



Angel of the Month: Rody Fils-Aime

Visiting Angels Newton/Canton is pleased to award Rody Fils-Aime Angel of the Month for March 2022. She joined our team just over a year ago, in January 2021, and immediately made an impact. Rody was selected as this month's Angel because she quickly rolls up her sleeves and takes on the work of assisting our clients with enthusiasm and dedication.

We have her daughter Sarah Fina Mardy to thank for referring Rody to us. Sarah Fina is another one of our outstanding caregivers. Since becoming a Visiting Angel, Rody has assisted nine of our clients – all complex cases with challenging health issues. Rody shared, “I love working for **Visiting Angels!** Everyone is so friendly. The clients and their families have been very kind. Case Manager Susan Saris is so kind and experienced, and Case Manager Elizabeth Quagraine is amazing. All of the case managers and office staff are very helpful. I describe the type of client I'm looking for, and they match me appropriately.” She added, “If Elizabeth calls or texts me, I know I will always say ‘yes’ to her request!”

Rody has cared for one of our clients consistently since July 2021 and has developed a genuine bond with her. “My client is really cute,” Rody said. “She loves to compliment me and is so sweet. She reminds me of my grandmother. She has grown to really trust me and loves to chat and ask me lots of questions. It has been a joy to take care of her.”

A Dedicated Angel

Case Manager, Susan, values Rody's work with our client. She said, “Rody is reliable, responsive, and engaging with our client. She uses her experience and compassion to provide excellent care for her. I genuinely appreciate that she is committed and consistent and does her work from her heart.”

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Elizabeth also expressed her gratitude for Rody. “I can always count on Rody to help me out if she can,” Elizabeth said. “She accepted a challenging case for me. She was very dependable and gave me enough time to find a substitute if she couldn’t make her shift. Most importantly, she kept me updated on our client’s health changes, no matter how small they were. Her keen observation, empathy, and dedication were key in keeping our client home and safe.”

Professional Background

Rody’s caregiving experience began back in her home country of Haiti when she became the primary caregiver for her grandmother after she’d had a massive stroke. Her grandmother could not speak or walk and required full ADL support. Rody lived with her grandmother and cared for her until she passed. “I hold her in my heart and loved her dearly. I use that love to help others,” Rody shared.

She moved to Massachusetts in 2010 and found work at Friendly Care in Brighton, earning her Home Health Aide (HHA) certification in 2011. Rody also worked in nursing homes and assisted living facilities, supporting seniors. In 2015, she took Certified Nurse Assistant (CNA) classes through C & S Healthcare Training and Staffing in Hyde Park.

Words of Wisdom

Rody’s advice to new caregivers joining the *Visiting Angels* Newton/Canton team is, “To be a successful caregiver, you must have genuine compassion and the ability to treat someone who is not family like they are. Give 100% of what you have to your clients. Listen to their needs, and if they cannot communicate with words, learn hand signals, facial expressions, and even writing notes. Be creative about completing your tasks if you have a resistant client, and above all - be kind and patient.”

Sarah Fina’s Thoughts About Her Mother

Rody’s most notable caregiving skills are evident in how she raised her daughter Sarah Fina, also a talented and compassionate caregiver. “I have watched my mother care for others since I was around four years old,” Sarah Fina shared. “She helps the elderly with no judgment and strives to make sure clients are well taken care of and comfortable. She has infinite patience.”

“My mother is one of the strongest people I know and is amazing. I’ll never forget the advice she gave me when I was twelve. She said, ‘Sarah Fina, you can do anything you want in life. Work hard and don’t rely on others to do for you – always believe in yourself.’ She has always been an inspiration to me and incredibly supportive of my journey.”

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On a Personal Note

Rody, one of eleven children, has seven sisters and three brothers. In addition to Sarah Fina, Rody has a son and daughter who live in Haiti along with other family members. Her other daughter earned her bachelor's degree in business administration, and her son is an engineer. While working at *Visiting Angels*, Sarah Fina is a junior at Umass Boston, taking pre-med classes to become a cardiologist.

Rody is a member of the Seventh-day Adventist Church in Roslindale. She enjoys taking trips to the beach in the summer, keeping in touch with her family, and visiting Haiti whenever possible. Sarah Fina shared that her mom loves to watch her favorite singer Bedjine on YouTube and calls or FaceTimes her to show a new video or just dance around to her music!

Our Thanks to You

Rody, we thank you for your dedication, compassion, and commitment to our clients. We are honored to have you as our Angel of the Month for March 2022. We look forward to working with you for years to come.