

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
LIVING ASSISTANCE SERVICES



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)

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

Angel of the Month: Paul Geneus



We are delighted to award Paul Geneus Angel of the Month for July 2022. He became a member of the *Visiting Angels* Newton/Canton team in December 2020 and immediately assisted four clients within that first month. It is a privilege to share his outstanding efforts with our community.

In the 18 months Paul has been with Visiting Angels, he has cared for 12 clients. With his three current clients, Paul works with case managers Susan Saris, Patrick Murray, and Traci McCarthy. They appreciate his willingness to accept fill-in shifts with his current clients and others whenever he is available. Paul has not shied away from taking on the most complex cases, and his confident and calming presence has been successful in helping each client, and their families find peace of mind, knowing they are in capable hands.

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BA.5, now the dominant U.S. variant may pose the biggest threat

Quick Links

[ANGEL OF THE MONTH: Paul Geneus](#)

[BA.5, now the dominant U.S. variant, may pose the biggest threat to immune protection yet](#)

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variant, may pose the biggest threat to immune protection yet

The FDA recommended that Covid vaccine makers target two omicron subvariants — BA.4 and BA.5 — in new booster shots expected to come this fall.

by [Aria Bendix](#) | [NBCNews.com](#)

A new version of omicron is dominant in the U.S.

The coronavirus subvariant known as BA.5 accounted for nearly 54% of the country's Covid cases as of Saturday, according to the Centers for Disease Control and Prevention. A similar subvariant, BA.4, makes up 17% more.

The two subvariants also appear to evade protection from vaccines and previous infections more easily than most of their predecessors.

The Food and Drug Administration last week recommended modifying coming booster shots from Pfizer and Moderna to target BA.4 and BA.5 directly.

Pfizer has told NBC News that it could have an updated vaccine targeting BA.4 and BA.5 ready to be distributed in October.

[Click to learn more](#)



Delirium is Often Mistaken for Dementia: Know the Signs

by [DailyCaring.com](#)

If an older adult with no history of cognitive impairment suddenly starts having cognitive issues during or after a hospitalization, it's most likely not dementia – it could be delirium.

People with delirium often have terrifying hallucinations and delusions and are unable to think clearly or focus. In older hospital patients, these

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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:

- Nadya Harriet
- Christine Kemiyoondo
- Nosa Ogbemor
- Tasha Petit
- Stella Spencer



When caregivers go above and beyond while caring for their client

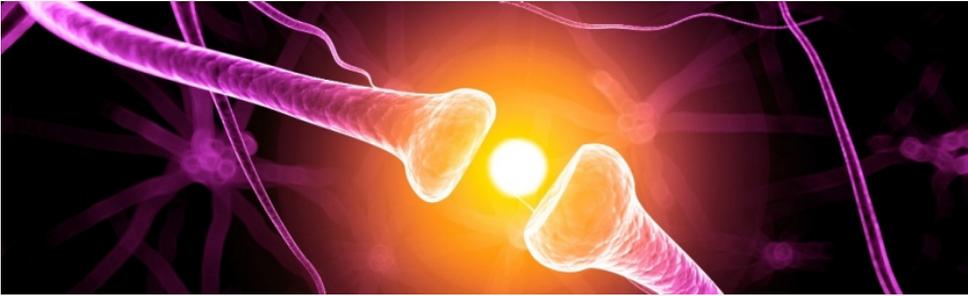
symptoms can be misdiagnosed as dementia.

Delirium is a serious condition that causes a great deal of suffering on top of the medical condition that landed the person in the hospital in the first place.

And sometimes, recovering from delirium takes far longer than recovering from a medical condition.

Click the link below to learn how delirium differs from dementia, what happens when someone has it, what causes it, and how to prevent it.

[Click to learn more](#)



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

Of Sound Mind - Video 6

Video Series

By Med.Stanford.edu

Of Sound Mind: The Connected Horse Project

In our sixth episode, Of Sound Mind will be looking at an innovative research project for individuals in the early stage of dementia and their care partners. Come join Of Sound Mind as we talk to the co-founders of the Connected Horse and a vet from the project.

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 Depradine
- Paul Geneus *Angel of the Month
- Esther Nyamekye

Sweet Pea-Avocado Soup

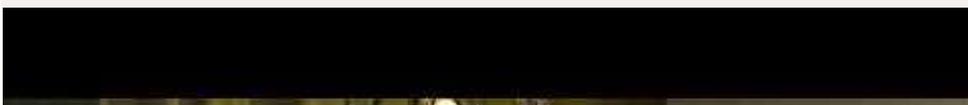


by SouthernLiving.com

Chilled soups provide a cooling break from the intense summer heat. Serve this avocado soup as the start of a brunch or luncheon or serve it as the main course, paired with a fresh salad and warm bread. This sweet pea soup requires no cooking or heating up of the oven – your food processor is all you need. Sparkling water brings a little bubbly magic to this refreshing chilled soup.

[Click for recipe](#)

Eating One Avocado A Day Can Improve the Quality of Your Diet





[Click to view the full series](#)



Hot Weather Safety for Older Adults

by nia.nih.gov

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

Who Is at Risk?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by



by Merrell Readman | MindBodyGreen.com

The old saying goes: "An apple a day keeps the doctor away," but consider opting for avocado instead, as a new study suggests that a serving of this creamy green fruit each day may have some noteworthy benefits for your health. A nutrient-dense, balanced diet is undeniably key for supporting a healthy body, and this high-fat, fibrous fruit was not found to have an impact on belly fat (that's right, eating fat does not make you gain weight) while also offering a slight decrease in LDL cholesterol levels. Let's break down what that means.

Alongside eating an avocado daily, varying the fruits and vegetables you're consuming will fuel your gut microbiome, adding a healthy boost of fiber to your nutritional plan and working toward a more effectively fueled body.

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Keeping Your Senior Safe at Home After a Stroke



A stroke is a frightening and life-altering experience for seniors and their families. Depending on the severity of the brain attack, a stroke survivor may face difficulties with mobility, vision, speech, swallowing, emotions, cognitive functioning, and performing everyday tasks. When this occurs, it's essential to have a home care

- Poorly working sweat glands or changes in your skin caused by normal aging
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever
- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines, may make it harder for your body to cool itself.
- Taking several prescription drugs, ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight
- Drinking alcoholic beverages

Click the link below to learn how to prevent heat-related illnesses and know the warning signs.

[Click to learn more](#)



Jane Fonda, 84, Opens Up About How She Wants to Live Her ‘Final Act’

The actress revealed she made some crucial changes after a “life review.”

by [Arielle Weg](#) | [Prevention.com](#)

Jane Fonda is a force. From her outlook on life to her glowing skin, the actress and activist is nothing short of a legend. And one thing we love about the actress is that she often speaks her mind—she recently revealed that though she is grateful for her long life (Fonda has said on many occasions that she didn’t think she’d live past 30), she has become very aware of being “closer to death.”

The 9 to 5 actress said she makes daily choices to help her live her best life. Fonda said she aims to get eight to nine hours of sleep per night, makes time to meditate, spends time in nature, and exercises regularly.

But most importantly, Fonda explained that asking a lot of questions, reading books, and finding the positive in situations has helped her stay young.

“If you’re curious and you’re healthy, and you’re open, eventually who you are and where you’re supposed to be will come to you.” she said

It’s essential to have a home care plan to keep your senior safe.

Reduce Hospital Readmission

When a loved one has suffered a stroke, professional senior care services can help significantly. In-home professional caregivers will support stroke survivors and reduce stress for family caregivers.

Visiting Angels provides a “Ready, Set, Go Home” program that helps seniors successfully transition home after hospitalization through a customized approach that begins at the hospital. The program also includes home visits to promote a safe recovery by lowering the risk of hospital readmissions related to falls and other accidents.

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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!

you are and where you're supposed to be will come to you," she said.
"For older people, if you stay curious, you will stay young for a long time. I'm younger now than I was when I was 20."

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