

*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



June 2024

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

## June 2024 Angel of the Month | Nerlande R.



Visiting Angels Newton/Canton is excited to name ***Nerlande R.*** our ***Angel of the Month for June 2024***. Nerlande brings warmth and dedication to her clients. Since November 2021, she has cared for ten clients, appreciating their unique needs since becoming a home health aide in 2016.

“Seniors make my day because they’ll talk to you about anything, and they have good jokes,” Nerlande shared. “Wherever I’ve worked or whoever I’m with, I believe I’ve made a positive change in the client’s life.”

Nerlande’s caregiving journey began at 15 in Haiti, caring for her sick aunt. This experience inspired her career. After moving to the US and earning her CNA license in 2021, she joined Visiting Angels Newton/Canton, quickly endearing herself to clients.

“You have to do this with your heart because it’s not an easy job. You need to be patient and caring,” Nerlande said. “You have to be good to someone today to expect someone to be good to you tomorrow.”

Thank you, Nerlande, for your exceptional dedication and warmth that have positively impacted our clients’

lives. Congratulations on this achievement!

[Read more about Nerlande here!](#)



## Award-Winning Care and Extraordinary Rewards!

We are beyond thrilled to share that Larry and Karen won the **Best Practice Award** at the Annual Conference with our exceptional Angel Rewards program!

This initiative is designed to celebrate and reward our outstanding caregivers at Visiting Angels Chelmsford & Newton/Canton. Our caregivers earn coins by delivering exceptional care, which they can redeem for gift cards to their favorite stores like Amazon, Kohl's, and TJ Maxx. One dedicated caregiver even saved enough coins to buy a treadmill!

The **Angel Rewards program** not only incentivizes our caregivers to maintain the highest standards of care but also fosters a culture of appreciation and motivation. It's a win-win situation where caregivers feel valued and clients receive the best possible care. We are incredibly proud of our team and their commitment to excellence. This award is a testament to their hard work and dedication. Here's to continued success and more remarkable achievements!



## Stay Cool, Stay Healthy: Summer Tips for Our Savvy Seniors

Ah, summer! The season of sunshine, ice cream cones, and fun. While the warmth can be inviting, it's essential to remember that the summer sun can be as tricky as a cat in a room full of rocking chairs. Here's a handful of tips to ensure you enjoy the sunny days while keeping your health in tip-top shape.

### 1. Hydrate Like a Pro

Imagine your body as a well-oiled machine—one that's really thirsty. During summer, it's crucial to drink plenty of water, even if you don't feel parched. Carry a water bottle with you and take regular sips. And no, iced tea and lemonade, delightful as they are, don't count toward your water intake. Stick to H<sub>2</sub>O, and your body will thank you.

### 2. Dress for Success (and Comfort)

Embrace lightweight, breathable fabrics like cotton and linen. Light-colored clothing can also help reflect the sun's rays rather than absorbing them. And don't forget a wide-brimmed hat! Not only will it keep you cool, but it'll also add a touch of Hollywood glamour to your look.

### 3. Sunblock Is Your Best Friend

Remember the days of slathering on baby oil and baking in the sun? Those days are over. Now, sunscreen is your new summer buddy. Opt for a broad-spectrum SPF of 30 or higher and reapply every two hours. Your skin, both old and new, will be grateful for the protection.

#### 4. Stay Indoors During Peak Hours

Just like you wouldn't challenge a youngster to a breakdancing contest at high noon, avoid venturing out during the sun's most intense hours—typically between 10 AM and 4 PM. Instead, enjoy the cooler mornings and evenings for your outdoor activities. Siestas aren't just for the Spanish; a midday nap might be just what the doctor ordered.

#### 5. Eat Light, Eat Right

Heavy meals can leave you feeling sluggish in the heat. Opt for light, refreshing foods like salads, fruits, and vegetables. Watermelon, cucumber, and strawberries are particularly hydrating and delicious. Your digestive system will enjoy the break from those hearty winter stews.

#### 6. Keep Moving, But Smartly

Staying active is important, but so is not overdoing it. Engage in gentle exercises like walking, swimming, or yoga. Early morning or late evening are the best times for these activities, allowing you to avoid the heat while keeping your joints limber and your spirits high.

#### 7. Mind Your Medications

Some medications can increase sensitivity to the sun. Check with your doctor or pharmacist about any potential side effects and adjust your sun exposure accordingly. Better safe than sorry!

### Conclusion

Summer is a time to savor life's simple pleasures—like the sound of laughter, the taste of fresh berries, and the feel of a cool breeze. With these tips, you can enjoy the season safely and comfortably, proving once again that wisdom only gets better with age. So, slap on that sunscreen, fill up your water bottle, and let the good times roll!



by [Good News Network](#)

## Inspiring Senior: Britain's Oldest Soccer Senior at 88 years old Is

### Quick Links

[Angel of the Month: Nerlande R.](#)

[Best Practice Award](#)

[Stay Cool, Stay Health: Summer Tips for Our Savvy Seniors](#)

[Inspiring Senior](#)

[Gastrointestinal Changes in Seniors](#)

[Recipe: Cobb Salad](#)

[Join Our Visiting Angels Team](#)

[Good Hydration May](#)

# Soccer Senior at 90-years-old Is Still the ‘Ninja’ of Goals—Playing 3x a Week

Britain’s oldest striker is still banging in the goals for his local soccer team three times a week—at the grand old age of 90.

Sprightly Mike Fisher—nicknamed ‘Ninja’ by teammates—averages three goals a game following an amateur footballing career that began 75 years ago in 1949.

The former RAF veteran turns out every Tuesday, Wednesday, and Thursday for two local walking soccer teams after he started playing for them at age 82.

Before that, the granddad-of-two played up until his 40s before taking a break from the beautiful game.

Falling back in love with the sport in his 80s, he now regularly appears for Old Corinthians, who play at non-league Rushall Olympic’s ground in Walsall.

The goal machine even celebrated his 90th birthday with teammates in late February by bagging five goals in a game against opponents 40 years younger than him.

“They all call me ‘Ninja,’” Mike admits, “because they say I’m gone in the blink of an eye, just like that. One minute you think you’ve collared me and the next minute I’m gone and the ball is in the back of the net.”

“If you ask anyone if they play with Mike Fisher, they won’t have a clue who you’re on about, but if you say ‘do you play with Ninja’ they will know who you mean,” he said.

Mike began playing when he was 14 in the Luton and District League in his native Bedfordshire before he moved to the Midlands after meeting his wife, Doris. He fell for Doris in Blackpool, where he was stationed with the RAF.

Sunday league soccer around the country is famously competitive and forms a deep part of squad members’ lives. A Luton Town fan, Mike is no doubt fiercely celebrating the return of his team to the Premier League for the 2023-2024 season, having been relegated in 1992, and floating between the third, fourth, second, and even fifth leagues for a generation.

“I still love football and I’ll keep going for as long as I can—or at least while I’m still scoring on a regular basis. That feeling of scoring goals never gets old—even if I am,” he said, speaking like a true striker.

[Read more here!](#)

[Slow Aging and Reduce Chronic Disease Risk, Study Says](#)



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!**

*Grace Q.  
Nathanaelle T.*

## Cobb Salad



Savor the rich flavors of a classic Cobb salad! Brimming with hearty ingredients like crisp lettuce, tender chicken, creamy avocado, and savory bacon, it’s a satisfying meal that offers both nourishment and delight!

[Click here for the recipe!](#)



## Gastrointestinal Changes in Seniors

As we age, our gastrointestinal (GI) system begins to change. Seniors, consequently, may find themselves unexpectedly developing intolerances to foods they've savored over the years.

About [40% of adults](#) experience some kind of GI disorder. Seniors are especially sensitive to age-related GI changes such as slowed metabolism, decreased appetite, and reduced digestive function. These changes can introduce new food sensitivities and symptoms such as gas, bloating, stomachache, or indigestion.

### Rooting Out the Cause of GI Symptoms

If your senior has sudden GI symptoms, the first step is to rule out acute illnesses like the flu and food poisoning. Some symptoms of acute illness include:

- Fever
- Diarrhea
- Nausea
- Stomach cramps
- Vomiting

Call a doctor if a fever, bloody stools, inability to keep down liquids, or diarrhea occurs. Once you've eliminated an acute illness, it's time to look for lifestyle or diet triggers of symptoms.

### Keep a Food Diary

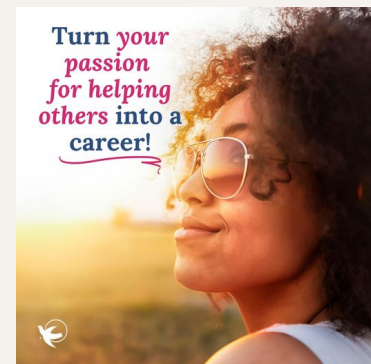
A food diary tracks what and when your senior eats and the time and consistency of their bowel movements. Note any changes such as recent surgeries, new medications, or changes in their social circle or mental health. Physical and emotional stressors can also lead to GI troubles.

Don't worry about writing down quantities or ingredients—this is just a high-level exercise to spot trends and trigger foods that cause symptoms. For example, you might find drinking milk in the morning gives your senior a stomachache by noon. Or, they may get gassy at bedtime after eating broccoli at lunch.

Once you discover a few sensitivities, ask your loved one to eliminate certain foods from their diet for a few weeks. If problems still occur, contact a physician to assess their GI health and

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## Make a Difference This Summer!



### We're hiring in-home caregivers!

If you're interested in turning your *passion for helping others* into a career, we want to hear from you!

Apply now and begin your journey towards making a difference!

[Apply today!](#)

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## Good Hydration May Slow Aging and Reduce Chronic Disease Risk, Study Says



### How Do You Prevent Alzheimer's Disease?

Looking to make a low-effort, high-payoff change

nutrition.

## Common Food Intolerances

Some of the most common foods that cause intolerance in seniors are generally considered healthy. Foods to watch for include:

- **Cruciferous vegetables**

Broccoli, cauliflower, Brussels sprouts, and leafy greens contain a complex sugar called raffinose, which are difficult for the body to digest.

- **Beans and legumes**

Fiber is good, but eating too much can cause gas buildup. Kidney beans, peas, lentils, and many fruits and vegetables are high in fiber.

- **Dairy products**

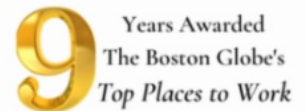
Many can't digest lactose, a compound commonly found in dairy products such as milk, yogurt, and ice cream. Even those who can generally consume dairy products may suddenly find themselves lactose intolerant in their later years.

[Read more here!](#)

to your everyday health habits? A new study found that people who stay well hydrated appear to be healthier, develop fewer chronic conditions (including stroke, diabetes, and dementia), and live longer compared with people who may not be drinking enough fluids.

“The results suggest that proper hydration may slow down aging and prolong a disease-free life,” said study author Natalia Dmitrieva, PhD, a researcher at the National Heart, Lung, and Blood Institute in Bethesda, Maryland, in a press release.

[Read more here!](#)



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Visiting Angels Newton/Canton  
29 Crafts Street, Suite 320  
Newton, MA 02458

**617-795-2727 or 781-828-9200**

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