

*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*.

June

*Visiting Angels*  
LIVING ASSISTANCE SERVICES



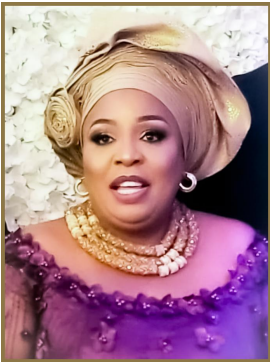
Newton/Canton

**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](#) | [June 2022](#) [View as a webpage](#)

## Angel of the Month: Nosa Ogbemor



We are thrilled to award Nosa Ogbemor Angel of the Month for June 2022. She has been a member of the *Visiting Angels* Newton/Canton team since 2006 – just recently celebrating her 16th anniversary! Her life-long experience as a skilled and valued caregiver and her long-term commitment to *Visiting Angels* make Nosa well deserving of this honor.

Nosa has been a calming and reassuring presence for many of our clients. She attended our Dementia Care program and other training to ensure her skills are up to date and relevant. There is also the fun and outgoing side to Nosa, who rarely misses a caregiver celebration event! Her enthusiasm, joy, and authenticity have been valued by clients and staff alike. Nosa has cared for sixty-eight clients since joining our team.

[Click to read article](#)

## Celebrating Our Caregivers

## Quick Links

[ANGEL OF THE MONTH: Nosa Ogbemor](#)

[Visiting Angels Newton/Canton June 2022 Caregiver Celebration](#)

["Free" screening? Know your rights to get no-cost care](#)

[Of Sound Mind: The Dementia Continuum of Care - Part 5](#)

[RECIPE: Tangy Cucumber Avocado Salad](#)

[Surprising Side Effects of Eating Flax Seeds](#)

[Bootstrap Compost: Making a](#)





**Visiting Angels** Newton/Canton hosted its annual Caregiver Appreciation Event last Saturday, June 25th, outside at The Cove in Auburndale, along the Charles River. Caregivers were treated to a special afternoon where they were the guests of honor, with agency owners and office staff expressing their thanks for their caring work.

“Turning the tables and getting to take care of our caregivers who give so much every other day is the highlight of our time as owners of the agency,” **Visiting Angels** Co-Owner Karen Woodrow said. “To honor our caregivers at these parties and through our Angel of the Month award ceremonies is very meaningful to my husband Larry and me. We love being with our caregivers and hearing about how much they love our clients and the meaningful work they do. These events are just one way for us to say thank you.”

Caregivers enjoyed a catered barbeque lunch, games, a raffle, and parting gifts, as well as a delicious chocolate cake made by Julie McBain’s (Director of Client Services) husband, Joe, who is a baker by trade. There was even a snow cone machine operated by two of Karen and Larry’s boys, Spike and Zev, who happily kept the group cool on a hot summer’s day. Case Manager Elizabeth Quagraine provided music and led the group in a friendly but competitive game of “Name that Tune.” The game went into triple “overtime,” ending in a tie and lots of laughter and dancing.

Caregivers got to spend time with new office team members Patrick Murray (Case Manager), Irene Nabisenke (HR & Recruitment Manager), and Aniyah Boone (Administrative Assistant). Our May 2021 Angel of the Month recipient, Ernestina Arthur, said, “It was so nice being with everyone. They planned well. It was fantastic!”

“We are already looking forward to planning our next Caregiver Appreciation Event,” Co-owner Larry Michel said. “We love showing our incredible caregivers how much we appreciate them.”

[difference in local communities](#)

[Boston celebrates Juneteenth with an inaugural parade in the city's Roxbury neighborhood](#)

[Do You Need an In-Home Personal Caregiver or a Home Care Nurse?](#)



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
- Lakech Fente
- Marthe Lomezimana
- Nosa Ogbemor (AOM)
- Farah Telamir
- Noadia Virgile

## Tangy Cucumber Avocado Salad



Credit: Photo: Joe Lingeman; Food Styling: Anna Stockwell

by [Sheela Prakash](#) | [TheKitchen.com](#)

Cucumbers and avocados are



## "Free" screening? Know your rights to get no-cost care

by Julie Appelby | [CBSNews.com](https://www.cbsnews.com)

An ounce of prevention ... well, you know the rest. In medicine, prevention aims to spot problems before they worsen, affecting both a patient's health and finances.

One of the more popular parts of the Affordable Care Act, which allows patients to get certain tests or treatments without forking out cash to cover copayments or deductibles, is based on that idea.

Yet this popular provision comes with challenges and caveats, from an ongoing court case in Texas that might overturn it, to complex and obtuse qualifiers that can limit its breadth, leaving patients with medical bills.

KHN spoke with several experts to help guide consumers through this confusing landscape.

Their No. 1 tip: Always check with your own health plan beforehand to ensure that a test, vaccine, procedure, or service you need is covered and that you qualify for the no-cost-sharing benefit. And, if you get a bill from a physician, clinic, or hospital that you think might qualify for no cost-sharing, call your insurer to inquire or dispute the charge.

Click below to learn five other things to know:

[Click to learn more](#)



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

proof opposites really do attract. One lends refreshing crunch, the other buttery richness, and when joined together with quick-pickled onions and a bracing cilantro-lime vinaigrette, the result is nothing short of show-stopping. This is the side dish you'll be serving all summer long.

[Click for recipe](#)

## Surprising Side Effects of Eating Flax Seeds



by [Kiersten Hickman](#) | [EatThis.com](https://www.eatthis.com)

From improving your digestion to decreasing your risk of disease (and even improving your cognitive function!), here are the many ways adding flax seeds to your recipes can benefit your long-term health—as well as a few warnings to consider when you start. Then, for even more healthy eating tips, here are the 5 Healthiest Seeds You Should Add to Your Diet.

[Click to read article](#)

**JUNE IS CANCER SURVIVOR MONTH**  
**New report shows cancer survivors grew to 18 million in the US; more than two-thirds aged 65 years or older**

# Of Sound Mind - Video 5

Video Series

By [Med.Stanford.edu](https://med.stanford.edu)

## Of Sound Mind: The Dementia Continuum of Care

Dementia has far-reaching effects into all aspects of a person's life and caring for someone with dementia means paying attention to these unique requirements. Today's episode looks at outpatient care with Marina Martin MD, inpatient care with Rita Ghatak PhD, community support with Edie Yau MA, and research with Nusha Askari PhD.



[Click to view the full series](#)



by [MedicalExpress.com](https://www.medicalexpress.com)

A new report led by researchers at the American Cancer Society (ACS) in collaboration with the National Cancer Institute (NCI) shows more than 18 million Americans (8.3 million males and 9.7 million females) with a history of cancer were living in the United States as of January 1, 2022, with a little over 12 million (67%) aged 65 years or older.

As the population of cancer survivors continues to grow and age, there is an increased need for guidance for health professionals, caregivers, and patients on how to manage late and long-term effects of cancer and its treatment, maintain healthy behaviors and limit financial toxicity," said Kimberly Miller, scientist, surveillance and health equity science at the ACS and lead author of the study. "In addition, the survivor population is increasingly diverse, and further resources are needed to ensure equitable access to survivorship care."

[Click to read article](#)

## Do You Need an In-Home Personal Caregiver or a Home Care Nurse?



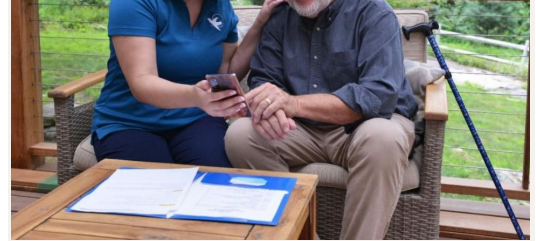


## Bootstrap Compost: Making a difference in local communities

Slaying waste since 2011, Bootstrap Compost is a leading compost pickup service operating throughout Boston, Providence, and Worcester. Partnering with local farms, Bootstrap diverts thousands of pounds of organic material from landfills every day. As a result, they harness the potential of organic refuse to redefine and empower local food communities. The farms they partner with benefit from their compost in the production of crops while each Bootstrap subscriber receives a portion of black gold for their own gardening projects. The remaining compost is donated to schools and community gardens. It is thoughtful, sustainable, and community-engineered composting.

They extend their outreach through education, a core element of their mission. Bootstrap Compost frequently speaks at schools, conferences, and companies about sustainable resource management and social entrepreneurship, or you may find them at a farmers' market collecting scraps, giving workshops, and explaining the merits and benefits of composting. All of this comes from one of their founding values, "to give back to the community what we take from the community."

[Click to learn more](#)



Many seniors are choosing to age in place at home instead of moving to an assisted living or nursing facility. To maintain a good quality of life, some seniors may need additional assistance with their medical or personal care and daily household tasks. Deciding whether a "home care nurse" or an "in-home personal caregiver" is required is a crucial first step.

### What Does an In-Home Caregiver Do?

An in-home personal caregiver provides non-medical assistance for adults needing personal care, including daily tasks. Professional in-home caregivers help older adults maintain their independence, continue living at home, and age safely and comfortably.

### What Does a Home Care Nurse Do?

A home care nurse is either a registered nurse (RN) or a licensed practical nurse (LPN) who offers nursing-level medical care to individuals in their home.

[Click to learn more](#)





## Boston celebrates Juneteenth with an inaugural parade in the city's Roxbury neighborhood

By [Denaë Buccì](#) | [WCVB.com](#)

Cool temperatures in Massachusetts did not cool people's interest in this year's Juneteenth celebrations, including the city of Boston's inaugural Juneteenth parade.

The parade, which was hosted by the Boston Juneteenth Committee on Sunday, started in Nubian Square and finished at the Museum of the National Center for Afro-American Artists on Walnut Street.

"It means the world to me," said Jumaada Abdal-Khallaq Henry Smith, chair of the Boston Juneteenth Committee. "It doesn't matter what day the 19th of June falls on, we reverence that day."

After the parade, more festivities were held outside the Museum of the NCAAA.

"I'm thankful that now the nation is recognizing June 19 and that it has become significant," said Joe Zellner, a reenactor with the 54th Massachusetts Volunteer Infantry Regiment Company A.

[Click to read article](#)

Voted one of  
The Boston Globe's  
Top Places to Work



Click here  
to learn more about our  
Caregiver Referral Program!



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

Visiting Angels Newton/Canton  
29 Craft Street  
Newton, MA 02458

617-795-2727 or 781-828-9200

Stay Connected

