

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
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Visiting Angels Newton/Canton | Newsletter | July 2023 [View as a webpage](#)

Angel of the Month: **Patricia Durrant-Campbell**



Patricia joined the Visiting Angels Newton/Canton caregiving team back in May of 2005 and rejoined in December 2016. Throughout her time with us, we've seen her spread her wings in providing support and companionship to each and every client with whom she's worked. So, when it came time to select our Angel of the Month for June 2023, it's no wonder Pat's name came to mind. It's been exactly three years since she last received this award (that's right...it's not her first!) and, given her work ethic and motivation, there is no reason to believe it will be her last!

[Read more here!](#)

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Aging in Place: Tips on Making Home Safe and Accessible

by nia.nih.gov

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

[Click to read more](#)



Art and Music

by alz.org

Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle-stages of the disease. Even in the late-stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult.

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[and Accessible](#)

[Art and Music](#)

[RECIPE: Easy Grilled Vegetables](#)

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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 each of them with a bonus to celebrate their achievements.

This month's honorees are...

***Roger M.
Dawna N.***

Easy Grilled Vegetables



The Importance of Taking Some Time Away



While it can be hard to step away from the seniors we love the most, sometimes taking a few days away during the summer can have some unexpected benefits. While the benefits of a relaxing vacation are self explanatory, there are some benefits you might not even think of about stepping away from the home where you visit and care for them day in and day out.

Being out of the home for a few days can help bring to light some things that you might not notice every day, as you walk in and out of the home, up and down the stairs, or sit in the family room with your favorite senior. Here are just a few of those things.

Have you gone noseblind to the smells in your senior's home? Often we are with our seniors so much, taking care of them and spending time in their homes that they don't realize it might have a funky smell. Day in and day out you walk into the home, and the smell might not even phase you. But take a few days or a week away, and when you step back into the home that smell is going to grip you and make you realize that maybe something needs to be done about it.

Are the railings in your seniors home getting loose without even noticing? As you trudge up and down the stairs, or follow along behind your senior loved one, you may not even notice that they're getting loose. Instead, you are just used to how they feel. Taking some time away can bring such problems to the forefront of your attention.

If you've gone somewhere really light and sunny, you might realize when you return to your favorite senior's home that it's kind of dark and dull inside. Maybe it's time to open up the curtains or blinds, to let the sunshine in. Just keep in mind that during the hottest parts of the day, you may want to close the blinds or shades back up again to keep the home cooler. Maybe it isn't even the light of day that's lacking in the home. Maybe it's time to spruce up the home with some

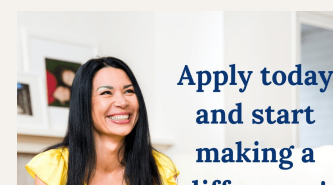


Grilling seasonal vegetables is one of the easiest things to do. These easy grilled vegetables are the perfect side dish for a nice summer cookout at home. They are colorful, beautiful, and so delicious!

This grilled vegetables recipe requires minimal prep, and you can even cut all the veggies in advance to save time later. The veggies are simply tossed with olive oil and seasoned with salt and pepper before they go on the grill.

[Click here for the recipe](#)

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brighter colors or even some lights to brighten the place, even lighten spirits.

Is the same food in the refrigerator as was there when you left your senior loved one? You may not notice that they are eating less when you are with them each day. But seeing the same bunch of grapes, or the untouched milk carton still in the refrigerator can bring to light that fact that your senior might be eating less. It also can alert you to foods they might not really enjoy. For example, without you setting zucchini in front of them to eat, they might not ever eat it because it just doesn't appeal to them. Use this as a chance to see which foods might disappear faster than others when they are choosing their own foods to eat at each meal.

Are things getting forgotten? Is the mail unopened. Or are vitamins going untaken? Use this time away to take stock of things your senior loved one might be forgetting. It can give you an indication of how they are doing overall.

6 Legal Documents Seniors Should Have



Talking about legal documents with an older loved one can be difficult and uncomfortable. However, delaying this conversation may cause uncertainty and stress if your loved one suddenly needs help making financial or medical decisions. Consult with an attorney and execute the following legal documents before health, financial, or legal issues arise.

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Join our Visiting Angels team!

Visiting Angels of Newton/Canton is expanding and we're looking for compassionate, empathetic and caring individuals to join our team!

If you are passionate about helping your elderly friends and neighbors, visit our [careers page](#) to get started!



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