

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**.



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)

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Angel of the Month: Marie Bellefleur-Raymond



We are extremely honored to award Marie Bellefleur-Raymond Angel of the Month for September 2022. She joined the Visiting Angels Newton/Canton team in March 2017. We are delighted to share Marie's outstanding work and accomplishments over the past five years.

Marie has fully dedicated herself to supporting seniors who want to remain in the comfort of their homes. Since joining our team, she has assisted seventeen of our clients - all live-in and long-hour assignments. Each senior she's cared for has had challenging health conditions and circumstances that require great skill, knowledge, and experience. Marie has excelled in navigating all complex situations. Marie is naturally compassionate and brings warmth and joy to her work.

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How Bad Will Flu Season Be

How Bad Will Flu Season Be This Year?

Experts are bracing for a rough fall and winter, making the flu shot all the more critical

by Michelle Crouch | [AARP](#)

U.S. health officials typically look to the Southern Hemisphere for an indication of what to expect, and Australia is wrapping up its worst flu season in five years. The Australian flu season also arrived significantly earlier than normal, with cases spiking two or three months before their typical peak.

"You can never predict with 100 percent certainty, but all signs predict influenza will be back this year, and data from Australia suggest it will be a strong flu season," says Andrew Pekosz, a virologist and professor of microbiology at the Johns Hopkins University School of Public Health.

In addition, health officials anticipate another surge in COVID-19 cases as school starts, the weather cools, and people move inside. Those patients could potentially compete for hospital beds with patients who have complications from the flu.

It's also possible to get the flu and COVID-19 at the same time, and a recent study published in *The Lancet* found that adults who have a dual flu-COVID infection are at greater risk of severe disease and death than patients who have COVID-19 alone or with other viruses.

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[Find Flu Vaccines](#)

[COVID-19 Risks and Vaccine Information for Older Adults](#)

[Find COVID-19 Vaccines](#)



7 Treatable Diseases that Mimic Alzheimer's

Don't assume unusual behavior is caused by Alzheimer's

by [DailyCaring.com](#)

If your older adult's behavior changes, it's normal to be worried. And there's often a tendency to jump to the conclusion that it's caused

[How to Vote in the Massachusetts 2022 Elections](#)

[How a Qualified Home Caregiver Works to Help Your Senior](#)



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 honoree is:

- Esther Nyamekye



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:

- Ruth Ellis
- Zita Fumokong
- Lawrence Sempala
- Denise Stevens
- Andell Sylvester

And there's often a tendency to jump to the conclusion that it's caused by Alzheimer's disease or dementia.

But before making any assumptions, it's important to find the real cause of the problem.

That's because there are many treatable medical conditions that cause dementia-like symptoms.

So if your older adult suddenly starts behaving unusually, take them to the doctor to get checked out.

Also, if their behavioral symptoms start suddenly, that's a sign it's probably *not* dementia. Both Alzheimer's disease and dementia progress gradually over years.

Here, we share 7 common diseases that mimic Alzheimer's by causing alarming cognitive changes.

Being aware of these conditions helps you advocate for your older adult so they can get proper treatment.

[Click to learn more](#)



Of Sound Mind is a series on dementia and healthy cognitive aging sponsored by the Stanford Alzheimer's Disease Research Center. This series brought experts in the field of cognitive aging to explore current research on dementia and discuss methods of keeping your brain healthy. ***Visiting Angels Newton/Canton has provided this video series over the past several newsletters, with the video below being the last featured.***

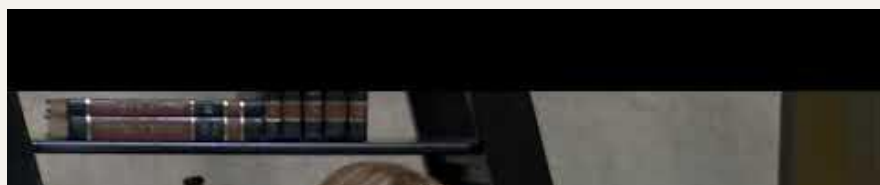
Of Sound Mind - Video 8

Video Series

By Med.Stanford.edu

Of Sound Mind: The Caregiving Experience

In this episode, we talk about caregiving for someone with dementia. We examine the current caregiver stress and intervention research, talk about what's in store for the future, and speak with someone who has cared for a family member with Alzheimer's Disease about her experience.



Mango Curry Tofu



Recipe and photo from Vegan Richa's Indian Kitchen recipe book.

by VegKitchen.com

Mangoes are abundant in India, where they are always juicy and sweet. In the United States, mangoes can be a bit tart. For desserts or curries like this one, I prefer mango pulp or puree in canned or bottled form. You can use a ripe mango, if you prefer, but be sure to puree it well before using. This is a simple recipe, but the resulting dish is very alluring with its sweet and spicy sauce. It can easily be made soy-free.

[Click for recipe](#)

The History of Curry



by Neil Bougourd | TheSpiceTrader.ca

Each combination of spices, for individual dishes is a matter of region, family preference, culture,



[Click to view the full series](#)



Advocates say many people with ALS have desperately waited for the approval of new drugs. Huntstock/Getty Images

New ALS Drug Being Considered by FDA: What to Know About Its Status

by [HealthLine.com](https://www.healthline.com)

Federal regulators are scheduled to vote on September 29 on a drug known as AMX0035 for the treatment of amyotrophic lateral sclerosis (ALS).

The Food and Drug Administration (FDA) is scheduled to vote later this month on a new oral drug to treat amyotrophic lateral sclerosis, or ALS, a nervous system disease that weakens muscles.

The drug is known as AMX0035.

Amylyx Pharmaceuticals, the company that makes AMX0035, asked the FDA earlier this year to consider approving the drug before its phase 3 clinical trial was completed.

“What we saw in our first major clinical trial is that the drug was found to be quite safe. People maintained their function longer and people lived longer,” said Justin Klee, the co-chief executive officer and co-founder of Amylyx.

“It’s the first time we’ve seen that in ALS and given that ALS is so relentlessly progressive and universally fatal, the fact that the drug showed both an effect on function and on survival is really exciting,” he

and religious practice. These delicious dishes have specific names, some I am sure you will recognize, which refer to the heat (spiciness), ingredients, and of course cooking method.

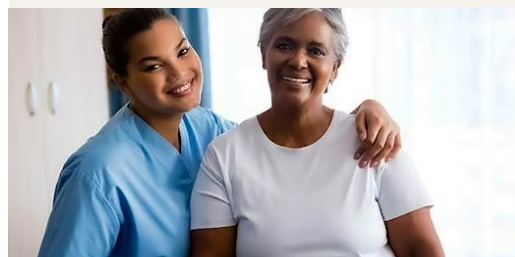
Remarkably, the same spices are used both whole and ground; cooked or raw; and when/how they are used and added, create different flavors and dishes!

Curries may be either wet or dry. Wet curries contain sauce or gravy made from either yoghurt, coconut milk, dal, or stock. Dry curries are cooked with very little liquid, leaving the ingredients coated with the spice mixture.

Every country has adapted their curries to available ingredients, and preferred cooking methods. Below I have broken down just some of the flavors, cooking methods, and ingredients.

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How a Qualified Home Caregiver Works to Help Your Senior



A qualified home caregiver, who has been screened, hired, trained, and supported by a high-quality home care agency such as Visiting Angels Newton/Canton, provides professional at-home care assistance to seniors. These experienced, dedicated professionals will get to know and understand your senior loved one to deliver compassionate and

attentive care that meets your expectations.

When a Visiting Angels’ caregiver arrives at the client’s home, they will greet your senior, assess their needs, consult the plan, and clock in for their shift. The caregiver may

told Healthline.

There are five other drugs also approved to treat ALS, which is also known as Lou Gehrig's Disease.

[Click to learn more](#)



How to vote in Massachusetts

How to Vote in the Massachusetts 2022 Elections

by [Natalie Missakian](#) | [AARP.org](#)

The Massachusetts Nov. 8 general election will decide races for governor and seats in the U.S. House of Representatives, state legislature, and other statewide races.

Essential info:

- **Mail voting:** Under a new election law, all registered voters may now vote by mail without an excuse. Voters who haven't already requested a mail ballot will be sent one in September for November's general election. Certain people, including active military members, still should request an absentee ballot.
- **Early in-person voting:** Vote early at your local election office or another early voting site from Oct. 22 through Nov. 4.
- **In-person voting on Election Day:** The general election is Tuesday, Nov. 8. All polls must be open from 7 a.m. to 8 p.m., but some may open earlier. Check with your local election office for more information.

[Click to learn more](#)

[Learn how to register to vote](#)

[Here's a breakdown of all the races on your jam-packed Massachusetts primary ballot](#)

in for them. The caregiver may also ask about any current or upcoming schedules, appointments, errands, preferences, or needs your loved one may have.

Your case manager will consistently assess your loved one's requirements for companionship and assistance — honoring their preferences and helping to promote independence, engagement, and a sense of self-worth.

Whether your loved one is an active older adult or a person at the end of life, your caregiver will monitor their well-being, including looking out for hazards around the home and changes in their physical or mental health status.

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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!



**Click here
to learn more about our
Caregiver Referral Program!**



Explore our award-winning services at [VisitingAngels.com/newton](https://visitingangels.com/newton)

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