

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](https://www.VisitingAngels.com/Newton)

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**Angel of the Month:
Nadya Harriet**

**Visiting Angels Newton/Canton
Celebrates 8 years as a Boston Globe**

Top Place to Work



Owners Karen Woodrow and Larry Michel attended The Boston Globe's *Top Places to Work 2022* celebration on November 30th at Big Night Live in Boston with Newton's Director of Client Services, Julie R. McBain, Case Managers Patrick Murray and Traci McCarthy, Office and Staffing Coordinators Aniyah Boone and Jillian Lattimore. This is the eighth time the Newton office has earned this title in the top medium-sized employer category.

[Click to learn more](#)



XBB is now the dominant COVID variant in New England. Here's how to protect yourself

By Adam Reilly
December 29, 2022

Nearly three years into the COVID-19 pandemic, another new strain of the virus is making headlines. This time, it's the XBB subvariant of omicron — a combination of two pre-existing omicron subvariants — which, according to data from the Centers for Disease Control and Prevention, has gone from a blip on the epidemiological radar in New England in late October to the dominant iteration of the virus in the region as 2022 draws to a close.

Experts say the current evidence indicates that existing tools — including vaccines, tests and medication treatments — all appear effective against the new subvariant. But the rapid spread suggests that XBB is more contagious than other strains — and also more adept at evading the immune systems of people who've already contracted and recovered from other strains of the coronavirus.

[Click to learn more](#)



Visiting Angels Newton/Canton is honored to announce **Nadya Harriet** as our Angel of the Month for November 2022. Nadya originally joined our team in 2004 and has been providing skilled, loving care to our clients for close to 19 years. She is a very kind, thoughtful and caring person who is committed to taking care of elders. Nadya has good solid experience in home care, and she is warm, friendly, and competent. She has over twenty-five years of professional caregiving experience and holds licenses as a CNA, HHA, and Medical Assistant.

We recognize Nadya as our Angel of the Month because she is always doing this work from her heart. She does not get discouraged with challenging clients and always tries to do the best job she can. In particular, Nadya understands how to deal effectively with people with dementia. She is skilled at redirecting, being creative, or giving clients space.

[Click to read more about Nadya](#)





65 Rewarding New Year's Resolutions for a Healthy, Happy Life

BY ZEE KRSTIC, Good Housekeeping

New Year's resolutions have long been a way to take stock of what's truly important in our lives, allowing us to pause and reflect on the year behind us, as well as plan for the year ahead. If living through a global pandemic has taught us anything, it's that we shouldn't take health and wellness for granted. In 2023, improving your body, mind and soul is a great way to organize your long-term goals for the new year.

Focusing on your health and well-being doesn't have to translate to starting a new diet or workout plan, though. You can set your sights on taking charge of your mental health, finally optimizing a better sleep routine or diving headfirst into reclaiming your space (wave goodbye to messy closets and disastrous bathrooms).

Start here to create a list of attainable New Year's resolutions that allow you to make healthier lifestyle tweaks every day. You'll kick off the year with a stronger, well-nourished body and an enriched mind if you adopt any of these daily habits. Our resolutions can help you calm down, ease stress and anxiety and help tame the crazy ebb and flow of daily life — featuring some of the best tips and tricks from our Good Housekeeping Institute experts.

[Click to for more](#) [Click to read more](#)



Holiday Monster Cookies

From: The Food Network

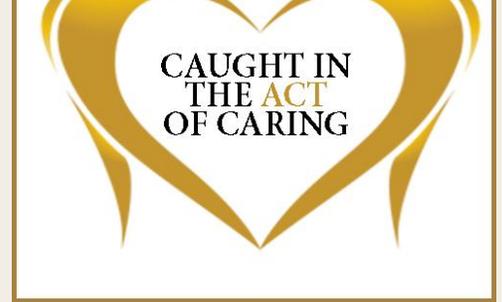
These giant, saucer-sized cookies are packed with festive candies, peppermint chunks, salty pretzels and white chocolate chips, so they really live up to their name.

Serve them as a special treat!

1. Position oven racks in the top and bottom thirds of the oven and preheat to 350 degrees F.

2. Whisk together the flour, baking powder, baking soda and salt in a bowl until evenly combined. Combine the butter, brown sugar and granulated sugar in a large bowl and beat with an electric mixer on medium-high speed until light and fluffy, about 3 minutes.

Beat in the vanilla, then add the eggs and yolks 1 at a time.



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*:

- Nadya Harriet
- Marie Blaise

- Williams Ejimonyeabala
- Raxanne Wright



5 Tips for Senior Care During the Holiday Season



The winter holiday season has finally arrived. As we look forward to spending time with friends and family, shopping, and enjoying our favorite holiday meals, we also experience

Beat in the vanilla, then add the eggs and yolks 1 at a time, beating well after each addition.

Add the flour mixture and beat on low until the dough just comes together. Add the chocolate candies, oats, pretzels, peppermint puffs and white chocolate chips and stir with a large spoon until evenly mixed.

3. Scoop eight 1/3-cup portions of dough, roll into balls and divide between 2 baking sheets, spacing the cookies evenly apart. Press the dough balls into thick disks with the palm of your hand. Bake, rotating the baking sheets top to bottom and front to back halfway through, until the cookies are golden brown at the edges and barely brown in the very middle, 18 to 20 minutes. Cool the cookies on the baking sheets for 1 minute, then transfer them to a wire rack to cool completely.

Repeat with the remaining dough.

[Click for the ingredients!](#)

some shake-up in our routines. These changes are often more acutely felt by the elderly. Being prepared for the holidays will make your job as a family caregiver easier to manage. It will also ensure your loved one stays comfortable and content through what is often a chaotic time.

Click below to learn a few tips that will help you prepare for a joyful and comfortable holiday season.

[Click to read article](#)



Visiting Angels Newton/Canton ran an ad in the December 4th issue of The Boston Globe Magazine thanking their caregivers and staff for this honor.

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

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