

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**

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**Visiting Angels** Newton/Canton | Newsletter | November 2021 [View as a webpage](#)



## Caring for an aging parent? Tips for enjoying holiday meals

By [Heidi Godman](#) | [Health.Harvard.Edu](http://Health.Harvard.Edu)

The holidays are supposed to be a time of joy and celebration, and the meal is a centerpiece of the occasion. But when you're a caregiver for an aging parent, the joy can be overshadowed by stress.

Whether you're observing winter holidays — such as Thanksgiving, Hanukkah, Christmas, Kwanzaa, or New Year's Eve — or holidays that fall during another time of year, take steps in advance to ensure that you and your loved one can enjoy the meal together with as little stress

as possible. These tips can help.

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## Angel of the Month: Suze Philippe



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Chanelle Nibbelink for NPR

## Welcoming family into your home for Thanksgiving? Here's how to keep COVID out

By [Allison Aubrey](#) | [npr.org](#)

Here's one thing to be thankful for this year: It's not Thanksgiving 2020. A year ago vaccines had not yet been approved, daily deaths were rising sharply – surging to more than 2,000 a day by December — and many Americans hunkered down and skipped holiday celebrations to reduce their risks.

This year, 80% of people 12 and up are now vaccinated with at least one shot, and about half of Americans are planning to gather in groups of 10 or more for the holidays, a recent survey shows.

While many of us are ready to reboot our holiday traditions, COVID cases are once again rapidly climbing — with nearly 95,000 new cases a day. Experts warn we still need to keep COVID risk-reduction in mind. Even if your family is fully vaccinated, remember your most vulnerable family members, particularly people over 80 or the immunocompromised, are still at higher risk of severe COVID.

[Click to learn more](#)



It is a great honor to award Suze Philippe Angel of the Month for November 2021. Suze joined *Visiting Angels* Newton/Canton in April 2011, celebrating her 10th anniversary with us last spring.

Over her ten-year career with us, Suze has assisted twenty-two of our clients. She has been valued by the office staff and fellow caregivers for her professionalism, positive attitude, and outstanding work ethic.

[Click to read article](#)



We are proud to honor the caregivers listed below, recognized for their outstanding services given to our clients in the monthly **Home Care Pulse** satisfaction surveys.

Thank you all for your hard work and commitment to the **Visiting Angels** mission.

Each caregiver has been presented





## 6 Tips to Have A Better Holiday Season When Dementia Is Involved

By Valerie Feurich | [Positive Approach to Care](#)

Are you caring for a person living with dementia? Have you wondered how the holidays will go, and how the stress and changes in routine will affect you both? Many people consider the holidays one of the most tiring times of the year.

Between family get-togethers, cooking, and shopping, even people living with a healthy brain can start to feel burned out. But, for a person that is living with brain change, the changes to their routine can feel overwhelming, too. So, what can you do to try to help you both have a better holiday experience? Click the link below to learn six helpful tips.

[Click to read article](#)

with a bonus to celebrate their achievements

- Blessing Gbokolo
- Annie Nzinga



When caregivers go above and beyond while caring for their client, we love to acknowledge and thank them with a gift. This caregiver was most recently ***Caught in the Act of Caring***:

- Comfort Ayamgha

## Sweet Potato Soup Recipe



CREDIT: GREG DUPREE

By [SouthernLiving.com](#)

### A great way to use leftover Thanksgiving potatoes!

Sweet potatoes, buttery Yukon Gold potatoes, healthy carrots, and warm spices all combine to create a flavorful and savory comforting soup, perfect for cold



## Giving Tuesday 2021: What it is and what you can do can help

After all the gift-buying, there's a day for giving -- in more ways than one.

By [Katie Teague](#) | [CNet.com](#)

In the days following Thanksgiving, leftovers aren't the only thing you can look forward to. Shoppers may comb through the deals delivered on Black Friday and Cyber Monday, stocking up gifts for the holidays. However, there's another post-Thanksgiving tradition you may not have heard of: Giving Tuesday.

Giving Tuesday -- which falls on Nov. 30, 2021 -- is a day for people across the country to get together and give back to their communities. Since its inception, the movement has raised billions of dollars for nonprofit organizations across the spectrum: whether it's for at-risk youth, the environment, or pet adoptions.

And while the money is incredibly significant, there are other ways to help besides giving cash: You can volunteer with a nonprofit, for example, or donate your old clothes to a shelter. You can even just be kind to your neighbor. If you're interested in giving back this holiday, here's what you can do for your community on [#GivingTuesday](#).

[Click to learn more](#)

[GivingTuesday.org](https://givingtuesday.org)

[CharityWatch.org/Top-Rated-Charities](https://charitywatch.org/top-rated-charities)



## Drug Plan Premiums Would Be Lower If Medicare Negotiated Prices

By Dena Bunis | [AARP](#)

If Congress includes a provision to allow Medicare to negotiate the price of some prescription drugs in the major budget bill it's working on, Part D premiums could decline 15 percent by the end of the decade, according to a new analysis.

A report by the nonpartisan Henry J. Kaiser Family Foundation (KFF) shows that, according to Medicare's actuaries, if the U.S. Department of Health and Human Services were given the authority to negotiate directly with pharmaceutical companies, consumers would save a total of \$14 billion in Part D premiums by 2029. This savings "translates into estimated per capita savings for Part D enrollees who pay premiums of \$39 annually in 2023, increasing to \$85 in 2029," the report says.

A recent AARP survey shows that 87 percent of adults age 50 and older [support proposals to allow Medicare to negotiate prices](#). More than half (58 percent) of those responding to the poll said they are worried they will not be able to afford to pay for their prescriptions over the coming years. AARP has been urging lawmakers to allow Medicare to negotiate lower prescription drug prices and [launched a major](#)

comforting soup, perfect for cold winter evenings. In less than an hour you can have a pot of delicious creamy soup ready for your family.

[Click for recipes](#)

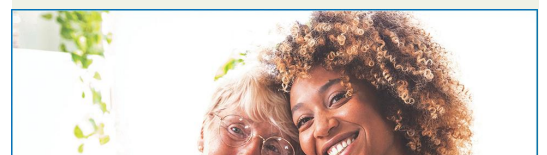
## Make Thanksgiving Easier for Your Elderly Loved Ones



Thanksgiving is a time for family and celebration. But when a member of your family requires [elderly care and support](#), you might worry about whether they're up to a big family event.

At Visiting Angels Newton/Canton, our experience as [senior care providers](#) has helped us counsel our clients and their families about how they can make holidays, like Thanksgiving, more senior-friendly. We hope the following tips and advice will be helpful to you in making your Thanksgiving Day a more enjoyable and less stressful time for you and family members of all ages.

[Click to read article](#)





to negotiate lower prescription drug prices and [launched a major advertising campaign](#) this summer to urge senators to support the negotiation proposal.

"The biggest benefit of negotiation is that it would lower costs in particular for medications with no competition," says Tricia Neuman, senior vice president at KFF and coauthor of the report. When it comes to the pricing for these noncompetitive drugs, she adds, "the government's hands are tied, meaning the government has no ability or leverage to negotiate to bring down prices. And that puts a burden on patients and adds significant costs to the federal government."

"Americans can't afford to pay more than three times what people in other countries pay for the same medicine," LeaMond said after the survey was released. "People shouldn't have to choose between buying medicine and paying for food or rent."

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