

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](https://www.VisitingAngels.com/Newton)

Visiting Angels Newton/Canton | Newsletter | May 2021 [View as a webpage](#)

## May is Mental Health Awareness Month

[boston.gov](https://www.boston.gov)

May is recognized each year as Mental Health Awareness Month. In the wake of over a year of global disruption, societal conflict, and forced isolation due to the pandemic, mental health resources have never been in higher demand.

It may be helpful to explore some mental health websites or speak with a professional counselor to get a perspective on what you are experiencing and work actively towards improving your quality of life. We want to highlight some useful links that focus on your mental health and self-care skills, as well as review essential community support services.

[Click here to learn about valuable resources & support](#)

## Quick Links

[Managing post-pandemic anxiety, isolation, depression with 7 tips](#)

**CO-ANGELS OF THE MONTH:**  
[Garlyne Renois & Ernestina Arthur](#)

**Concerned About Pandemic Weight Gain?** [Here's What a Dietitian Says You Should Do](#)

**RECIPE:** [Avocado & Black Bean Salad](#)

**ALLOW** - [A Poem by Danna Faulds](#)

**Grief and Loss:** [Mourning Our Collective Losses](#)

[What Happens When Americans Can Finally Exhale?](#)

[The Best Advice About Grief People Learned During The COVID-19 Pandemic](#)

[Grief Support Groups in Massachusetts](#)

[Personalization Matters in Elder Care Services](#)



## Managing post-pandemic anxiety, isolation, depression with 7 tips from Oprah and AARP experts

*This past year has intensified anxiety, stress, and isolation for seniors and family caregivers alike. We asked experts, [Dr. Robin Smith](#), from The Oprah Winfrey Show, and [Lisa Marsh Ryerson](#), AARP Foundation President, to answer 7 top questions about managing anxiety, stress, isolation, and depression as we emerge from the COVID-19 pandemic.*

### How can seniors and family caregivers manage anxiety as they re-enter the new normal of post-pandemic life?

Dr. Robin Smith, Therapist-in-Residence on The Oprah Winfrey Show: COVID-19 has been a traumatic time for us all, and these feelings of trauma will not immediately go away when the world reopens.

The pandemic forced many people into social isolation, but for millions of Americans – especially adults 50-plus – their isolation began long before the pandemic and will continue after it ends.

It's important to understand that these feelings of fear or anxiety are normal. We often consider vulnerability a weakness, but to move forward, the first step is to normalize not being ok.

People who are hesitant to emerge from quarantine into post-pandemic life should start small.

By taking manageable steps that can be accomplished, people can begin to feel progress at a slow but steady pace.

It is important not to be overly ambitious, and as each incremental step is successful, it will gradually decrease the feelings of anxiety and isolation.

[Click to read article](#)

## Angels of the Month: Garlyne Renois & Ernestina Arthur



**Visiting Angels** Newton/Canton is honored to name Garlyne Renois & Ernestina (Tina) Arthur Co-Angels of the Month for May 2021. Garlyne and Tina share many qualities of greatness. When we describe outstanding and experienced caregivers, there are certain commonalities such as: keen observation skills, endless patience, treating clients as they would want their loved ones treated, the capacity to step back and re-center themselves for positive engagement, and most importantly, infinite compassion. Garlyne and Tina embody all of these traits.

[Click to read article](#)



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



## Concerned About Pandemic Weight Gain? Here's What a Dietitian Says You Should Do

Take a deep breath and give yourself some grace. You're not alone and it's not the end of the world, promise. Here's what a registered dietitian thinks about those extra pandemic pounds.

By [Lisa Valente, M.S., RD](#) | [EatingWell.com](#)

The first time you go to put on real pants in 2021, you may notice they fit a little bit tighter. If so, you're not alone. 37% of Americans say that they gained weight during the pandemic, according to a [recent survey](#) (and the actual number may be higher). It's not really that surprising—we've been living through a very stressful time. So what can you do about it? I would advise you to skip the crash diets or any strict diet for that matter.

You will likely start seeing more ads for weight-loss treatments as the diet industry is ready to bounce back—but you can say no to expensive diet plans and still live a happy and healthy life. Consider this a friendly reminder that your weight doesn't equal health. You survived a global pandemic and a stressful year. You—and your body—deserve a little grace and a lot of kindness. Instead of diving into another crash diet, cleanse, or detox focus on ways you can nourish yourself by choosing more foods that make you feel good. Here are some tips to keep things in perspective and maybe get back to some healthier habits.

[Click to read article](#)



hard work and commitment to the **Visiting Angels** mission. Each Caregiver has been presented with a bonus to celebrate this achievement.

- Marie Raymond Bellefleur
- Erica Berg
- Shelly Ann Brown
- Robin Cardin
- Elizabeth Henault
- Sandra Souza



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*:

- Stella Appiah
- Farah Joseph
- Carolyn Senoga
- Sandy Souza

---

## Avocado & Black Bean Salad







## ALLOW

By [Danna Faulds](#)

There is no controlling life.  
Try corralling a lightning bolt,  
containing a tornado. Dam a  
stream and it will create a new  
channel. Resist, and the tide  
will sweep you off your feet.

Allow, and grace will carry  
you to higher ground. The only  
safety lies in letting it all in –  
the wild and the weak; fear,  
fantasies, failures, and success.  
When loss rips off the doors of  
the heart, or sadness veils your  
vision with despair, practice  
becomes simply bearing the truth.

In the choice to let go of your  
known way of being, the whole  
world is revealed to your new eyes.



By [LAYLA](#) | [gimmiedelicious.com](http://gimmiedelicious.com)

This salad is loaded with black beans, avocado, tomato, onion and cilantro. It's a tex-mex twist on the classic avocado salad so adding corn, olives, or minced cucumber will make a great addition!

[Click for recipe](#)

## Personalization Matters in Elder Care Services



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.

[Click to read article](#)

## Support for Grief & Loss

### Grief and Loss: Mourning Our Collective Losses

People of color have been disproportionately impacted by COVID-19, affecting mental health for years to come.

[Click to read article](#)

### What Happens When Americans Can Finally Exhale

The pandemic's mental wounds are still wide open.

[Click to read article](#)

### The Best Advice About Grief People Learned During The COVID-19 Pandemic

These coping tips won't erase the loss the coronavirus has caused this past year, but they can help you navigate it.

[Click to read article](#)

### Grief Support Groups in Massachusetts

[Click to view a list of support groups in Mass](#)



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



**Stay Safely at Home with  
America's Choice in Homecare.**

Visiting Angels has been providing compassionate and skilled non-medical home care for families in Newton and surrounding areas for over 16 years.

[Click this ad to explore our award-winning services](#)



Explore our award-winning services at [VisitingAngels.com/Newton](https://www.VisitingAngels.com/Newton)

Visiting Angels Newton/Canton  
383 Elliot Street, Suite 100 E  
Newton, MA 02464

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

**Stay Connected**

