

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

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

Angel of the Month: Leonie B.

For February 2023, *Visiting Angels* Newton/Canton is happy to honor Leonie Benson as our Angel of the Month.

In the two years Leonie has been with *Visiting Angels*, she has proven herself to be the outgoing, warm, caring, friendly, and dedicated caregiver we thought her to be from our first meeting. The cases Leonie has been assigned all share a common thread. They require her gentle, patient, and kind competence. Her presence provides a palpable comfort and puts people at ease immediately. Her excellent communication skills are invaluable for reporting information about her client with office staff and other care team members. She is a consistently reliable and esteemed caregiver.



Leonie has over 20 years of caregiving experience. Not only does she work in home care for *Visiting Angels*, but she also continues to work as a CNA in a hospital setting. Leonie feels that a person must do this work from the heart. It is a requirement for great caregiving. She said that when you show the client that you truly care about them, the client begins to open up and trust in you.

[Click to read more about Leonie](#)

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5 Fun Spring Activities for Seniors

by dailycaring.com

Celebrate spring with senior-friendly activities

After a long winter, sunshine and warming weather are a welcome change.

To help you enjoy the season, we rounded up 5 festive ways to celebrate spring with your older adult.

These senior-friendly activities are sure to brighten their day and help you create special memories together.

[Click to read more](#)



How to Make a Home Safe for Your Aging Parent

by www.aarp.org

With loved ones living longer and needing more care, many families struggle with the best way to help an aging relative.

More than three quarters of U.S. adults age 70 and older want to stay

[What Should You Expect?](#)

[RECIPE: Go-To Soup for Spring](#)

[5 Fun Spring Activities for Seniors](#)

[Women's History Month: Famous Female Family Caregivers](#)

[We're Hiring! Join Our Team!](#)



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: **Sheila Hunter**

[Go-To Soup for Spring](#)



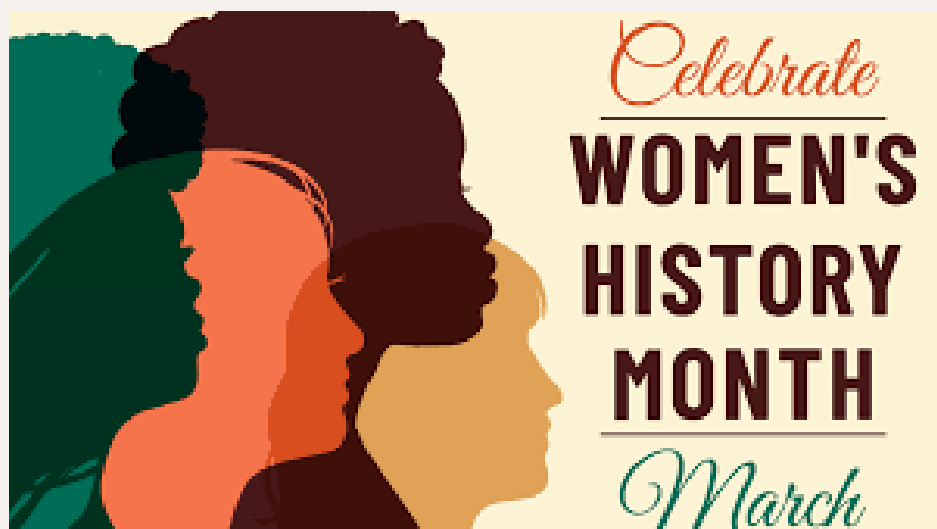
More than three-quarters of U.S. adults age 50 and older want to stay in their current homes for as long as possible, according to AARP's 2021 "Home and Community Preferences Survey." But a May 2020 study by the U.S. Census Bureau found that less than 10 percent of U.S. homes are "aging-ready," meaning they have a step-free entryway, a first-floor bathroom and bedroom, and at least one bathroom accessibility feature, such as a grab bar or shower seat.

[Click to read more](#)



This recipe is a go-to because it's so open to substitutions and relies on nutrient-dense pantry staples. It's also a soft food that works for seniors who have trouble chewing or other dental problems.

[Click here for the recipe](#)



Women's History Month: Famous Female Family Caregivers

by happyhealthycaregiver.com

March is Women's History Month, or as I have heard it called before – Women's Her Story Month. It is a month where we honor and celebrate the courageous and forward-thinking contributions women have made in our history. Currently, over 60% of family caregivers are women. Each of these women has a story worth sharing and hearing. When we add the family caregiving lens to this look back on history, several notable female caregivers stand out.

[Click to read more](#)

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

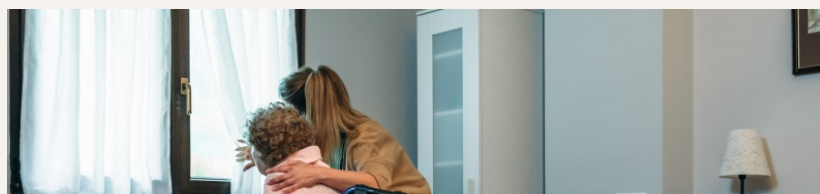


Join our Visiting Angels team!

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!





What Is Hospice Care and What Should You Expect?

by caring.com

Hospice services offer physical, emotional, spiritual and practical comfort and support to patients and families who are facing death — at home, in the hospital or in other settings.

The specific type of care and service hospice provides differs depending on individual needs and preferences but may include the following.

- Medical care that involves monitoring the patient and administering medication, controlling pain and providing other medical support
- Social services, including counseling and referrals or coordination with other community resources to help the patient and his or her family
- Spiritual services in keeping with the patient's religious or spiritual beliefs
- Help with household chores, meals and basic personal needs such as getting out of bed, walking, bathing and dressing
- Physical, occupational and speech therapy to help maintain or regain lost functioning
- Respite care to provide breaks for the usual caregivers
- Bereavement support to help survivors cope and grieve after a death

[Click to read more](#)

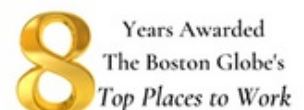
7 Bathroom Safety Tips to Prevent Falls and Injuries



When it comes to [elder care](#) safety in a loved one's home, the bathroom deserves immediate attention.

Visiting Angels helps address falls risks through a [Safe & Steady Fall Prevention](#).

[Click to read more](#)



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

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