

*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 | January 2024 [View as a webpage](#)



## Visiting Angels Newton Earns Top 100 in Experience Award

We're absolutely thrilled to share some exciting news – Visiting Angels Newton has been honored with the prestigious 2024 Best of Home Care – Top 100 Leader in Experience Award from Home Care Pulse! Our agency ranks #36 on the list!

This recognition is no small feat; only 100 home care businesses across North America receive this distinguished award. To qualify, recipients must consistently excel in 10 or more quality metrics, demonstrating a track record of excellence in client and caregiver satisfaction.

What's even more remarkable is that Visiting Angels Newton is one of two agencies in our area to make this exclusive list, and is the only one in the top two-thirds of the rankings!

We are incredibly proud of this achievement, and we're deeply thankful to our clients, caregivers, and the entire Visiting Angels Newton team for their dedication and hard work in making this possible.

**Angel of the Month: Ruth Ellis**



Congratulations to ***Ruth Ellis, Caregiver Extraordinaire!*** We here at Visiting Angels Newton/Canton are thrilled to name Ruth our Angel of the Month for January 2024. Now a two-time winner of this honor (the first was February 2016), Ruth's outstanding level of service and professionalism as a caregiver continually receives praise from both our clients and office staff.

Ruth brought with her almost 15 years of experience as a caregiver when she joined Visiting Angels in March of 2012. She started as a Home Health Aide in 1994 and earned her CNA shortly thereafter.

"A close friend told me about being a caregiver shortly after I came to this country," Ruth said. "So, I went to school and just started working."

[Read more about Ruth here!](#)



## Winter Safety Tips for Seniors

Nobody likes getting surprised by the cold—but for vulnerable seniors, sudden temperature drops can truly be life-threatening. The winter season may be a time to gather in joy and conviviality,

but it should also be a time to extend greater care and attention to seniors who may need help weathering the winter chill.

With that in mind, here are five winter safety tips for this January

## Quick Links

**Visiting Angels Newton Earns Top 100 in Experience Award**

[Angel of the Month: Ruth Ellis](#)

**Winter Safety Tips for Seniors**

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

**Celebrating Excellence! Visiting Angels Newton Shines Bright with Multiple Awards!**

[Recipe: Tomato Soup with Stuffed Gnocchi and Spinach](#)

[Join Our Visiting Angels Team](#)

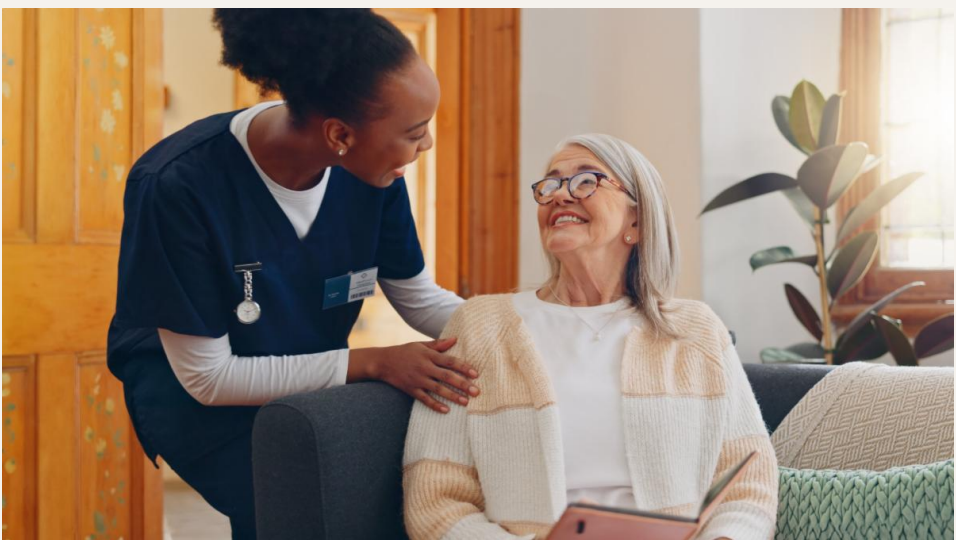


When caregivers go above and beyond while caring for their client, we love to

With that in mind, here are five winter safety tips for this January:

1. **Stay Warm, Stay Cozy:** Dressing for the weather is crucial for seniors. Encourage seniors to dress in layers to maintain body heat. Remind them to wear warm socks, gloves, and a hat, especially when heading outdoors. Indoors, ensure the heating system is working efficiently, and blankets are readily available.
2. **Take Steps to Prevent Slips and Falls:** Icy sidewalks and snow-covered paths pose a significant risk for falls. Advise seniors to wear non-slip shoes or boots with good traction, and keep pathways around the home clear of snow and ice. Remember to use salt or sand to improve traction if necessary.
3. **Hydration is Key:** Many people don't realize that cold weather can lead to dehydration because the sensation of thirst is reduced by being chilly. Encourage seniors to drink plenty of fluids, including warm beverages, throughout the day to stay hydrated.
4. **Boost Immunity:** Winter is synonymous with cold and flu season, and cold and flu season is especially dangerous for seniors. Promote good hand hygiene, such as regular handwashing, to prevent the spread of germs, and make sure seniors you know feel in control of their healthcare decisions. Nobody should have the cold and flu season sneak up on them!
5. **Maintain Social Connections:** Last but not least, it's important to spend good quality time with seniors. Feelings of loneliness and depression can rise during the winter months, and these feelings can have a very negative impact on seniors' well-being. If traveling to spend time together in person isn't possible, then virtual gatherings and phone calls can still help seniors feel connected.

By sharing these tips or taking steps to implement them in your own lives, you can ensure the seniors in your life stay safe, stay healthy, and stay happy this winter season.



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

acknowledge and thank them with a gift.

These caregivers were most recently **Caught in the Act of Caring!**

*Maliza Leonard  
Frederique Raymond  
Bellefleur*



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.

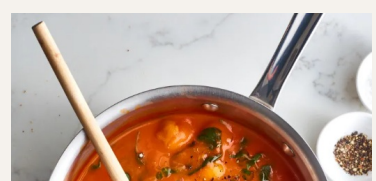
To thank them for their hard work and commitment to the **Visiting Angels'** mission, we have presented our angel with a bonus to celebrate her achievements.

This month's awardee is...

*Sonia Tibekyinga*

Congratulations!

## Tomato Soup with Stuffed Gnocchi and Spinach



Family members and friends are often relied upon to take care of an elderly loved one. While it's a top priority, other commitments – whether personal or work-related – can get in the way of continual senior care. Scheduled visits and/or part-time home care services can assist, but over time there may be [signs a senior needs constant care](#), especially as a progressive illness affects physical and cognitive functions.

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. A retirement home may pop into your head as a solution, but it's not the only option.

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](#)



## Celebrating Excellence! Visiting Angels Newton Shines Bright with Multiple Awards!

In addition to the Top 100 in Experience Award, we're thrilled to announce that Visiting Angels Newton has once again received recognition for outstanding home care! ☐☐

- ☐ 2024 Best of Home Care® Leader in Experience
- ☐ 2024 Best of Home Care® Provider of Choice
- ☐ 2024 Best of Home Care® Employer of Choice

These prestigious awards, presented by Home Care Pulse, highlight our unwavering commitment to delivering the highest quality, professionalism, and expertise in home care. Our dedication to ensuring the satisfaction of both clients and caregivers has earned us this remarkable recognition



A bag of frozen filled gnocchi and fresh baby spinach from Trader Joe's is all you need to turn a box of creamy tomato soup into classy comfort food.

[Click here for the recipe](#)

## New Year! New Career! Know Someone Who Has a Caring Heart? We're Hiring!



## Join our Visiting Angels team!

Are you ready to embark on an incredibly rewarding journey in 2024? We're seeking caring and compassionate individuals to join our dedicated team of caregivers at Visiting Angels Newton/Canton!

Join us in providing top-notch care to seniors in the comfort of their homes, creating smiles, building bonds, and making a real difference every day. Together, we'll make 2024

as this remarkable recognition.

We couldn't have achieved this without the trust and support of our amazing clients and caregivers. Thank you for choosing us as your preferred provider of exceptional home care services! ☐

At Visiting Angels Newton, we take pride in making a positive impact on the lives of seniors and their families. We're excited to continue providing outstanding care in the years ahead. ☐

a year of growth, fulfillment, and heartfelt moments.

Ready to start your new career journey with us? [Reach out today](#) and let's make this year extraordinary!



9 Years Awarded  
The Boston Globe's  
Top Places to Work

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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**Stay Connected**



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