

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*.

May



Visiting Angels
LIVING ASSISTANCE SERVICES



Newton/Canton

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

Angel of the Month: Kettlie Juste



It is an honor to award Kettlie Juste Angel of the Month for May 2022. She has been a member of the *Visiting Angels* Newton/Canton team for almost thirteen years, joining us in July 2009. Her passion for assisting the elderly and her many years of experience have masterfully guided Kettlie in caring for our clients.

Over her thirteen years as a *Visiting Angel*, Kettlie has assisted fifty-six clients! Kettlie is currently working with Case Managers Patrick Murray and Traci McCarthy, caring for two of our clients. Both clients require ambulation assistance and a great deal of support in managing daily tasks. One shared her feelings about Kettlie, saying, "Kettlie is very caring and respectful. She is reliable and always on time for her shifts. I really enjoy having Kettlie with me." [Click to read article](#)



Quick Links

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Omicron's Latest Subvariant, BA.2.12.1, May Present 3 Misleading Early Symptoms

Experts say the newest iteration of "stealth" omicron is even more transmissible — and its common symptoms are in line with seasonal allergies.

by Zee Krstic | [GoodHousekeeping.com](https://www.goodhousekeeping.com)

A new subvariant of the Omicron strain of SARS-CoV-2, the virus that leads to a COVID-19 diagnosis, has overtaken earlier variations (including "stealth" Omicron) to likely become the most viral variant here in the United States. According to data corralled by officials at the Centers for Disease Control and Prevention (CDC), the viral subvariant — which has yet to earn an informal nickname, but scientists have labeled BA.2.12.1 — has been linked to 43% of total COVID-19 cases in the U.S., which is a major jump from the 7% it was accounting for back in early April.

What kind of symptoms does this highly contagious variant present, you may wonder? BA.2.12.1 cases are coming at a time when spring allergies are affecting many Americans, which is why it's crucial to identify potentially misleading symptoms and consider COVID-19 testing sooner. Read on to learn more about the newest Omicron subvariant and its most common symptoms.

[Click to learn more](#)

[The federal government is offering another round of free COVID tests](#)

[One Major Effect of Eating Mangos, Says Dietitian — Eat This Not That](#)

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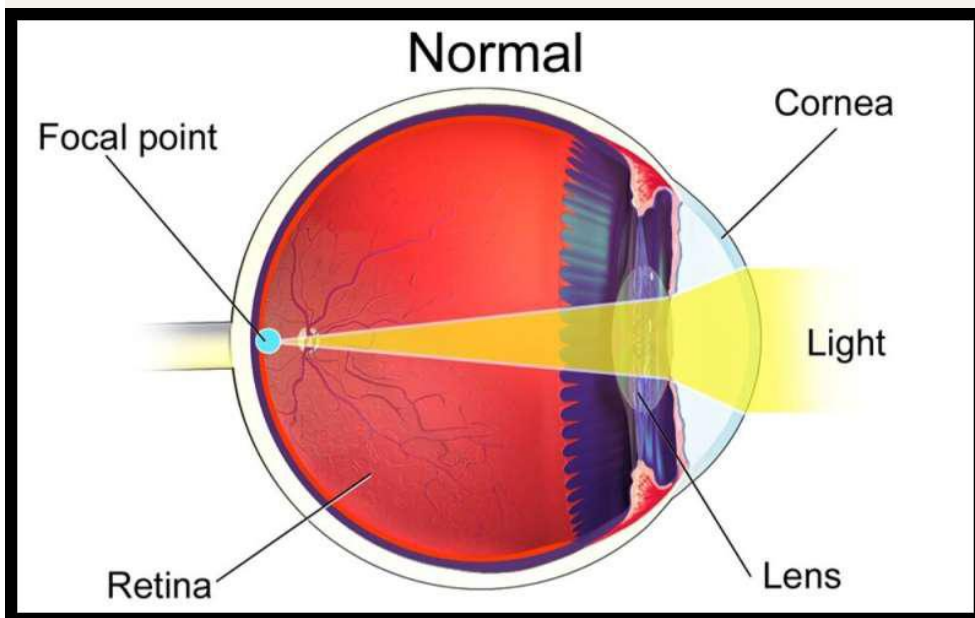


We are proud to honor our caregivers who have been recognized by our clients in this month's Home Care Pulse satisfaction survey for their outstanding service.

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:

- Williams Ejimonyeabala
- Blessing Gbokolo



New eye drops can help aging people see better: An optometrist explains how Vuity treats presbyopia

by Robert Bittner | [MedicalXpress.com](https://www.medicalxpress.com)

When people get into their 40s and beyond, their close-up vision starts



to worsen. For many people, cranking up the font size on a phone or maxing out the brightness on a computer is the only way to be able to read some text.

This condition is known as presbyopia, and it affects around 128 million people in the U.S. and more than a billion people worldwide.

Once you put the drops in your eyes, it takes about 15 minutes for the active ingredient, pilocarpine, to begin working. Pilocarpine is a medication that was first discovered in the late 1800s and can treat conditions such as glaucoma and ocular hypertension. The effect on pupils lasts for about six hours.

[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 4

Video Series

By Med.Stanford.edu

Of Sound Mind: Talking About Parkinson's Disease

Of Sound Mind is taking a closer look at Parkinson's Disease, what it is, how it is diagnosed, and what happens after diagnosis from treatment options to support groups. Our guests are Dr. Kathleen Poston, a physician and researcher from Stanford ADRC, and Steven Russell from Stanford's Parkinson's Community Outreach Program.



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:

- Annabella Prempeh-Amaniampong
- Tanisha Williams

Udon Noodles with Pineapple Vinaigrette



by TasteOfHome.com

Thai cuisine has such wonderfully intense flavors, but the dishes can be heavy and time-consuming. My answer is a refreshing salad with mango, gingerroot and a pop of jalapeno. —Melanie Stevenson, Reading, Pennsylvania

[Click for recipe](#)

One Major Effect of Eating Mangos

Mangos are a powerful source of



[Click to view the full series](#)

Visiting Angels Newton/Canton celebrates and honors Asian American and Pacific Islander Heritage Month.



Asian American and Pacific Islander Heritage Month

May Chen is a Chinese American labor organizer, activist, and advocate for immigrant workers. She was born and raised in the suburbs of Boston but moved to New York City in 1979, where she began working in union organizing. In 1982, Chen organized and led the NY Chinatown Strike, which involved about 20,000 garment factory workers demanding work contracts, higher wages, improved working conditions, and fairness and respect from their employers. The strike caused employers to hold back on wage cuts and withdraw their demands that workers give up holidays and benefits, paving the way for better working conditions for many groups of immigrant workers.

one vitamin in particular.

There are many positive effects of eating mango, but one of the biggest benefits of mango is its high vitamin C content!

[Click to learn more](#)

How to go zero-waste at the grocery store



by [Alisha McDarris](#) | [PopularScience.com](#)

The idea of an existence free from single-use plastic is intoxicating. Sometimes it even seems imperative, what with the World Economic Forum saying the ocean will be filled with more plastic than fish by 2050. But the idea of a zero-waste lifestyle can also sound intimidating and unattainable. This is especially true when you think about everything you buy each week and realize how much of it is just made to be thrown in the trash.

Fortunately, reducing the waste we produce doesn't have to be all or nothing. In fact, there's plenty we can do on an individual level to help keep single-use out of use, starting with a simple trip to the grocery store.

[Click to read article](#)

How to Reduce the Risk of Rehospitalization for Seniors



Learn more about May Chen and others by clicking the links below.

[Click to read article](#)

[History.com](#)

[FuriaRubel.com](#)

[PBS.org](#)



Nobody enjoys being admitted to the hospital. Whether it's an overnight visit or an extended stay, the time away from the comforts of home can negatively affect a senior's physical and mental health.

Readmittance soon after discharge from the hospital is difficult for seniors and their loved ones.

Questions to Ask During a Hospital Discharge

The hospital discharge practice often feels onerous, and seniors and their caregivers may leave confused. A smooth process — and getting clear instructions — can help reduce the odds of hospital readmission.

Click below to learn some questions to ask before your senior loved one leaves a facility.

[Click to read article](#)



74-Year-Old Maye Musk Blazes a Trail as a 'Sports Illustrated' Swimsuit Cover Model

She makes history as the oldest model in the magazine franchise

By Melissa Locker | [AARP.org](#)

The cover of this year's Sports Illustrated swimsuit issue is fairly standard for the magazine's annual feature. It shows a striking woman standing in a fierce pose in a glamorous tropical setting. The only difference is: This model happens to be 74 years old.

"If I thought I could be a swimsuit model for Sports Illustrated, people would have locked me away as a crazy lady," Maye Musk, the model in question, says in a video released by the magazine. "And now, here I am."

The cover star is breaking down age-related barriers — and more than happy to do it. "I'm very excited to let people know that women in their

70s are gorgeous," Musk says, in a video released by the magazine. "Yes and we're gorgeous at 50, 60, and 80, too," says Lois Joy Johnson, AARP's beauty and style expert and author of three books including *The Makeup Wakeup*. "Unfortunately, we see too little imaging of mature women outside of promos for Botox, filler, and ads for medication. Hopefully, Maye will inspire more brands to expand their



medication. Hopefully, they will inspire more brands to expand their outlook.”

[Click to read article](#)

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