

*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**  
Call us at 617-795-2727 or 781-828-9200 | On the web: [VisitingAngels.com/Newton](http://VisitingAngels.com/Newton)

*Visiting Angels* Newton/Canton | Newsletter | November 2022 [View as a webpage](#)

## Angel of the Month: Betie Mondestin



We are so honored to be awarding Betie Mondestin Angel of the Month for October 2022. Betie has been a highly respected caregiver since she started with Visiting Angels Newton/Canton in August 2016. For the past six years, Betie has excelled as a Visiting Angel and is quite deserving of the accolades showered on her daily by her clients and the office team. Betie's work is so consistently respected that she was also named Angel of the Month in May 2019.

Betie is a CNA and a trained med-tech. She has over 17 years of experience in health and home care. She is knowledgeable, caring, and dependable. Her work with our clients comes from her heart and it shows. She has assisted some of our most challenging clients since her first day with us. Even with all the difficulties on her cases, Betie has always gained the trust of her clients and their families due to her skills, commitment, hard work, and reliability.

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## Seasonal Home Care for Greater Boston Families

'Tis a joyous season for friends and family, but it is also a time when we find ourselves overbooked and spread thin. When you have an aging loved one who needs your attention, that holiday stress is compounded. This is true for both adult children and their aging parents. Seasonal home care assistance can be a great help for Greater Boston families with elderly loved ones.

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[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.

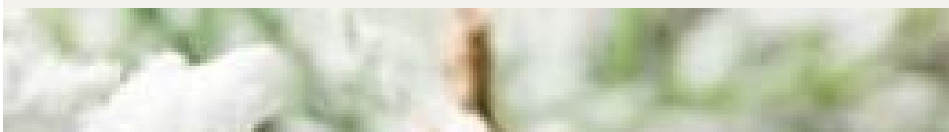
This month's honorees are:

- Marie Bellefleur-Raymond
- Williams Ejimonyeabala



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:

- Stella Spencer
- Nadya Harriet
- Fevrine Seide
- Leonie Benson





## SELF CARE DURING THE HOLIDAYS: 10 STRESS RELIEF TIPS FOR CAREGIVERS

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

### Reduce holiday stress with self care for caregivers

The holidays can be a time of mixed emotions and extra stress for caregivers.

There happy celebrations, special traditions, and wonderful memories.

But there can also be unpleasant family members, grief for those who have passed, and an overwhelming To Do list.

In the midst of all of this, self care may sound like a silly concept, but it truly is an effective way to reduce stress, improve well-being, and help you find some joy in these challenging situations.

And when you feel better, everyone around you will also benefit from that positive energy.

Here, we've rounded up 10 useful and realistic tips that help you care for yourself this holiday season.

[Click to learn more](#)

## EASY HOMEMADE TURKEY SOUP



*Making homemade turkey soup after your Thanksgiving or Christmas dinner is super easy and a delicious way to use all the leftovers. This is the basic, easy homemade turkey soup recipe you remember your mom making. It's delicious!*

[Click for recipe](#)

### 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



## History of Thanksgiving

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2022 occurs on Thursday, November 24. In 1621, the Plymouth colonists and the Wampanoag shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the [Civil War](#), that President [Abraham Lincoln proclaimed](#) a national Thanksgiving Day to be held each November.

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## Pardoning The Thanksgiving Day Turkey

The official "pardoning" of White House turkeys is an interesting White House tradition that has captured the imagination of the public in recent years. It is often stated that President Lincoln's 1863 clemency to a turkey recorded in an 1865 dispatch by White House reporter Noah Brooks

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 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

was the origin for the pardoning ceremony.

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## Holidays are a Good Time to Look for Changes in Your Parents

Did You Visit Your Parents for the Holidays? Adult children of parents who are aging may not always look for changes that are happening to their parents, and often overlook them as they're painful to see. In these instances, spouses may be the ones to prompt this conversation and point out something out of the ordinary that may be worrisome.

It's typical of siblings who live closest to parents or those who visit most frequently to disregard warning signs (majority are gradual and easily unnoticed). When other adult children or siblings visit during the holiday months, they're the individuals who are alarmed by their parent's condition.

Here are several warning signs to look out for. If your loved one or parent is has experienced any of the following, it may be a safer option to consider at home senior care. These signs include:

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home care. Our strong reputation is attracting new clients, and we need more caregivers like *you!*



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



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

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