

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*.



Hello
August

Visiting Angels®
LIVING ASSISTANCE SERVICES



Newton/Canton

The best in non-medical home care for seniors and adults with disabilities

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



How the Inflation Reduction Act Will Reduce Health Care Costs for Seniors

by [Fran Kritz](#) | [VeryWellHealth.com](https://www.verywellhealth.com)

President Joe Biden on Tuesday signed into law the Inflation Reduction Act (IRA), a sprawling piece of legislation designed to combat climate change, tax corporations more fairly, and reduce health care spending.

While most of the health-related measures will impact Medicare beneficiaries age 65 and older, the millions of individuals insured through the Affordable Care Act's (ACA) health insurance marketplaces will benefit, too. That's thanks to an extension of a federal subsidy that reduces monthly premiums, originally introduced under a 2021 COVID stimulus bill.

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Click the link below to learn more about the new law, including:

- Medications Will Be Cheaper for People on Medicare
- Drug Manufacturers Will Face Penalties for Price Increases
- The Government Will Negotiate Drug Prices
- Coinsurance Will Be Waived
- Insulin Prices Will Be Capped
- Medicare Part D Plans Will Be Cheaper—and More People Will Qualify

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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:

- Mirla Joseph
- Annie Nzinga
- Judith Pierre-Louis
- Sonia Tibekynga



GRAPHIC: ELIAS SMITH

8 Red-Hot Scams in 2022

Google Voice scams among new nuisances that threaten consumers

by [AARP.org](https://www.aarp.org)

In their never-ending pursuit of your money and identity, criminals are constantly coming up with new cons. Here's a closer look at eight relatively new types of scams that are becoming more common, along with expert advice on avoiding them. Check out the list of today's hottest emerging frauds.

One example is the Google Voice Scam. Let's say you've posted a notice online — an item for sale, for example, or a plea to find a lost pet — and included your phone number. In this scam, the crook will call you, feign interest, but say they want to verify first that you aren't a scammer. They tell you that you are about to get a verification code from Google Voice (their virtual phone and text service) sent to you, and ask you to read it back. What's really going on: They are setting up a Google Voice account in your name. "They can go on to perpetrate scams and pretend to be you, hiding their footprint from law enforcement," says Eva Velasquez, CEO of the Identity Theft Resource Center.

How to stay safe: "Never share verification codes with anyone," Velasquez says. If you have fallen for this scam, you'll find steps to reclaim your account at the [Google Voice Help Center](#).

[Click to learn more](#)



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:

- Sheryl Bailey
- Mary Rankin Depradine
- Zita Fumokong
- Renette Glaure
- Sheila Hunter-Small
- Andell Sylvester

Spinach-



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

Of Sound Mind - Video 7

Video Series

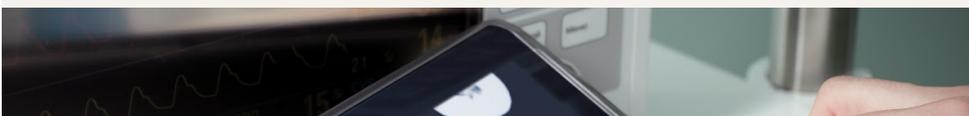
By [Med.Stanford.edu](#)

Of Sound Mind: The Gift of Brain Donation

Ever wondered why researchers collected the biological material they collect in cognitive research? Our guest is a neuropathologist from the Stanford ADRC who will talk about what they do with the blood, spinal fluid, and eventually the brain tissue they collect and what they hope to learn from it.



[Click to view the full series](#)



Spinach-Mushroom Frittata with Avocado Salad



by [EatingWell.com](#)

Frittatas are like omelets, only easier--and they taste great hot, warm or cold. This vegetable-packed version is spiked with flavor and paired with a cool salad of lemony cucumbers and tomatoes with creamy avocado. This easy recipe is perfect for brunch, lunch or dinner!

[Click for recipe](#)

6 Health Benefits of Spinach, According to a Nutritionist



by [Cynthia Sass](#) | [Health.com](#)

Spinach is nutrient-rich

Three cups of raw spinach provides just 20 calories, no fat, 2 grams of protein, and 3 grams of carbohydrate with 2 grams as fiber (so 1 gram of net carbs). Though it has so few calories, spinach is packed with nutrients. A three-cup



Hearing and vision impairment linked to serious cognitive impairment in older adults

by [The University of Toronto](#) | [MedicalExpress.com](#)

A new nationally representative study published online in the Journal of Alzheimer's Disease Reports found hearing impairment and vision impairment to be independently associated with cognitive impairment.

After considering sex, age, and other socio-demographic characteristics, older adults with hearing impairment had more than double the odds of cognitive impairment, while those with vision impairment had more than triple the odds of cognitive impairment. When an older adult experienced both hearing impairment and vision impairment, the odds of cognitive impairment were eight-fold. Approximately one-half of adults aged 65 and older with both hearing and vision impairment also had cognitive impairment.

There have been several studies in the past decade linking hearing loss to dementia and cognitive decline, but less attention has been paid to vision loss and dual sensory impairment.

"Given that half of adults with both vision and hearing loss experience serious cognitive problems, sensory loss could be used to help identify those at risk for cognitive decline and dementia," says lead author Esme Fuller-Thomson, director of the University of Toronto's Institute for Life Course & Aging and professor at the Factor-Inwentash Faculty of Social Work (FIFSW) and Department of Family & Community Medicine.

[Click to learn more](#)

[Click to learn about the National Hearing Test](#)

packed with nutrients. A three cup portion provides over 300% of the daily need for bone-supporting vitamin K. Spinach also provides over 160% of the daily goal for vitamin A, and about 40% for vitamin C, which both support immune function and promote healthy skin.

Spinach supports brain health

The anti-inflammatory effects of spinach make it a key contender for protecting the brain, particularly with aging. In one study, researchers tracked the eating patterns and cognitive abilities of more than 950 older adults for about five years. They saw a significant decrease in the rate of cognitive decline among those who consumed larger amounts of green leafy vegetables. The data indicated that people who ate one to two servings of leafy greens daily had the same cognitive abilities of a person 11 years younger than those who consumed no leafy greens.

[Click to read article](#)

7 Ways to Pay Home Care Costs



Aging at home is an increasingly popular alternative to assisted living facilities or nursing homes for aging adults.

Many seniors now live comfortably at home with professional home care aides, who perform tasks ranging from meal preparation and light housekeeping to personal hygiene, bathing, and dressing, as well as socialization and companionship. Some caregivers are trained to provide specialized care for clients who have Alzheimer's disease and other forms of dementia. In other situations, professional caregivers provide respite for family





GETTY IMAGES

What Is Women’s Equality Day?

Learn the history and legacy of this important holiday.

by [Robyn Moreno](#) | [OprahDaily.com](#)

Women’s Equality Day is celebrated on August 26 and commemorates the 19th amendment granting women the right to vote. The 19th amendment states:

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex. Congress shall have power to enforce this article by appropriate legislation.”

The 19th amendment was ratified on August 18, 1920, but it actually wasn’t certified until it was signed by a government official eight days later. Secretary of State Bainbridge Colby signed the historic proclamation on August 26, 1920 (a week after its ratification) at 8 a.m. in Washington, D.C., without an audience or any fanfare.

On August 26, 1970 (50 years after women earned the right to vote), 50,000 second-wave feminists marched down New York City’s Fifth Avenue with “linked arms, blocking the major thoroughfare during rush hour.”

Known as the “Women’s Strike for Equality March,” the march was sponsored by the National Organization for Women (NOW) and was conceived by women’s rights activist and author [Betty Friedan](#). She imagined the day as a “work stoppage” where women would put down their household duties and take to the streets on the 50th anniversary of the passing of the 19th amendment to demand women’s rights. Thousands of women across the country staged protests, making the Women’s Strike for Equality March one of the biggest women’s rights rallies in the U.S.

New York congresswoman [Bella Abzug](#) (aka “Battling Bella”) championed the bill to create an official Women’s Equality Day. Abzug became a congresswoman at age 50 after an already successful career as a civil rights lawyer and activist. Her campaign slogan was the famous catchphrase: “This woman’s place is in the House...the House of Representatives!”

[Click to read article](#)

provide respite for family caregivers. Depending on the senior’s specific needs, services may range from short-hour shifts a few days a week to live-in services or round-the-clock 24-hour care.

This article examines options and answers questions about paying home care costs. From using long-term care insurance to pay for home care services to information about using dependent care flex spending account (FSA) to pay senior home care costs.

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Thanks to you, **Visiting Angels** Newton/Canton is the agency leader in home care. Our strong reputation is attracting new clients, and we need more caregivers like *you!*



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to learn more about our
Caregiver Referral Program!





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