

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 | May 2023 [View as a webpage](#)

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

It is with an abundance of joy that we award Sandy Souza **Angel of the Month** for April 2023. Sandy joined *Visiting Angels* Newton/Canton in December 2004, shortly after we opened our doors to provide quality home care to seniors in our community. While we certainly could have honored Sandy every month of the 19 years she has been a Visiting Angel, this is Sandy's third time winning Angel of the Month. Sandy earned this award early on in her tenure and again in March of 2020. For her exceptional work and for consistently providing outstanding care to our clients, we once again name Sandy as this month's Angel of the Month.

During her time with us, Sandy has supported over sixty-two clients. Her work as a caregiver is exceptional. She is outgoing, knowledgeable, and energetic. Sandy takes the time to learn her client's likes and dislikes to ensure a successful working relationship. She has been honored with countless *Caught in the Act of Caring* and *Home Care Pulse Excellence* awards for consistently exceeding expectations while helping our clients. While all our staff would like to clone Sandy, we will have to settle for the next best thing. Sandy will soon begin to work as a mentor for new caregivers starting with our agency.



[Click to read more about Sandy](#)

10+ Fun Things to Do With Elderly

Quick Links

Parents You'll Both Enjoy



by lovetoknow.com

As you and your parents age, life can get in the way, and you might wake up realizing it's been years since you last spent quality time with them. Make the most of the time you have by planning fun and memory-making things to do with your elderly parents. After so many years of providing for you, you can give them the gift of your time and experiences they'll be talking about for years.

Things to Do With Your Older Parents on a Regular Basis

If you want to make the most out of every minute you still have with your elderly parents, start planning a weekly, bi-weekly, or monthly activity you can put on everyone's calendars. These are just some of the fun things you can regularly do together.

Experiment in the Kitchen

If you've got aging parents whose dinners are to-die-for delicious, ask them to spend some time teaching you their favorite recipes. Meet up as often as your schedule allows and learn how to make new dishes to wow your own family and friends with.

Bonus points if you bring all the ingredients and clean up afterwards. Instead of just writing everything down, you could record parts of your meetups, leaving yourself with beautiful mementoes to keep forever.

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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!**

**Sheila Hunter
Marie Blaise**





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 honorees are...

Sandy Souza
Barbara Tomlinson

Easy Pico de Gallo Recipe



This easy pico de gallo recipe is a classic for good reason. It pairs

with just about everything! My tip is to let it chill for an hour or two before serving to help the



Healthy Habits for Seniors to Keep Sharp

Maintaining healthy habits can play a huge role in enhancing the well-being of seniors and their overall quality of life—physically and mentally. Research has shown a healthy routine can sharpen the minds of aging adults and reduce their risk of depression and cognitive decline.

According to a 2022 study in [JAMA Psychiatry](#), adults 65 and older who rose before 7 am and stayed active during the day were less likely to experience depression symptoms. The study also found they performed better on cognitive tests that measured memory and thinking.

Although the research does not prove that staying active conclusively prevents mental decline or depression, the findings indicate that staying physically, mentally, and socially active can benefit seniors.

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Japanese surfer nears 90 and talks of catching waves at 100

by [apnews.com](#)

ELIUSAWA, Japan (AP) — A busy company owner for the early part of

FUJISAWA, Japan (AP) — A busy company owner for the early part of his life, Seiichi Sano began anew at 80 by climbing Mt. Fuji. Apparently not challenged enough by Japan's highest peak, he almost immediately took up surfing.

Sano turns 90 later this year, and after being recognized by Guinness World Records as the oldest male to surf, he's ready for other tests. "Maybe I'll try bouldering," he said, suggesting he might do it first in a gym. "Outside it might be a bit dangerous."

He ruled out bungee-jumping. "Too scary," he said.

Or maybe he'll just stick with what he knows.

"I think it would be interesting to try to surf until I'm 100," Sano said. "I think I take better care of myself when I have goals like this. Even now, I take better care of myself than I did before."

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Sun Safety for Seniors



Don't let your favorite senior fool you. Just because they've made it this far without using sunscreen, and never used it as a kid, doesn't mean they don't need protection this summer. Lather them up and help them be safe out there in the sun.

Many seniors think they don't need it. A study from the CDC, finds that less than half of older adults protect their skin from the sun when outside for an hour or more. Many say they've never used it. They

didn't grow up with it. And they've never had problems, besides maybe a few more wrinkles than they wish. But that doesn't mean the sun's rays can't harm them, or bring out damage as they age.

Each year, more than [5 million people](#) in the United States are treated for skin cancer, and most cases are found in people aged 65 or older. A major risk for skin cancer is too much exposure to the sun's UV rays

flavors blend. Also, it's best to serve it the same day that it's made. —Jeannie Trudell, Del Norte, Colorado

[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!

Performing a Home Care Assessment

Major risk for skin cancer is too much exposure to the sun's UV rays. Adults are living longer, and as they age the rates of skin cancer are going up. So even if it didn't impact seniors when they were younger, it still can.

According to the Skin Cancer Foundation, most skin cancers result from sun damage over the course of many years, and seniors have lived longer; have had the most sun exposure and sustained the most damage from the UV rays. Not just sunburns, but also suntans can damage the skin's DNA, and break down tissues so that it ages before its time, and also produces genetic defects that can lead to skin cancer. The [organization says](#) suffering "just five sunburns over your lifetime more than doubles your chances of developing melanoma, and each successive tan or sunburn raises the risks further. We never know exactly how much damage will trigger skin cancer, but one bad burn in older age may be the straw that breaks the camel's back."

Data shows that skin cancer is mainly a disease of the elderly, and that at least one in five Americans will develop skin cancer by the age of 70. The longer people live, the more likely they are to develop skin cancer, and the greater their chances of dying from it, the organization says.

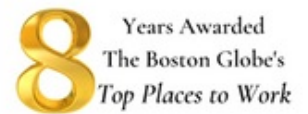
This doesn't mean seniors can't have fun in the summer sun, and enjoy this season that is upon us. There is plenty of fun to be had out there all summer long. Just, don't skip the sunscreen. Use an SPF of at least 15, but preferably 30. If seniors are headed into the water, choose a waterproof sunscreen. Sweat proof is also a great option. Other tips include staying out of the sun, or reducing sun exposure when the sun's rays are the strongest - between 10 a.m. and 4 p.m.. If seniors are out and about at the sunniest times of the day, they can also wear other protection such as a hat and/or long-sleeve, loose fitting clothing, and sunglasses.



If you're thinking about [starting home care](#) for an older adult, a home care assessment is an essential first step. At Visiting Angels, a care coordinator will meet with you and your loved one to discuss your care requirements.

You may be overwhelmed by the variety of senior care options available. Anxiety can increase if a loved one has immediate [personal care needs](#). However, an assessment and home care consultation can help ease any trepidations.

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