

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](https://www.VisitingAngels.com/Newton)

Visiting Angels Newton/Canton | Newsletter | October 2021 [View as a webpage](#)



How to support your mental health as the seasons change

By [MyStress.com](https://www.Mystress.com)

As the times get shorter and colder and we welcome the festivities of fall, many older adults discover that they experience a change in vitality ranges and temper that appears like despair. For those who've seen a decline in your psychological well-being when the seasons change, you're not alone. Right here's primary information to understanding

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Angel of the Month: Jacqueline Nwosu



seasonal despair, its signs, and most significantly, how to deal with its results to be able to take the cost of your well-being.

[Click to learn more](#)

40 Mental Health Resources for Seniors

By [SeniorLifestyle.com](#)

There are dozens of resources for seniors available through online or mobile app portals. Here are some select resources and mental health programs for older adults.

[Click to learn more](#)



We are thrilled to award Jacqueline (Jackie) Nwosu Angel of the Month for October 2021. Jackie became a member of the **Visiting Angels** Newton/Canton team in November 2008 and will celebrate her 13th anniversary with us on November 13th!

Over the years, Jackie has been a clutch team player and has accepted many emergency and fill-in cases, helping us out in a pinch. Jackie has cared for sixty-two of our clients - an astounding number. She has been adored and appreciated by every one of those clients.

[Click to read article](#)



Can You Get Your COVID-19 Booster With Your Flu Shot?

Yes, but here's what to know about timing all your vaccines this fall (side effects included)

By Michelle Crouch | [AARP](#)

September and October are big months for flu shots, but this year, it's also when [COVID-19 booster shots](#) could start rolling out. So you may be wondering: Is it OK to get your flu shot and COVID-19 booster at the same time?

Absolutely, health experts say. In fact, many doctors plan to encourage Americans to get both at once.

It's important for older adults to get both shots this year because COVID-19 cases are surging, fueled by the spread of the more contagious [delta variant](#), just as the flu season is set to begin. Both diseases are especially dangerous for those over 65.

[Click to learn more](#)

[CDC Guidelines - Who Is Eligible for a COVID-19 Vaccine Booster Shot?](#)



We are proud to honor the caregivers listed below, recognized for their outstanding services given to our clients in the monthly **Home Care Pulse** satisfaction surveys.



Apple Users Can Now Add COVID-19 Vaccination Status Card to Wallet With Latest iOS 15 Update

By [Gadgets.NDTV.com](https://gadgets.ndtv.com)

Apple Wallet is all set to allow users to add verifiable COVID-19 vaccination cards to the app as part of the iOS 15 updates. The iOS 15.1 beta that was introduced on Tuesday, September 21, lets users upload their vaccination status to the Health app, which in turn creates a vaccination card in Apple Wallet. This makes it easier for iPhone users to quickly show their vaccination status at airports or other institutions when needed.

As per Apple, the new feature will take advantage of the international SMART Health Cards standard (already in use in several states in the US) to produce proof of vaccination, sign it with a private key, and create a public key to verify your information.

Also, the just-released iOS 15 already allows users to store verifiable vaccination and test results in the Health app using the same standard. One will receive their records through QR codes, downloadable files, or healthcare providers who use Health Records on iPhone.

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Thank you all for your hard work and commitment to the **Visiting Angels** mission.

Each caregiver has been presented with a bonus to celebrate their achievements

- Erica Berg
- Ardith Caissy
- Robin Cardin
- Williams Ejimonyeabala
- Elizabeth Henault.



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**:

- Lakech Fente
- Zita Fumukong-Andam
- Kettle Juste
- Adeline Saint Louis
- Barbara Tomlinson

Pasta with 10-Minute Pesto



Shutterstock / stockcreations





This Popular Herb Could Help Prevent Alzheimer's, New Study Finds

Adding this flavorful herb to your diet could be the key to staving off cognitive decline.

By [Sarah Crow](#) | [EatThis.com](#)

Over 6 million U.S. residents have [Alzheimer's disease](#), with the prevalence of the degenerative condition increasing 145% between 2000 and 2019 alone, according to the [Alzheimer's Association](#). While there's no definitive cure for Alzheimer's, which affects one in nine adults over 65, a new study suggests that one popular herb could help fend off the devastating condition... basil.

A new study published in [Frontiers in Aging Neuroscience](#) reveals that fenchol, a naturally occurring compound found in basil, may have a protective effect against Alzheimer's disease.

[Click to learn more](#)



By [Mindy Fox](#) | [Epicurious.com](#)

Blanching fresh basil leaves before blending is the key to this vibrant, ultra-herby pesto. Perfect for pasta, it also dresses up pizza, scrambled eggs, and more.

[Click for recipes](#)

Balancing Senior Care with Working from Home



Many schools, offices, and businesses have adjusted due to the COVID-19 pandemic, making working from home the "new normal" for millions of Americans. Senior centers, nursing homes, and assisted living facilities have also adjusted their policies and availability in many states, leaving numerous older adults without necessary supervision, recreation, and social interaction opportunities.

As a result, many family caregivers of older adults have found themselves in the unexpected position of balancing working from home with increased [eldercare](#) responsibilities. Navigating these new and sometimes uncharted waters can feel overwhelming.

[Click to read article](#)



6 Festive Fall Activities for Seniors

By [DailyCaring.com](#)

It's refreshing to feel the crisp fall air and watch the leaves change color.

To celebrate the new season, we've rounded up 6 festive activity ideas that you can enjoy with your older adult.

They're all simple, inexpensive, and fun!

Prepare for Halloween trick-or-treaters

If you're planning to hand out treats to children in the family or neighborhood kids, your older adult might enjoy helping with the preparations.

For a safer, no-contact Halloween, prepare individual treat bags in advance and place them on the porch so trick-or-treaters can help themselves.

Some ideas:

- Prepare fun little [pumpkin pouch goody bags](#)
- Use the completed coloring sheets and other decorations to make the front door more festive
- Someone with [dementia](#) might enjoy sorting a mixed bag of candy into different containers. It's a great [no-fail activity](#) that helps them feel included – even if you don't really need the candy to be sorted.

[Click to see all six activity ideas!](#)



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Newton, MA 02464
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