

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.



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Visiting Angels Newton/Canton | Newsletter | April 2022 [View as a webpage](#)



This Earth Day, Get a Google Nest Thermostat for up to 100% off Instantly

This deal expires on April 24th

by Quan Tsang | Yahoo.com/Lifestyle

Smart thermostats can add another level of comfort and convenience to your humble abode. But more importantly, these futuristic gadgets can actually save you a decent amount of money too. A popular choice for lowering energy bills, in the long run, is the Google Nest Thermostat.

In celebration of the upcoming Earth Day, Google is giving the goods to go greener. From 4/7 to 4/24, nearly 100 utility companies across the nation have teamed up with the tech company to provide rebates, rewards, and offers on both the Google Nest Thermostat and Nest

Quick Links

[This Earth Day, Get a Google Nest Thermostat for up to 100% off Instantly](#)

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Learning Thermostat models.

So if you've been looking for an opportunity to make the switch, this is it! Making the transition to a smart thermostat is virtually painless. And Nest Thermostats offer so many peace-of-mind features that, even at retail value, they can be well worth the cost.

[Mass Save link](#)

[Click to learn more](#)



Trust your gut: Your belly controls your mental and physical health

by [Erica Pandey](#) | [Axios.com](#)

The foundation of your health and well-being isn't your heart, your lungs, or your brain. It's your gut.

Chew on this: 70% of your immune system sits in your belly. Why it matters: You are what you eat. And a healthy gut keeps your body — and mind — from getting sick.

Your immune system: A healthy gut is chock-full of immune cells and good bacteria that fight off viruses, fungi, and bad bacteria. And an unhealthy gut can lead to infections — and even hinder your body's ability to fight cancer.

Your mental health: Believe it or not, your gut has as many nerves as your spinal cord — and a direct link to your brain. That means eating poorly can cause anxiety and depression, and vice versa — deteriorating mental health can lead to an unhealthy gut. Your strength: A troubled gut — and weak immune system — can lead to inflammation, hurting your joints and muscles. Think of the gut as a second brain, medical experts say.

Not only do the millions of bacteria in the gut extract nutrients from your food and deliver them to your body, but its nerve endings talk to your brain and your hormones to regulate your mind and sense of well-being. So how can you treat your gut right?

Your gut runs on a biological clock and eating at consistent times every day optimizes digestion, says David Heber, a physician, and director of the UCLA Center for Human Nutrition.

[Senior Loved One Need?](#)

Angel of the Month: Williams Ejimonyeabala



We are privileged to award Williams Ejimonyeabala Angel of the Month for April 2022. Williams joined *Visiting Angels* Newton/Canton in February 2021. Upon his hire, our case management team noted his outstanding work ethic, expertise, and willingness to jump right in and accept cases.

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Sauerkraut Cabbage Rolls



These vegetarian sauerkraut cabbage rolls are tangy, sweet and

[Click to learn more](#)

[8 Foods and Drinks That Promote Gut Health](#)



Key signaling pathway in immune cells could be new Alzheimer's target

by [Weill Cornell Medical College](#) | [MedicalExpress.com](#)

Inhibiting an important signaling pathway in brain-resident immune cells may calm brain inflammation and thereby slow the disease process in Alzheimer's and some other neurodegenerative diseases, suggests a study by Weill Cornell Medicine investigators. The findings point to the possibility of new therapeutic strategies against neurodegenerative diseases, which are relatively common in older adults and so far have no effective, disease-modifying treatments.

In the study, which appeared April 12 in Nature Communications, the researchers showed that the tau tangles help trigger the inflammatory activation of microglia, via a multifunctional signaling pathway called the NF- κ B pathway. Inhibiting microglial NF- κ B signaling in a tau-based Alzheimer's mouse model largely pulled the immune cells out of their inflammatory state and reversed the animals' learning and memory problems.

"Our findings suggest restraining overactive NF- κ B may be a good therapeutic strategy in Alzheimer's and other tau-mediated neurodegenerative diseases," said senior author Dr. Li Gan, director of the Helen and Robert Appel Alzheimer's Disease Research Institute and the Burton P. and the Judith B. Resnick Distinguished Professor in Neurodegenerative Diseases in the Feil Family Brain and Mind Research Institute at Weill Cornell Medicine.

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Cabbage rolls are tangy, sweet and spicy, delicious as a main meal or side dish. They are easy to make, naturally gluten free and can be served vegetarian or vegan.

These sauerkraut cabbage rolls do not require any cabbage roll making experience, but you do need to be partial to cabbage to truly appreciate this recipe! There is both sauerkraut as well as fresh cabbage in this recipe, but it really works!

[Click for recipe](#)

Healthy Homemade Carrot Cake Recipe



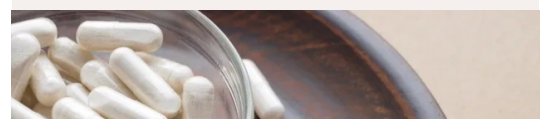
by [Flex Meals & Snacks, Snacks, Desserts](#)

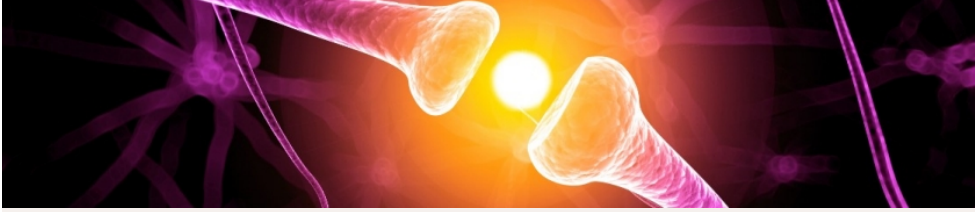
Carrot cake for less than 150 calories? We must be dreaming! Featuring freshly grated carrots, crunchy walnuts and a creamy, dreamy maple-flavored icing, this classic Homemade Carrot Cake recipe is the perfect sweet treat.

[Click for recipe](#)

I'm a Pharmacist and These Supplements are a "Waste of Money"

Be aware of what you are putting into your body.





Visiting Angels Newton/Canton will provide a video from this series in each newsletter through to September.

Of Sound Mind - Video 3

Video Series

By Med.Stanford.edu

Dementia & Music

The effect of music from the young adulthood of a person with dementia is well known but what happens when they never heard the song before? Our guest, Beatie Wolfe is a UK musician exploring the impact of novel music on the person with dementia.



[Click to view the full series](#)



by [RYAN MAJCHRZAK](#) | [EatThis.com](#)

I have spent over 13 years working as a pharmacist in the hospital setting. Dietary supplements are a multi-billion dollar market in the United States and they are taken by many Americans who believe they have beneficial effects. Not all supplements are bad, but you should do your research and read ingredient labels.

Beware of supplements that make outlandish claims. It is probably too good to be true. Many supplements can also interact with doctor prescribed medications you are taking. Speak with your physician prior to adding any supplements to your daily regimen. Click below to find out more

[Click to read article](#)

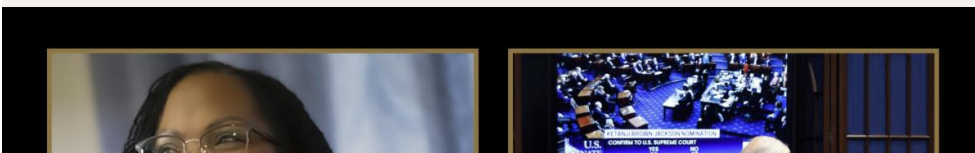
How Much Home Care Does My Senior Loved One Need?



When your senior loved one chooses to age in place, it's essential to take proactive steps to keep them safe, comfortable, healthy, and happy. For many families, hiring professional in-home care services is the best solution.

But how much care does your loved one need?

Visiting Angels Newton/Canton provides in-home care services with





Ketanji Brown Jackson '96 confirmed as U.S. Supreme Court justice

With the Senate's confirmation, Jackson will become the first Black female justice in the Court's 233-year history

By [Harvard Law Today](#)

Ketanji Brown Jackson, a 1996 graduate of Harvard Law School, was confirmed today as the 116th justice of the U.S. Supreme Court. In a 53-47 vote, the Senate approved Jackson's appointment making her the first Black female justice in the Court's 233-year history. Nominated by President Joseph Biden, Jackson succeeds Associate Justice Stephen Breyer '64, for whom Jackson once worked as a law clerk.

At a campus event organized by Harvard Law School Student Government, Harvard Black Law Students Association, and the Harvard Women's Law Association, dozens of students gathered in the Reginald F. Lewis Law Center and erupted in cheers as the historic Senate confirmation vote was announced.

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provides in-home care services with flexible schedules depending on the level of need. We offer customized hours to suit the needs of seniors and their families. Professional caregivers fill in gaps — providing care only when a senior needs it, so families don't have to pay unnecessary home care costs. Clients and families can add, remove, or adjust hours as needed.

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