

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)

Visiting Angels Newton/Canton | Newsletter | March 2024 [View as a webpage](#)

Angel of the Month: Marie Ketsia Daille



Marie Ketsia Daille, come on down! You've been selected as our ***Angel of the Month for March 2024***. With a knack for fostering long-standing relationships, Ketsia's become an indispensable member of our caregiving team. Ever since she first joined us, Ketsia has developed a fondness for all of her clients, caring for them just like family members or friends she would have over to her house for dinner.

"When I go to a client's house, I try to put myself in their place," Ketsia said. "I want to understand them through good communication and caring—and treat them well, of course!"

Ketsia had a short stint with Visiting Angels in 2008 but returned to us in March of 2020. We were thrilled she found her way back to us. To no one's surprise, Ketsia picked up right where she left off, forging strong relationships with her clients and the office team. Ketsia has always been a caregiver. She

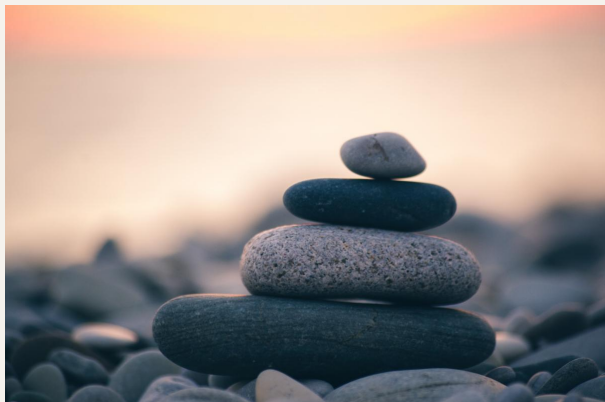
continuously learns from seniors and appreciates them for the lives they've lived.

Case Manager Traci McCarthy praised Ketsia saying, "She's an excellent caregiver who works on one of my most challenging cases, which requires a great deal of skill." True to form, Ketsia has dedicated herself to her client, having been with her for almost two and a half years now. Traci trusts Ketsia to take care of our

her client, having been with her for almost two and a half years now. Tracy trusts Ketsia to take care of our client because she always approaches challenging situations with the right mindset.

“If you’ve been working with the client a while, then you can take the time to understand what’s making them upset,” Ketsia explained. “Sometimes you can just watch them and evaluate the situation. It could just be that the client is changing, and you have to just honor their wishes and give them their space. If the client gets upset or angry, I try to let them know some of the other things we can do that day.”

[Read more about Marie Ketsia Daille here!](#)



March Mindfulness: A Path to Wellness for Caregivers and Seniors

As we transition from winter to spring, March offers us a chance to focus on our well-being. At Visiting Angels Newton/Canton, we believe in nurturing our mental and emotional health for both caregivers and seniors. This March, let's embark on a journey of mindfulness, creating a space where peace and serenity thrive.

For Caregivers:

We know caregiving can be demanding, so it's crucial to take care of yourself, too. Here are some simple ways to incorporate mindfulness into your routine:

1. **Breathe Deeply:** Take a few moments each day to breathe deeply. Inhale positivity, exhale stress and center yourself in the present moment.
2. **Count Your Blessings:** Keep a gratitude journal and write down three things you're thankful for each day. Reflecting on the good things in life can lift your spirits and boost your mood.
3. **Enjoy Nature:** Spend some time outdoors, whether it's a walk in the park or simply sitting in your backyard. Nature has a way of calming the mind and soothing the soul.

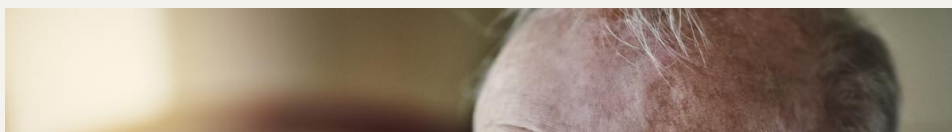
For Seniors:

Seniors can also benefit from mindfulness practices. Here are a few ideas to promote well-being:

1. **Morning Meditation:** Start your day with a short meditation session. Find a quiet spot, close your eyes, and focus on your breath. It's a peaceful way to begin the day.
2. **Engage Your Senses:** Take part in sensory activities like gardening, painting, or listening to music. These activities can bring joy and relaxation.
3. **Connect with Caregivers:** Our caregivers are more than just helpers – they're companions. Take the time to chat with them and enjoy meaningful conversations.

At Visiting Angels Newton/Canton, we're here to support your journey to mindfulness and wellness. With our personalized care services and compassionate companionship, we aim to create a nurturing environment where you can thrive.

As we celebrate March Mindfulness, let's embrace each moment with gratitude and intention, cherishing the gift of life together.



Quick Links

[Angel of the Month:](#)



Life After the First Fall: How to Plan if Your Aging Parent Has Fallen

When your aging parent experiences a fall, it can be a frightening and challenging situation. Beyond the immediate concerns for their immediate health and safety, you'll need to focus on ensuring their well-being moving forward.

From addressing medical needs and making necessary adjustments in their home to considering professional care options, proactive planning is essential to provide the best possible support for your aging parent after a fall or mishap.

Practical Steps and Considerations

Roughly 55 percent of falls happen inside the home, and an additional 23 percent occur near the home. The threat of falling can feel overwhelming and unavoidable. Falling is the most prominent warning sign of further falls to come—after falling once, you're [twice as likely to fall again](#).

Physical injuries are a serious peril when it comes to falls. Falls are risk factors for fractures, concussions, broken hips, and more. According to the [Centers for Disease Control and Prevention](#):

- One in four seniors falls each year
- One in five falls leads to a severe injury
- 2.8 million seniors visit emergency rooms each year for injuries sustained in falls, and roughly 800,000 are hospitalized
- Upwards of 95% of fractured hips result from falls
- Traumatic brain injuries are most frequently caused by falls

Falls are a mental affliction, too. Fewer than half of seniors who fall [tell their doctor](#). And even one fall—much less multiple—often make seniors anxious or fearful about continuing about their daily tasks, which can then lead to increased isolation and a diminished sense of self-reliance and safety, even at home.

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[Life After the First Fall](#)

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[Join Our Visiting Angels Team](#)

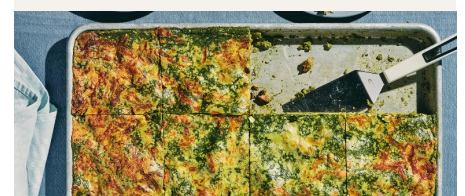


When caregivers go above and beyond while caring for their client, we love to acknowledge and thank them with a gift.

These caregivers were most recently **Caught in the Act of Caring!**

*Sheryl Bailey
Robert Mwesigwa*

Sheet Pan Spinach Lasagna



[Click here to read more.](#)



by dailycaring.com

Improve Caregiver Sleep

Incorporating meditation into your bedtime routine is a great way to quiet your mind and relax your body to prepare for sleep. In fact, even leading sleep experts advocate the benefits of this practice for both reducing the [amount of time it takes to fall asleep](#) and [improving the quality of sleep](#).

Finding the right guided meditation for you can be a bit of a cumbersome task: What works for one person may be absolutely grueling for another.

With a search turning up thousands upon thousands of options – where does one even begin?

We've rounded up 5 of the best free guided meditations for sleep that YouTube has to offer.

Simply choose one that speaks to you, get comfortable, and go to sleep.

[Click here to read more.](#)



If you didn't think this Italian-American classic could classify as a weeknight dinner, let this spring dinner idea convince you: It takes one hour, start to finish.

[Click here for the recipe](#)

Spring Into a New Career with Visiting Angels!



Join our Visiting Angels team!

With flowers blooming and longer days ahead, there's no better time to start a fulfilling career as a caregiver with Visiting Angels Newton/Canton!

If you're caring, kind-hearted, and want to make a real difference in the lives of seniors, we'd love to have you join our team!

Enjoy flexible



by lovetoknow.com

20 Easter Activities for Older Adults

Easter traditions aren't just for kids; they're also a big deal to adults of all ages. The best Easter activities for older adults can involve creativity, family, and community, and we've got tons of inspiration to help make this the hoppiest Easter ever.

Think beyond chocolate bunnies and plastic eggs to find Easter activities and Easter crafts for older people that are fun and meaningful. From making a wreath for your door to playing a great Easter game with friends, this is going to be the best Easter ever.

Easter Activities for Older Adults to Celebrate With Friends

If you won't have family around for Easter or just want to share in the fun with friends in your community, get in the Easter spirit with activities made just for adults. From crafts to Easter games, there are tons of ways to celebrate together.

[Click here to read more.](#)

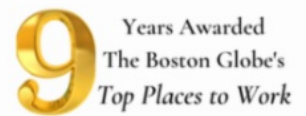
Enjoy flexible schedules, great pay, and the chance to bring smiles to people's faces every single day.

[Apply today!](#)

Spring reminds us of the beauty in *growth*, the warmth in the *sunshine*, and the joy in *renewal*.



Spring is a time of new beginnings and fresh starts! Let's embrace the beauty of growth, the warmth of sunshine, and the joy of renewal. As we welcome this season of change, we're reminded of the importance of caring for others with compassion and kindness.



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