

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*.

Happy
New Year

Visiting Angels
LIVING ASSISTANCE SERVICES



Newton/Canton

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)

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

Angel of the Month: Karen Breen



Visiting Angels Newton/Canton is so honored to be awarding Karen Breen the Angel of the Month Award for December 2022. Karen has been with us for exactly one year and has proven since the beginning that she is a warm, compassionate, and caring person, which makes her a natural at caregiving.

Karen is a very special person who is committed to taking care of elders. It was clear from the moment we interviewed her that Karen had all the qualities we hoped a Visiting Angels Caregiver would possess.

[Click to read more about Karen](#)



NEW
YEAR

GOAL
 PLAN
 ACTION



Quick Links

[Angel of the Month: Karen Breen](#)

[4 New Year's Goals to Improve Caregiver Well-Being](#)

[Full Time Home Care for the Senior Who Needs Constant Care](#)

[The Month of January](#)

[RECIPE: Blueberry-Banana Overnight Oats](#)

[Dutch Supermarket Adds "Slow Checkout Lanes" for Senior Citizens Who Could Use a Chat](#)

4 New Year's Goals to Improve

How Year-End Goals to Improve Caregiver Well-Being

by [DailyCaring.com](https://www.dailycaring.com)

This year, care for yourself too.

The new year brings a fresh start. For many people, that means setting new goals.

Now is the perfect time to put yourself back on the priority list so you can get the self-care you need and deserve.

It's natural for caregivers to put themselves last, but this subconscious habit is harmful to health – the [consequences of unchecked caregiver stress](#) are serious.

Studies show that it can cause serious chronic illness and higher rates of early death. Ongoing stress also negatively affects mood, relationships, and overall well-being.

We share 4 self-care goals that protect your long-term health and well-being along with suggestions for how to make them happen.

These goals and suggestions are meant to inspire creative thinking to help you find solutions that will give you time to rest and recharge.

As the saying goes, “you can't pour from an empty cup.” The more your own needs are met, the better caregiver you can be to your older adult.

[Click to read more](#)



Full-Time Home Care for Seniors Who Need Constant Care

If you're a member of the sandwich generation, you're familiar

[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. These caregivers were most recently Caught in the Act of Caring:

- Marie Blaise
- Rachel Constant
- Nadia Harriet

Blueberry-Banana Overnight Oats



Blueberries, sweet banana and creamy coconut milk combine to turn everyday oatmeal into the best vegan overnight oats! Make up to 4 jars at once to keep in the fridge for quick

grab-and-go breakfasts throughout the week.

[Click for recipe](#)

If you're a member of the sandwich generation, you're familiar with this scenario. Your immediate family and work responsibilities may limit your ability to provide round-the-clock care for an older adult's escalating care needs. Full-time home care provides a high-quality level of support while helping your senior loved one age in the comforts of a familiar place – home. Elderly companionship from a trusted home care professional offers one-on-one emotional and physical support that retirement homes or assisted living communities have a hard time providing.

[Click to read more](#)



The Month of January

January was named for the Roman god Janus, known as the protector of gates and doorways who symbolizes beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

The Romans often made promises to Janus and exchanged good wishes.

*Janus am I; oldest of potentates;
Forward I look, and backward, and below
I count, as god of avenues and gates,
The years that through my portals come and go.*

–Henry Wadsworth Longfellow, American poet (1807–82)

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Dutch Supermarket Adds “Slow Checkout Lanes” for Senior Citizens Who Could Use a Chat



Loneliness is one of the main issues that affects senior citizens around the world, especially in urban settings where everything is fast paced and increasingly digitized. That's why a Dutch company came up with an idea to combat this from a very common front: the grocery store checkout. **Jumbo**, a Netherlands-based supermarket chain with over 700 stores, introduced a Kletskaassa, which translates to “chat checkout,” a special lane for customers who are not in a rush and could use a little talk with the cashier.

[Click to read more](#)

Know Someone Who Has a Heart for Helping

Others? We're Hiring!





Can

Long-Term Care Insurance Pay for Senior Home Care?

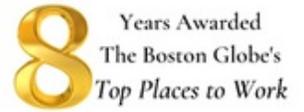
While many families in Newton, Massachusetts, and surrounding areas utilize long-term care insurance to pay for [in-home care providers](#), this type of insurance will also cover care at assisted living facilities, nursing homes, adult day care centers, and hospice care. Many individuals who choose long-term care insurance do so because they want to limit the financial burdens placed on their family members related to their care.

Long-term care insurance is becoming more popular because of the need for elder care as baby boomers age. The U.S. Department of Health and Human Services reports that at least 70% of those over the age of 65 will require some form of long-term care in their lifetime.

[Click to read more](#)



Enjoy a new career in the new year! Visiting Angels Newton/Canton is searching for caregivers to join our team. If you are passionate about helping your elderly friends and neighbors, visit our [careers page](#) to get started!



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

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