

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

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



Celebrating Grandparents Day - September 12, 2021

By GrandparentsDay.org

The COVID-19 Pandemic reshaped our lives in unthinkable ways. It also gave us an appreciation for grandparents and Grandparents Day more than ever before. Far too many of us endured unspeakable hardship and loss. The pandemic also made us cherish connections more. There were scores of multigenerational households and grandfamilies where young and old experienced the pandemic together.

Since 2012, Generations United has spearheaded an annual campaign to encourage all generations to Do Something Grand and engage with

Quick Links

[Celebrating Grandparents Day -
September 12, 2021](#)

[ANGEL OF THE MONTH: Christine
Sylfrin](#)

[Combat Robocalls and Scams
Targeting Seniors](#)

[Tips for Caregivers and Families of
People With Dementia](#)

[RECIPE: Chard & Feta Tart](#)

[5 Food Waste Apps That Are Good
For the Planet *and* Your Wallet](#)

[Massachusetts Food System
Collaborative](#)

[A Poem by Arlene Corwin](#)

[How to be Proactive in Caring for
Your Elderly Parent](#)

Angel of the Month: Christine Sylfrin



another generation on Grandparents Day. As our society opens back up, our theme this year is a question: *How will you look at connecting generations differently this Grandparents Day?*

All year round:

[Grandparents and Older Adults](#)

[Children, Youth, and Younger Adults](#)

[Grandfamilies](#)

[Intergenerational Programs](#)

Together, adults and youth can reach out to decision-makers and begin one of the most important dialogues in our history: discussing how, as a country, we can address the many challenges facing future generations—from literacy to health and wellness to financial stability.

[Click to learn more](#)



We are extremely honored to award Christine Sylfrin Angel of the Month for September 2021. As one of **Visiting Angels** Newton/Canton's first caregivers, Christine helped launch us on the path towards being one of the area's top home care agencies. She celebrated her 17th anniversary with us this past June, and she remembers her interview with agency founder Barney Freiberg-Dale fondly.

Christine has worked for us continuously over the years and has been an incredible caregiver for seventeen clients, most of which have been long-term assignments.

[Click to read article](#)



Combat Robocalls and Scams Targeting Seniors

How can you combat the relentless tide of robocalls and scams targeting seniors? Just follow these tips and tricks to stay safe.

By [Sarah Hopkins](#) | [Magazine.Northeast.AAA.com](#)

Robocalls are typically scams targeting seniors. That's because seniors usually have landlines (which are more susceptible to robocalls), they answer unknown numbers more often (not having grown up with caller ID) and they have less experience with the world of internet scams.

With just a little bit of background knowledge, you can be savvier about how to avoid robocalls and other scams targeting seniors.

Why Robocalls?

The internet has made scammers and con artists a lot sneakier than they used to be. It's also made it a lot easier to run thousands of



We are proud to honor **Jacqueline Nwosu**, recognized for her outstanding services given to our client in the monthly **Home Care Pulse** satisfaction surveys.

automatically-dialed robocalls at once. Don't have your number in the phone book? It doesn't matter – that's not what these phone farms are relying on. They can scrape phone numbers from almost anywhere, across the internet and beyond.

Think you're getting more robocalls than you used to? That's because you are. According to the Federal Communications Commission, U.S. consumers received nearly 4 billion robocalls per month in 2020.

Scammers want to lure you into revealing private information. They do this by scaring you into going along with their schemes. Robocalls prey on common anxieties and desires among Americans, like health insurance, COVID-19, student loans, Social Security, tax errors, interest rate scams, and get-rich-quick schemes. Robocalls are one of the main ways that telemarketing scammers prey on their victims. They are depending on you being naïve and unaware of their tricks.

[Click to learn more](#)



Tips for Caregivers and Families of People With Dementia

By [Alzheimers.gov](https://www.alzheimers.gov)

A caregiver sometimes referred to as a caretaker, refers to anyone who provides care for another person. Millions of people living in the United States take care of a friend or family member with Alzheimer's disease or related dementia. Sometimes caregivers live with the person or nearby, other times they live far away. For many families, caring for a person with dementia isn't just one person's job, but the role of many people who share tasks and responsibilities. No matter what kind of caregiver you are, taking care of another person can be overwhelming at times. These tips and suggestions may help with everyday care and tasks.

Learn:

- Tips for Everyday Care for People With Dementia
- Tips for Changes in Communication and Behavior for People With Dementia
- Tips for a Healthy and Active Lifestyle for People With Dementia
- Tips for Home Safety for People With Dementia
- Tips for Caregivers: Taking Care of Yourself
- Planning for the Future: Tips for Caregivers

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

Jacqui has been presented with a bonus to celebrate this achievement.



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**:

- Glorieuse Antoine x2
- Williams Ejimonyeabala
- Lakech Fente
- Zita Fumukong-Andam
- Kettle Juste
- Jaqui Nwosu
- Barbara Tomlinson

Chard & Feta Tart



By Carolyn Malcoun | [EatingWell.com](https://www.eatingwell.com)

Fragrant lemon zest, briny olives and salty feta balance the bitterness of the dark leafy greens in this Greek-inspired tart. The



5 Food Waste Apps That Are Good For the Planet *and* Your Wallet

By [Briana Dodson](#) | [Brightly.eco](#)

Every year, [108 billion pounds of food](#) is wasted in the United States. That's more than \$161 billion worth of food thrown away. Most of that [food ends up sitting in landfills](#), where it releases methane—a gas that's 30 times more powerful than carbon.

Like all things, when it comes to cutting down on food waste, there's an app for that. Here are some apps that help you save money, reduce food waste, and help those in need, all through a few taps on your phone.

[Click to learn more](#)

[Massachusetts Food System Collaborative](#)

In this Greek-inspired tart. The crackerlike crust is quite sturdy so you can serve this as finger food at your next party or alongside a mixed green salad for a light supper.

[Click for recipes](#)

How to be Proactive in Caring for Your Elderly Parent



It is not uncommon for families and friends to live a great deal of distance from each other, including their elderly parents.

Whether you have relocated for work or your loved one has retired to an adult community, you likely do not get to spend as much time with your parent as you would like. A visit every few months and a daily phone call can show your loved one that you care, but you may be missing crucial signs that they need more [in-home living assistance](#) than you realize.

A small dent in their car, a refrigerator full of spoiled food, or a bruise from a fall they are too proud to admit could all be warning signs of underlying problems that you cannot see over the phone or via Zoom.

Face-to-face interaction tends to remove the veil that is masking independence. That is why most [home health care providers](#) are hired at or around the holidays. But in many cases, underlying issues don't begin during the holidays. That's just when most people become aware that their loved ones require support.

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The Releasing of Sorrow, Paul Bond

Rosh Hashanah:

the Jewish New Year 5782

Something to remember;

Not routine or ritual but something vital,
What is really being told
Is that a culture is alive and well,
Five thousand seven hundred
Eight-two years old.
Whether you take holy scripture to your heart,
Or you do not,
The prophecy of a new year
With optimistic hope and cheer
Exists in all traditions
In their search for a completion of perfection;
Every alphabetic letter with significance,
Every number having function;
An occasion and a celebration
With a meaning and a purpose.

These aside,
Let us ride out 5782
Contemplating self-examination.

Happy New Year!

By [Arlene Corwin](#)



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