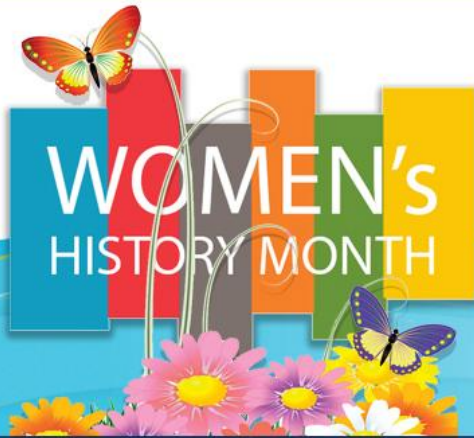


Visiting Angels Newton/Canton is dedicated to sharing beneficial information and articles about the people that make a difference in the lives of others every day. We hope you enjoy our monthly newsletter. We are grateful to our caring team members who continue to provide consistent, knowledgeable, and skillful care to seniors and disabled adults. Thank you for being a part of Visiting Angels.



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[Visiting Angels](#) Newton/Canton has made a donation to [World Central Kitchen](#) to help provide much-needed meals to Ukrainian refugees and volunteers on the frontlines.



How Massachusetts Restaurants and Food Businesses Are Supporting Ukraine

by [Rachel Leah Blumenthal](#) | [Boston.Eater.com](#)

Restaurants and food businesses around the world are mobilizing in response to Russia's invasion of Ukraine, whether by raising funds to feed refugees or providing other support in the form of money, supplies, or solidarity.

Restaurateur José Andrés's World Central Kitchen, a nonprofit food relief organization that has become particularly well-known during the pandemic but dates back to 2010, is on the ground in Poland feeding Ukrainians fleeing across the border. The group is also working in Odesa, Ukraine, and sending volunteers to other nearby countries for extra help.

Locally, World Central Kitchen is a typical target for restaurant industry fundraisers in times of crisis, and it's no different this time. Massachusetts-based pierogi company Jaju Pierogi, for example, donated \$1000 to World Central Kitchen after pledging 20% of one day of sales in late February; La Saison Bakery in Cambridge held a sourdough bake sale on March 2, 2022, to support World Central

Quick Links

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Angel of the Month: Rody Fils-Aime



Kitchen's efforts in and around Ukraine; Belmont-based Yum Bunnies Cakery donated \$5 of sales from each of its funfetti cake jars for two days in March; Medford bagel shop Goldilox designated the organization as the weekly target of its "lox love" donation drive for a weekend of orders; and Kings Dining & Entertainment offered a special \$50 unlimited bowling package at all of its Massachusetts locations for one day in March, with 100% of the proceeds donated to World Central Kitchen.

[Click to learn more](#)

If you are interested in supporting verified charities in **Haiti**, see [Great Haitian charities to support \(and those to avoid!\)](#)

For verified charities providing aid and relief from the **Afghanistan** crisis, see [Charity Navigator](#)



Visiting Angels Newton/Canton is pleased to award Rody Fils-Aime Angel of the Month for March 2022. She joined our team just over a year ago, in January 2021, and immediately made an impact. Rody was selected as this month's Angel because she quickly rolls up her sleeves and takes on the work of assisting our clients with enthusiasm and dedication.

[Click to read article](#)



Women's History Month 2022

Why Do We Celebrate Women's History Month?

By [History.com](#)

Women's History Month is a dedicated month to reflect on the often-overlooked contributions of women to the United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

The actual celebration of Women's History Month grew out of a weeklong celebration of women's contributions to culture, history, and society organized by the school district of Sonoma, California, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest and a parade was held in downtown Santa Rosa.

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is "Women Providing Healing, Promoting Hope." This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."



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.

[Click to learn more](#)



MA Unveils Bill to Boost Behavioral Health, Primary Care Access

The new legislation calls for greater healthcare investments to increase behavioral health and primary care access for communities across Massachusetts.

by Sarai Rodriguez | PatientEngagementHit.com

Massachusetts Governor Charlie Baker has unveiled new comprehensive healthcare legislation that would help expand behavioral healthcare services and primary care access.

The new bill would create investments in behavioral healthcare and primary care through new spending goals for providers and payers. The statewide target will address a historical lack of funds directed toward these healthcare sectors.

Lawmakers would reduce high and care restricting healthcare costs through a multi-faceted approach that targets systemic cost drivers. The approach will leverage surprise billing protections, increased accountability for drug manufacturers, and merged market reforms.

To address high pharmacy costs limiting patient access to prescription medication, penalties will be imposed on excessive drug increases, and new oversight authority will be provided to pharmacy benefit managers.

[Click to read article](#)

This month's honorees are:

- Williams Ejimonyeabala
- Raxanne Wright



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:***

- Rose Nadia Dorsainvil
- Zita Fumong
- Rose Nadia

Kale Kimchi Salad



by SweetPotatoSoul.com

Kale is high in calcium, betacarotene, protein, fiber, vitamin C, vitamin K, and so much more, including many phytonutrients specific to kale and cruciferous vegetables. Massaging kale in a dressing not only makes it more appetizing, but it also allows your body to better digest and absorb





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

Of Sound Mind - Video 2

Video Series

By Med.Stanford.edu

Let's Talk about Dementia

Our guest, Dr. Victor Henderson, director of the Stanford ADRC, shares information about dementia and what to expect from a visit to your doctor if you suspect you have memory problems.



[Click to view the full series](#)

body to better digest and absorb the nutrients.

[Click for recipe](#)

Onboarding Your New Home Caregiver



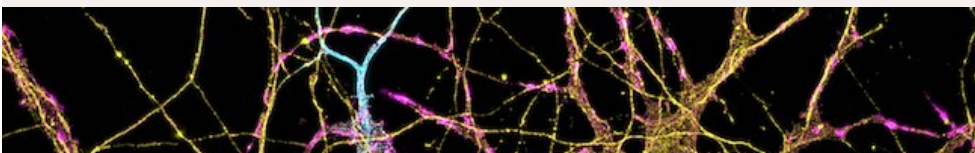
In any new relationship, there is an adjustment period. A relationship between your senior loved one and a new caregiver is no different. It may take some time to develop. It can be a little awkward for your senior loved one and a new professional caregiver to get used to each other. A good and trusting relationship takes time to develop. But this is an integral part of your loved one's life and hitting the ground running is essential. Follow these tips, and you can set the foundation for a successful and long-lasting connection.

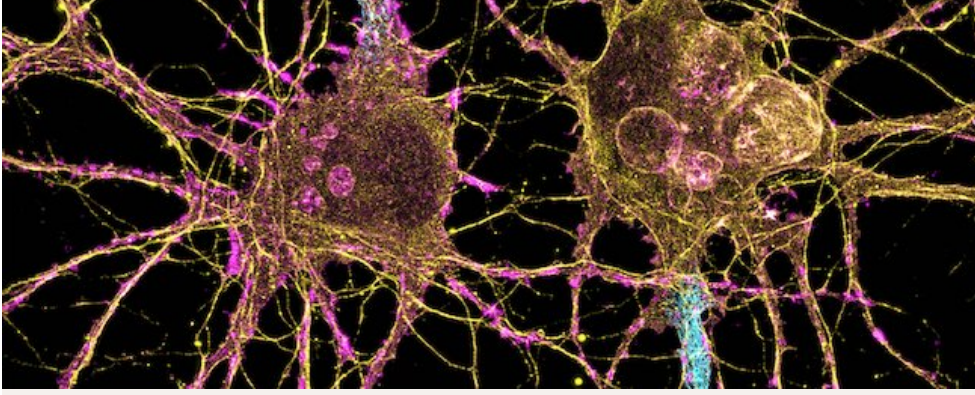
Involve everyone in the family

Setting caregivers up for success starts before you meet them or contact a home care agency. This is a big decision in the life of your loved one and yours. This person will spend time alone with your senior in their home, so you need to gather the whole family or everyone involved in their care and include them in the decision.

Click below to review questions to ask and our recommendations.

[Click to read article](#)





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Scientists uncover new targets for treating Parkinson's disease

By [La Jolla Institute for Immunology](https://www.medicalexpress.com) | [MedicalExpress.com](https://www.medicalexpress.com)

Scientists at La Jolla Institute for Immunology (LJI) have found that people with Parkinson's disease have a clear "genetic signature" of the disease in their memory T cells. The scientists hope that targeting these genes may open the door to new Parkinson's treatments and diagnostics.

"Now that we can see what these T cells are doing, we think intervening with antibody therapies could have an impact on the disease progression, especially early on," adds LJI Professor Alessandro Sette, Dr.Biol.Sci., who led the work with Lindestam Arlehamn.

[Click to read full article](#)



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