July*

Chilled Cucumber and Avocado Soup with Mango Salsa



By [Gena Hamshaw](#) | [Food52.com](#)

AUTHOR NOTES

This is one of my favorite cold soups for the summer. If cucumber's not your thing, you can prepare this soup with zucchini, tomato, celery, or a combination of all of those vegetables. Avocado is a perfect base for an easy soup like this, and it will give you a canvas that is endlessly adaptable.

[Click for recipes](#)

[Click to learn about the benefits of eating avocados](#)

Researchers use machine learning to translate brain signals into text – STAT

[VeriTranslate.com](#)

Assistive technologies such as handheld tablets and eye-tracking devices are increasingly helping give voice to individuals with paralysis and speech impediments who otherwise would not be able to communicate. Now, researchers are directly harnessing electrical brain activity to help these individuals.

In a [study](#) published Wednesday in the New England Journal of Medicine, researchers at the University of California, San Francisco, describe an approach that combines a brain-computer interface and machine learning models that allowed them to generate text from the electrical brain activity of a patient paralyzed because of a stroke.

Other [brain-computer interfaces](#), which transform brain signals into commands, have used neural activity while individuals attempted [handwriting movements](#) to produce letters. In a departure from previous

Personalization Matters in Elder Care Services



[handwriting movements](#) to produce letters. In a departure from previous work, the new study taps into the [speech production areas](#) of the brain to [generate entire words](#) and sentences that show up on a screen.

This may be a more direct and effective way of producing speech and helping patients communicate than using a computer to spell out letters one by one, said David Moses, a UCSF postdoctoral researcher and first author of the paper.

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In Case You Missed It!

The Boston Pops July 4th Spectacular

[Bloomberg.com](#)

The 2021 Boston Pops July 4th Spectacular was live from Tanglewood, where Keith Lockhart lead the annual performance of patriotic favorites, with special appearances by Jon Batiste, bandleader of The Late Show with Stephen Colbert, and legendary singer Mavis Staples. The fireworks finale took place from the Boston Common in partnership with the City of Boston.

[Click to watch all performances and fireworks](#)



Given the close, personal nature of [in-home elder care](#), **Visiting Angels** Newton/Canton believes that care should be tailored for each client. Furthermore, our clients must have a say in how their services are personalized.

Exemplary [senior home care agencies](#) give clients plenty of choices, allowing them to structure care as they see fit. Other providers offer limited flexibility and control, giving clients limited options for customized care. At a glance, you might not think that this makes a big difference. But in the world of eldercare services, the more control you're afforded, the more likely there will be a positive outcome and satisfaction of care for your loved one.

Why Customization Matters in Senior Home Care

In-home services allow seniors and disabled adults the ability to "[age in place](#)," i.e., live at home for as long as possible. Without in-home senior care, older adults may need to move into an assisted living or nursing care facility. With elder care, they can continue living in the place where they feel most comfortable and secure: at home. This is crucial for U.S. seniors, 90% of whom wish to age in place for as long as possible.

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Newton, MA 02464
617-795-2727 or 781-828-9200

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