

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.



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Baker-Polito Administration Announces Vaccine Appointment Booking

For Individuals Ages 65+, Individuals with 2+ Certain Medical Conditions to Begin on February 18, 2021.

mass.gov

BOSTON — The Baker-Polito Administration announced individuals ages 65 and over and those with 2+ certain medical conditions, including Asthma, can visit www.mass.gov/covidvaccine to start booking an appointment for a vaccine beginning February 18, 2021. With this announcement, almost 1 million individuals are newly eligible for vaccines.

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Due to extremely high demand for appointments and limited vaccine supply, it could take more than a month for all eligible individuals to secure an available appointment unless federal supply significantly increases. Recently, Massachusetts has been receiving approximately 110,000 first doses per week from the federal government. Residents are encouraged to keep checking the website as appointments are added on a rolling basis.

Individuals 65 and over:

Individuals 65 and over, including residents and staff of low income and affordable public and private senior housing are eligible to receive vaccine effective February 18, 2021.

Residents and staff of low-income and affordable public and private senior housing can learn more about vaccination options [here](#).

Individuals with 2+ Certain Medical Conditions:

Individuals 16 and older with two or more of certain medical conditions are eligible for the vaccine, effective today.

[Click to here to learn more](#)



Wearing a second mask? What to know as we face more contagious COVID variants.

As vaccinations ramp up and variants emerge, experts weigh in on mask safety.

By Dr. Mishal Reja | ABC News

As new [COVID-19 variants](#) emerge that are potentially more contagious, specialists say that masks are more important than ever because they will lower the spread of the virus regardless of the variant.

The key, experts say, is to wear a mask that fits well, and wear it consistently. In some cases, this could mean wearing an extra mask if it's tolerable, but for most, it's not necessary. So keep it simple and make sure your mask completely covers your mouth and nose and keep it on when you can't adequately distance.

"The critical issue is that many people are not wearing the mask correctly. Some people have a mask which drops down from their nose," Weiss said. "They also need a mask which fits well along the nose to get a tight seal. If you feel air escaping or if your glasses are fogging up from your mask, it's not fitting well, and in those situations, using a second mask to get a tighter seal might make more sense."

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Angel of the Month: Judith Pierre-Louis



It is with great pleasure that we announce Judith Pierre-Louis as our Visiting Angels Newton/Canton Angel of the Month for February 2021. Judith just celebrated her first anniversary as part of our team in January. It is rare for a newer caregiver to be nominated and awarded Angel of the Month, but Judith quickly showed our clients and us why she is considered the "dream caregiver."

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We are proud to honor our Caregivers who have been recognized for their outstanding services by our Clients in the quarterly Home Care Pulse satisfaction surveys. Thank you to these seven caregivers for their



What Happens If You Skip Or Delay The Second COVID-19 Vaccine Dose?

Here's what to do if you can't get your second coronavirus shot on time and how it affects immunity.

By Lindsay Holmes | huffingtonpost.com

The [coronavirus](#) vaccine is seen as a dream in this long and grueling pandemic. But the rollout has been nothing short of a nightmare. With a lack of available slots, canceled appointments, and a yearning for any semblance of normalcy, many would be happy to get just one shot of the vaccine, let alone both of them.

Say that did happen and you got a coveted vaccine appointment for your first dose. Is that enough? Can you skip the second shot? Or, can you take it late if your second appointment got messed up or you can't make it on the exact day?

Typically, you'll get a second appointment if you've secured your first; most reports of canceled COVID-19 vaccine appointments do not reflect scheduled second doses for those who already received the first one. It's important to get both in order to achieve full protection from COVID-19. (Unless, of course, you're given a one-dose vaccine-like Johnson and Johnson's candidate. But since that's not currently available to the public, we'll focus on the two-dose immunizations for now.)

That said, there is some wiggle room. Here's what else to know about the timing of your second coronavirus shot.

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hard work and commitment to the Visiting Angels mission. Each Caregiver has been presented with a bonus to celebrate this achievement.

- Sheryl Bailey
- Irma Duclervil
- Sallay Mboyawa
- Nosa Ogbemor
- Judith Pierre-Louis
- Sonia Tibekyinga
- Marie Nina Viaud



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*:

- Margaret Nassali
- Eldine Virgile

Black Chefs Who Changed the Food Industry

By Zareen Syed | thedailymeal.com

Click below to learn about some of the must-know names in the food industry.

To compile this list of trailblazers, The Daily Meal looked for Black chefs and restaurateurs both past and present who broke barriers by achieving firsts, penning top-selling cookbooks, earning nominations for awards and more in the competitive — oftentimes exclusive — world of food.

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Marcus Samuelsson, one of the





Passengers need to eat and drink on a long-haul flight, which means they remove their masks and risk spreading or catching Covid-19. (Photo by MARTY MELVILLE/AFP via Getty Images)

What One Covid-19 Cluster on an Airplane Tells Experts About Risk Factors While Flying

When one person with Covid-19 took an 18-hour flight from Dubai to New Zealand, several people got sick

By Theresa Macherer | smithsonianmag.com

After an 18-hour flight from Dubai to New Zealand, seven passengers tested positive for Covid-19 while under-managed isolation and quarantine. Analysis of the virus' genetic code—along with details about the passengers' symptoms and behavior throughout their trip—indicates that one passenger infected at least four others while aboard the plane, according to a study published in [Emerging Infectious Diseases](#).

Air travel has been difficult to study because different airlines and countries have different safety policies, and all policies rely on passengers' willingness to follow the rules. The cluster of cases shows how precautionary measures, like obtaining a negative Covid-19 test result before a flight, aren't enough to prevent transmission of the virus if other safety measures like mask-wearing aren't strictly followed, Harvard Medical School physician Abraar Karan writes for [Vox](#). It also shows how the managed isolation and quarantine, or MIQ, system successfully prevented the travelers from sparking new community spread of the disease, the researchers write.

The study found that two people, traveling together, got on the flight in Dubai who had gotten a test for Covid-19 four days earlier. Their tests came back negative before the flight, but one of them began showing symptoms two days after arriving in New Zealand, and another test on the third day returned a positive result for both individuals. The pair said that they wore masks and gloves while on the plane, but took their masks off when they were seated, sleeping, or eating, Marc Daalder reports for the New Zealand-based [Newsroom](#).

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One of the culinary experts highlighted in the above article, is an award-winning chef, restaurateur, cookbook author, philanthropist, and food activist. Click the link below to view his unique chicken soup recipe.



Marcus Samuelsson's Leftover Chicken Soup

[Click here for recipe](#)



10 free online classes from Harvard to learn something new



By Amy Mae Elliot | mashable.com

While a year's tuition at Harvard University will set you back nearly \$50,000 (and that's before room, board, and fees tack on another \$20K), there's a much cheaper option that doesn't involve braving Massachusetts winters, or having to be admitted to the prestigious university at all. All you need is an internet connection to take certain Harvard courses for free in the comfort of your own home, thanks to the university's fabulous [online learning portal](#).

You have options. There are [free courses](#) as well as courses that are free to audit, which means you can

WE CELEBRATE SHIRLEY CHISHOLM AS PART OF BLACK HISTORY MONTH



Shirley Chisholm Photographed by Irving Penn, Vogue, May 1, 1969

Shirley Chisholm's Historic Run for President

As the first Black American woman to run for U.S. president through a major party, the seven-term Congresswoman shook up the 1972 campaign.

By Rachel Chang | [biography.com](https://www.biography.com)

As the first major-party Black American to run for president, she forged ahead fearlessly, running to represent all the people of the country equally, no matter how they viewed her, as she announced at Brooklyn's Concord Baptist Church on January 25, 1972, when she declared her candidacy.

"I am not the candidate of Black America, although I am Black and Proud," the [daughter of West Indian immigrants](#) said.

"I am not the candidate of the women's movement of this country, although I am a woman, and I am equally proud of that... I am the candidate of the people of America. And my presence before you now symbolizes a new era in American



free to audit, which means you can take the course for free but there is a cost to upgrade for additional content and/or to receive a verified certificate from HarvardX.

Just think: Your Harvard learning journey could begin today for absolutely nada.

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Professional Elder Care Supports Family Caregivers



If you provide care for a loved one living with age-related challenges or disabilities, you're not alone. According to the [National Alliance for Caregiving & AARP](#), around 44 million Americans act as family caregivers.

Many people view [elder care](#) as being primarily beneficial for older adults who need support with necessary activities of daily living. However, professional care providers also work to promote family caregivers' well-being by giving them [respite](#) from their duties, relief from worry, and time to focus on their own self-care.

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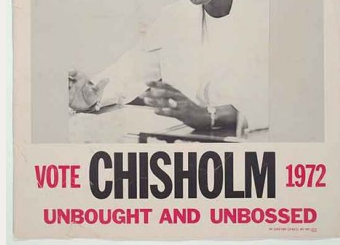
now symbolizes a new era in American political history.”

And that was exactly what her historical presidential run did.

Chisholm already made history as the first Black congresswoman

By the time Chisholm was putting her hat in the ring for the 1972 Democratic presidential bid along with [white male candidates](#) George McGovern, Hubert Humphrey, Edmund Muskie, Henry M. Jackson, and [George Wallace](#), she had already been a barrier breaker, most notably becoming the first Black congresswoman in 1968.

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