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As 2020 comes to a close, Visiting Angels Newton/Canton would like to thank you for being part of our network, whether as a client, caregiver, or friend. Our face-to-face work as a home care agency has remained essential despite the challenges from a pandemic that otherwise requires us to be apart from one another. This year has asked a lot of us all, and our employees' response has been tremendous. We appreciate our outstanding team who rose to the occasion and continued providing consistent, knowledgeable, and skillful care to our clients who want to remain independent in their homes. We are grateful to all of you for your continued trust in our care. We are always here for you.

Please enjoy this last newsletter of the year. We look forward to 2021 with great hope and wish you and yours a happy, healthy New Year.



## Visiting Angels Newton/Canton



**The Best in Non-medical Home Care Services 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 | December 2020 [View as a webpage](#)



### Can I stop wearing a mask after getting a COVID-19 vaccine?

Even after COVID-19 vaccinations start in the U.S., masks and social distancing will be recommended for some time

By [abcnews.go.com](https://abcnews.go.com)

[Can I stop wearing a mask after getting a COVID-19](#)

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## Can I stop wearing a mask after getting a COVID-19 vaccine?

No. For a couple of reasons, masks and social distancing will still be recommended for some time after people are vaccinated.

To start, the first coronavirus [vaccines](#) require two shots; Pfizer's second dose comes three weeks after the first, and Moderna's comes after four weeks. And the effect of vaccinations generally isn't immediate. People are expected to get some level of protection within a couple of weeks after the first shot. But full protection may not happen until a couple weeks after the second shot.

It's also not yet known whether the Pfizer and Moderna [vaccines](#) protect people from infection entirely, or just from symptoms. That means vaccinated people might still be able to get infected and pass the virus on, although it would likely be at a much lower rate, said Deborah Fuller, a vaccine expert at the University of Washington.

And even once vaccine supplies start ramping up, getting hundreds of millions of shots into people's arms is expected to take months.

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## The Boston Globe Names Visiting Angels Newton/Canton One of the 2020 *Top Places to Work* for the 6<sup>th</sup> Time!

Visiting Angels Newton/Canton has been named one of the *Top Places to Work* in Massachusetts in the 13th annual employee-based survey project from The Boston Globe. This is the fourth year in a row that Visiting Angels Newton/Canton has been voted a *Top Place to Work* by its employees, and the sixth time overall.

"We are honored to have once again been voted one of the *Top Places to Work* by all our employees, especially this year. The pandemic has hit the senior community very hard, presenting new challenges for our home care agency, which relies on face to face contact with our clients. I am very proud of how our team responded. As essential workers, our caregivers and staff adapted to the new conditions and showed up each and every day to care for our clients who depend on our services. Our team's expertise and deeply caring attitudes allowed us to continue our valuable work of keeping our clients safe and cared for during this difficult time," said Larry Michel, President, and Co-Owner, Visiting Angels Newton/Canton.

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[Tim Tebow on the 'Life-Changing' Impact of Spreading Kindness and Why His New App Does Just That](#)

[Make a Senior Care Plan for the Holidays](#)

## Angel of the Month: Amanda Adolphus



Visiting Angels Newton/Canton is proud to name Amanda Adolphus Angel of the Month for December 2020. It is entirely appropriate to end this difficult year by honoring a caregiver who is an expert at facing challenges with directed energy, thoughtfulness, and care. Amanda became a Visiting Angels team member in October of 2019. During her time with us, she has shown incredible empathy for and dedication to our clients.

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# It's a Wonderful Life

A Zoom Radio Hour Production



## Join us for a Holiday Classic: *It's a Wonderful Life* December 19th at 8 PM

Visiting Angels Newton/Canton is proud to co-sponsor Newton Theatre Company's Zoom Radio Production of *It's a Wonderful Life*. NTC puts a virtual spin on this holiday classic. It hosts a diverse, multi-generational, Newton-based cast, as it reimagines this beloved story for our time and our community. Join the festivities at 7:45 PM for live music before the show and tips from NTC's Resident Bartender on how to make the perfect holiday cocktail.

This virtual production is great fun for all. We encourage everyone to tune in to this timeless and relevant story. NTC follows a "Pay-What-You-Can" ticketing philosophy so you can register for free. Consider it a holiday treat from Visiting Angels Newton/Canton. We hope you enjoy!

Visiting Angels Newton/Canton is proud to co-sponsor Newton Theatre Company's Zoom Radio Production of *It's a Wonderful Life*.

[CLICK TO LEARN MORE](#)

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*:

- Silvana Caruso
- Rita Sarpong
- Grace Quay

## Giant Latke With Greens and Mushrooms



By Dawn Perry | [realsimple.com/food-recipes](https://realsimple.com/food-recipes)

What is a latke? A giant potato pancake! But, the real question here is why aren't latkes a dinnertime staple? They're crunchy, salty, and can be a vehicle for any number of toppings—in this case, roasted shiitakes and mustard greens. Instead of doing the hard work of grating potatoes, ready-to-go frozen hash browns do the heavy lifting, leaving you time (and energy) to roast the greens and mushrooms. Add a dollop of creamy sour cream and you've got a seriously satisfying new winter



The Choir of Men and Boys at Saint Paul's in rehearsal, conducted by SPCS director of music and choirmaster James Kennerley, during the filming of *Starry Night*. *Julia Monaco Photography/Courtesy Photo.*

## Saint Paul's Choir School to present *Starry Night: Christmas concert*

# Starry Night: Christmas concert

Newton Tab

Saint Paul's Choir School will present the filmed concert performance *Starry Night: Christmas in Harvard Square*, featuring The Choir of Men and Boys at Saint Paul's, streaming in premiere online at 7 p.m. Dec. 19 and features Newton student Eamonn Greiner, grade five.

The performance is conducted by SPCS director of music and choirmaster James Kennerley, with accompaniment by assistant director of music Maks Adach, as well as Kennerley, on Saint Paul's pipe organ. The performance was filmed by Crowley Digital.

The performance is inspired by Vincent Van Gogh's painting *Starry Night*. Fifteen musical selections span perennial Christmas favorites by Johann Sebastian Bach to modern-day compositions of John Rutter, as well as original arrangements by Kennerley and Theodore Marier, SPCS founder.

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## How to Make a Virtual Family Holiday Celebration Fun

By Annie Tobey | SeniorsGuide.com

### Creative ways to stage a family holiday Zoom call

This year, social distancing precludes gathering in groups – especially if you or your loved ones are in a vulnerable group due to age or medical conditions. To make the best of the challenge, you can host a virtual family holiday celebration and still make meaningful memories!

Consider the elements that make family holidays so valuable: memories, food, and engagement. We recall old memories and make new ones; we eat traditional foods, including family favorites; and we simply spend time together.

To transfer these same memory-making traditions to a virtual platform, consider how to translate those elements to a virtual gathering using [Zoom](#) or another video-conferencing service.

Recent memories

a particularly satisfying vegetarian dinner.

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## How Caregivers of People with Dementia Can Navigate Holidays During the Pandemic



By Ravi Maharajh | rutgers.edu

As COVID-19 cases increase across the nation, many caregivers are trying to navigate the holidays for relatives with dementia or Alzheimer's disease. The Centers for Disease Control and Prevention suggests that people not travel to limit the potential spread of the coronavirus.

Mary Catherine Lundquist, program director of [Care2Caregivers](#), a peer counseling helpline (800-424-2494) for caregivers of people with dementia and Alzheimer's disease operated by Rutgers Behavioral Health Care, discusses how families can stay connected with their loved ones.

### How can family of people with Alzheimer's or dementia navigate the holidays, especially during the pandemic?

Even in the best of times, holidays can be a mixed bag for families

who are caring for a loved one with an age-related illness that causes physical and mental changes. Focus on family togetherness and joy. People dealing with significant

## Record memories

Although it's easy enough to just use an audio recorder or notepad while you chat about memories, you could also seek out a scrapbook or other more formal means of recording the good times, special occasions, challenges, milestones, etc. Two helpful resources are:

**"The Family Story Workbook."** This memory-generating book provides prompts for capturing details of times past. Choose several entries that work well for groups, such as "What is one of the oldest family stories that you know on your maternal side?" (Page 16) or "What is something you learned from your father or another close man in your life?" (Page 89). You can record the virtual session to make sure you didn't miss any details, or so you can just enjoy the exchange of memories without taking notes.

**StoryCorps.** This nonprofit records conversations, mostly from average Americans, on their memories, lives, challenges, and gratitude. Given the constraints of the pandemic, StoryCorps has created an online platform for recording these conversations remotely. The StoryCorps Connect website also suggests questions to get the chat rolling.

[Click to read article for other creative ideas!](#)



## Tim Tebow on the 'Life-Changing' Impact of Spreading Kindness and Why His New App Does Just That

By Nicholas Rice | People.com

Kindli, a new "social unity" app that focuses on positivity and being kind, is available for download now

For Tim Tebow, being kind goes a very long way.

Describing being kind as "life-changing" and that he always tries to "live a lifestyle that is full of kindness," Tebow notes that being a good and warm-hearted person "has the ability to radically shift a lot of perspectives."

Now, alongside Olympic gold medalist Kerri Walsh Jennings and WWE

joy. People dealing with significant illnesses such as Alzheimer's disease may be experiencing other feelings, such as sadness, worry and even exhaustion. Sometimes the best gift we can give to each other is to be present.

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## Make a Senior Care Plan for the Holidays



Being prepared for the holidays will make your job as a family caregiver easier to manage. It will also ensure your loved one stays comfortable and content through what is often a chaotic season. Here are just a few of the ways you can prepare:

- Healthy Eating Between Holiday Meals
- Exercise
- Gift-Related Financial Stress
- Fall Prevention at Family Members' Homes
- Time Off for Yourself

One of the best ways to make your health and well-being a priority during this busy season is to get [respite care service](#) from a [professional elder care provider](#). Being proactive about meeting your own self-care needs will make this time of year much more enjoyable and give you the energy required to provide the quality of care your loved one deserves.

[Click to read full article](#)



Now, alongside Olympic gold medalist Rem Walsh Jennings and WWE star Titus O'Neil, Tebow launched the first-ever "social unity" app, which focuses on positivity and being kind.

Described as a platform that is "on a mission to disrupt social media as we know it and propel a sustainable movement that affects positive change," per a press release, Kindli is free to download.

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