

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

Visiting Angels Newton/Canton | Newsletter | February 2023 [View as a webpage](#)

Angel of the Month: Raxanne Wright

Visiting Angels Newton/Canton is excited to start the year off right by awarding January's Angel of the Month to Raxanne Wright. Honoring Raxanne for her compassionate, commitment to excellent caregiving is a wonderful way to start 2023.

It has been six years since Raxanne joined Visiting Angels. From the start, it was clear that Raxanne would bring great skills to her cases. Her kindness, caring, and commitment to taking care of elders was evident. As a caregiver, Raxanne has lots of heart. She understands the need for patience and compassion and for genuinely giving elders attention and care. Our clients have benefited from Raxanne's energetic, animated personality and the fact that she takes immense pride in making her clients happy. She has plenty of experience and is confident in her abilities.

[Click to read more about Raxanne](#)



Quick Links

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National Senior Independence Month

by NationalToday.com

National Senior Independence Month is observed every year in February. This month allows senior citizens and community members to share resources that help the elderly live independent and full lives. Even though with age we tend to become more dependent on those around us, we can continue to live a fairly independent life with local senior centers and retirement organizations helping with resources and building a community of like-minded people. Encourage the elderly you know to engage with senior centers — this allows them to have higher levels of health, social interaction, and life satisfaction.

[Click to read more](#)



Frequently Asked Questions about Respite Care

Respite adjective

Definition of respite: providing or being

[Vitamin C](#)

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[We're Hiring! Join Our Team!](#)



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:***

- **Marie Charles**



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:

temporary care in relief of a primary caregiver

- **respite care**
- **a respite worker**

At some point in your life, you may act as the caregiver for an aging spouse, parent, or grandparent. Most people find caregiving manageable in the early stages of care. However, as your loved one grows older and their needs become more intensive, without a plan in place for support, you could find yourself suffering from caregiver burnout. It is essential to feel comfortable asking for and accepting help to avoid exhaustion. Many people today face the challenge of a lack of family and friends who can provide consistent support. Consider [respite care services](#) if you do not have a network of people to help with your loved one when you need time for yourself.

[Click to read more](#)



How Much Physical Activity do Older Adults Need?

by [cdc.gov](#)

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your [health benefits](#) will also increase with the more physical activity that you do.

[Click to read more](#)



This month's honoree is:

- **Leonie Benson**

Green Smoothie for Vitamin C



When you usually think of healthy homemade smoothies, does the image of a green drink come to mind?

Green smoothies can sometimes turn smoothie beginners away because of the color. However, this one is tasty! The recipe recommends blending the leafy vegetables with water first to liquify it, hence the green color, before actually adding fruit. The fruits nectar and sweet taste help mask the earthier taste of the green veggies.

[Click here for the recipe](#)

Know Someone Who Has a Heart for Helping Others? We're Hiring!





Join our Visiting Angels team!

Visiting Angels of Newton/Canton is expanding and we're looking for compassionate, empathetic and caring individuals to join our team!

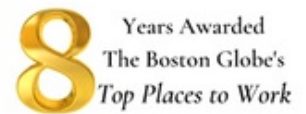
If you are passionate about helping your elderly friends and neighbors, visit our [careers page](#) to get started!

Complete List of Heart-Healthy Foods

by [EatingWell.com](https://www.eatingwell.com)

Confused at the grocery store? This list will help you pick out the best food options for your heart.

Eating for heart health is as much about what you do eat as it is about limiting certain foods and ingredients. Read on for a guide to what foods to buy and what to limit to keep your heart healthy, including fruits and vegetables, meat, seafood, grains, desserts, frozen foods and drinks.



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

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