



## Angel of the Month: Mary Depradine

With great joy, we announce that Mary Depradine is our Angel of the Month for August 2021. Last month, Mary celebrated her 15th-anniversary with **Visiting Angels** Newton/Canton. She represents so much of what has made our agency successful through the years. Her caliber of care, professionalism and her commitment to our clients continues to impress us all. Mary was honored with this award in the fall of 2007, and we are happy to do it again today.

Mary has cared for twenty-seven clients since joining **Visiting Angels**, many of which were long-term cases. She has been with her present client, who is 103 years old, requires total assistance with ADLs, and has advanced dementia since 2018. Mary is the only caregiver this client and her family prefer. They trust her unconditionally because of her loving commitment to her safety and her welfare.

Mary has valued the continued support she has received from the office staff. She expressed her appreciation for the case management team, especially Julie, Susan, and Elizabeth, for their thoughtfulness, professionalism, and outstanding communication skills. When Mary had a medical event a few years back, the team gave her much love and encouragement. “The company went above and beyond to help me during a very difficult time and through my recovery,” Mary said. “Visiting Angels Newton/Canton is the first home care agency I know of in the Boston area to have offered benefits like a 401(k), paid time off, and different training programs. I have really appreciated the fact that this agency holds such high regard for their caregivers.”

Continued on next page

## About Our Angel

Julie McBain, Director of Client Services, discusses working with Mary. “I have been lucky enough to work with Mary over the years and have always admired her knowledge, compassion, and the strong relationships she builds with clients and their families. When you work with Mary, you know that your clients are receiving the best care and that she can handle any situation that may arise. Mary has a very calm presence and way of dealing with any challenges, which, in turn, brings comfort to everyone around her.”

“I recall when Mary worked with a client, and the client’s son who lived in the home intentionally created constant friction. Mary’s sense of humor and calming nature helped deescalate many situations from turning into major crises. I will always be so grateful to Mary for how she adeptly managed the son’s behaviors while still providing excellent care to our client.”

## Professional Background

Mary has over 21 years of professional caregiving experience. She came to the United States from Honduras in 1970. She was a sophomore in high school when she moved to Boston from Staten Island to live with her older cousin. Mary began working at Englewood Nursing Home while attending Madison Park High School as a dietary aide. She continued to work at the nursing home after she graduated. “Back then, CNA and HHA certifications were not required,” Mary told us. “So, I learned how to care for patients while on the job.”

Mary became a medical assistant for a couple of years but decided to go back to the nursing home where she could work directly with seniors. “I realized how much I enjoy spending time with them once I left the nursing home,” Mary said. “I treasure my time with the elderly and love learning from them. I have gained so much from the people I have cared for through the years, and I have always been drawn to their wisdom and stories about the past and their lives.”

Mary eventually switched fields to work at Boston Scientific for several years. She went from working on the assembly line to becoming a technician who designed custom catheters by request from doctors. In 1997, with thoughts of returning to caregiving, she decided to obtain her CNA and HHA certifications through the Red Cross. When Boston Scientific moved its manufacturing department to Ireland, Mary worked for another tech company before deciding in 2000 to be a professional caregiver full-time. At one point, Mary juggled many responsibilities. She raised her two young daughters while taking classes during the day and working overnight shifts. She was grateful to have her cousin, who has always been more like a mother, assisting her with her children.

Mary’s star is shining brightly this month. Not only is she our Angel of the Month, but Mary also received Employee of the Month for August at her other job! She feels incredibly thrilled to be recognized and acknowledged for her work.

## Words of Wisdom

“Show your clients love,” Mary advises us. “Find your compassion and humanity; this helps you to understand what your client needs. Don’t force them to do what you want them to do. Think of alternatives and little tricks you can do to get them to feel comfortable with routines they may not like to do.” She continues, “Be kind, even if they make you upset – don’t show them your frustration. Speak to them calmly, tell a joke, turn on some music, anything to lighten the mood.”

Mary has had a great deal of training and experience caring for people with Alzheimer’s disease and dementia. She explained the importance of touch. “Rub their shoulder gently,” she said. “Hold their hand - anything to have them feel a connection. Take a walk with them, speak gently, and let them know you are there for them.”

## Something About Mary

Mary is so proud of her two daughters. Her youngest is a registered nurse, while her oldest daughter works at a medical clinic. Mary also has three grandsons. Her eldest grandson is currently taking courses to pursue his dream to become a screenwriter. Mary loves to spend time as much time as possible with her family. Her second love is dancing! Before the pandemic, Mary would attend West Indian clubs and dance all night whenever possible. “We have our own dance hall at home now!” Mary exclaimed. “But, I can’t wait to be able to go back to the clubs again.” She shared that she has been obsessively watching movies on Netflix since the beginning of the pandemic as well. “I think Netflix is tired of me! I have watched every international movie they have.”

Mary is looking forward to retiring in a couple of years and returning to Honduras, where she has a beautiful home waiting for her.

## Our Gratitude for You

**Visiting Angels** Newton/Canton is honored to award you, Mary, Angel of the Month, for August 2021. We are grateful to you for the kindness, wisdom, sincerity, sense of humor, and loving professional care you have been providing to our clients for over fifteen years.