

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

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

Angel of the Month: **Sheila S.**

We are thrilled to announce that our Angel of the Month for May 2023 is the one and only Sheila S. If you can believe it, Sheila has been part of our Visiting Angels Newton/Canton team for over eleven years now! She joined us in February of 2012 with over five years of experience working both for other agencies and a handful of private clients. Since then, she has provided care and companionship to 84 different Visiting Angels clients and has proven to be nothing less than a dependable and diligent caregiver.

Over the years, her clients have had a range of medical diagnoses that presented opportunities for her own growth and development as a caregiver. There is no shortage of variety, which is why she feels like she's learning something new every day. Regardless of the scenario, Sheila's always been one to flex her wings and show what she's capable of—it's how she has gained the trust of her clients, as well as their close friends and family members over the years.



“You have to love yourself and show that same love to the client,” said Sheila. “Some clients are lonely and depressed. If you just show them that love and come to their home every day with a good attitude, they’ll see you as a motivation to keep going.”

[Read More About Sheila Here](#)

Key Facts About the Importance of Exercise for the Elderly

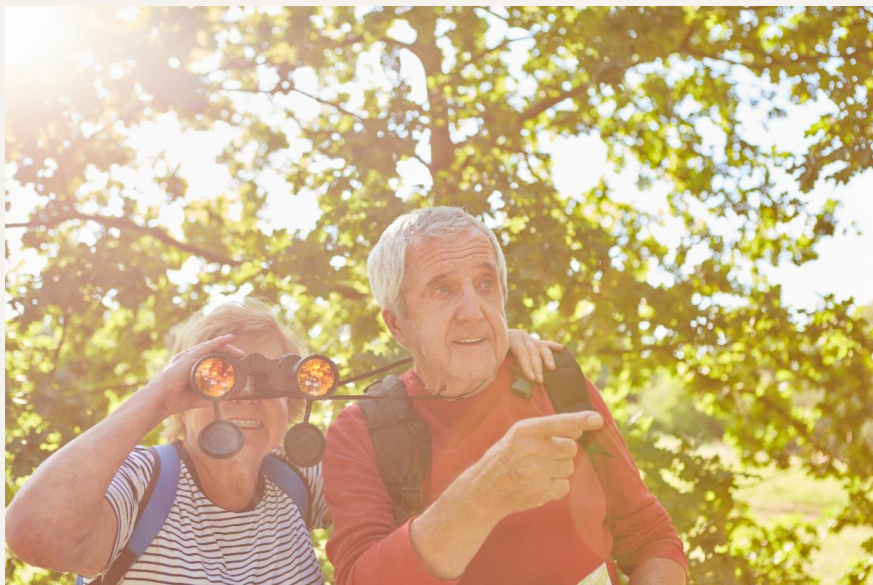


by lovetoknow.com

As people age, there are some physical changes taking place. Skin changes to become thinner and less elastic and wrinkles appear in greater numbers. We may lose out hair or it can change to shades of gray or white. These are processes that everyone who lives a long life will go through naturally. Barring cosmetic changes, we can't control the aging of our looks much.

The good news is that we can control the aging of other body physical aspects such as posture and weight.

[Click to read more](#)



Beyond Bingo: 14 Activities for Elderly People That Aren't Boring

by arborcompany.com

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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!**

Marie Blaise



Perhaps the best part of living in a senior living community is the action. Events, concerts, and fun meetups are a part of daily life for residents. Today's social activities for seniors are anything but boring. Just one glance at a senior living event calendar will reveal cooking demonstrations, excursions to museums, and live concerts.

If you or your loved one are retired and looking for activities for senior citizens that are anything but boring, we've got you covered. Here are just a few fun activities that you can enjoy while living in a senior community or while living at home. Remember, mental and physical health can be greatly improved by connecting with peers. Spending time at an event, making friends, or catching up with old acquaintances can have a significantly positive impact on your overall wellness.

[Click to read more](#)



What Causes Alzheimer's? Genes, Environment & Lifestyle Play Roles

by [usnews.com](https://www.usnews.com)

Learning that your loved one has Alzheimer's disease can be frightening and leave you feeling lost and unsure.

To help you better understand the condition and what you can do to manage it, experts detail what causes Alzheimer's disease. In this guide, you'll learn about the genetic, environmental and lifestyle factors that scientists think may interact to contribute to the development of this memory-robbing disease.

[Click to read more](#)

Summer Fun for Seniors



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 honoree is...

Russell Hyland

Quick and Easy Fruit Salad





Don't let the name fool you. A kiddie pool can be great fun for people of all ages, including your favorite senior citizen. As the summer heat comes, it is a great time to think of fun activities you can do to celebrate the season with your senior loved one. Some good, ole backyard fun or fun at home is a great place to start.

You can grab a cheap kiddie pool at places such as Target, Walmart or sometimes even the local grocery store. They come in fun designs, often emblazoned with lemons and flowers on them, and in bright colors. You can brighten up the backyard with a pool. Even filling it with a couple of inches of water, and putting a lawn chair next to it can be fun for your favorite senior, as they splash their feet around, and remember their younger days. Want to be true to the olden days? Grab that old galvanized tub that's been sitting in the garage and fill it with some water. Maybe your favorite senior had baths in it as a child. Now have some fun splashing your feet around in it.

While you're at it, harken back to the olden days and make some root beer floats to enjoy together at home. Don't forget a colorful, striped straw to sip that wonderful summer concoction through. The mixture of the root beer and vanilla ice cream melding together just screams summer.

While you might not want to pull out the old game of darts for fear of injuring someone, summer is a great time for some lawn games. Have you ever played Zim Zam? Set it up, and challenge your favorite senior to a game. Have an old croquet set gathering dust in the garage? Pull it out and give it a try together. Teach the younger generation. Other games to bring back include hopscotch and horse shoes. For a more lowkey game, try some Mother May I? Or Simon Says.

Summer isn't summer without S'mores. Gather your favorite senior and sit around the backyard fire pit for some gooey, tasty treats. While

many are classic Hershey bar s'mores eaters, some replace the chocolate with a Reese's Peanut Butter Cup. You can try different combinations together and see what you like best. If your senior loved one isn't up for sitting in the backyard around a fire pit, there are now s'mores makers that you can do inside. You can give that a try, and still have a taste of summer together.



This fruit salad is a real "crowd pleaser" and tends to go fast. Did I mention it's EASY?? You can "plant" any of your favorite fruits in this. You can mix fresh or frozen fruit together which makes it "perfect" for any season. The "cheaper fruit" works best to "bulk up" the final product!

[Click here for the recipe](#)

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





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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