

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

We are striving to forge our union with purpose.
To compose a country, committed to all cultures,
colors, characters, and conditions of man.
And so we lift our gaze, not to what stands
between us, but what stands before us.
We close the divide because we know to put our
future first, we must first put our differences aside.
We lay down our arms so we can reach out our
arms to one another. We seek harm to none and
harmony for all.

- Amanda Gorman, "The Hill We Climb"



(Above) **On January 20, 2021, Amanda Gorman, the nation's first Youth Poet Laureate, became the youngest person to ever read at a presidential inauguration.**

[Click here or on the image to read the full transcript of her poem.](#)

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Fitness Micro Resolutions to Try

By Hallie Levine | AARP

With many gyms closed and our usual routines upended, it's fair to say your 2021 fitness resolutions probably look a bit different from last year's. Indeed, social distancing has already changed how many of us exercise. "The silver lining of the pandemic is people looking to work out have discovered they can pretty much do it anywhere, whether it's a walk outdoors or bodyweight exercises in their living room," says Pamela Peeke, M.D., assistant professor of medicine at the University of Maryland and author of *Fit to Live*. As she sees it, "The entire COVID-19 experience has been a wake-up call, with many adults, especially those over the age of 50, realizing how important it is to be in good health." But like everything in life, sometimes the best results come with baby steps or subtle tweaks, rather than all-out makeovers.

Click below to learn about five easy, doable fitness resolutions to adopt today.

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8 Face Mask Mistakes People Make Without Realizing It

It's Not Enough to Wear a Mask to Prevent Viral Transmission - It's How You're Using It, Too

By Newsweek

[8 Face Mask Mistakes People Make Without Realizing It](#)

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Angel of the Month: Renette Glaure



Visiting Angels Newton/Canton is happy to name Renette Glaure as our first Angel of the Month for 2021. Renette encompasses our Angels' greatest attributes with her professionalism, compassion, sincerity, and caring nature. Renette joined our team in June 2019, and within the first few weeks, she stepped up to take on open shifts with various clients, showing her willingness to jump right in and assist with cases.

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Now is not the time to get comfortable with the way things are. Despite COVID-19 vaccines now made widely available, there are still vulnerabilities to address in attempting to contain the virus's spread.

As it stands, there are nearly 24 million cases of COVID-19 and just under 400,000 deaths in the United States alone. Even though more Americans have decided to wear masks regularly, cases are still increasing in states like California, Texas, Florida, and New York.

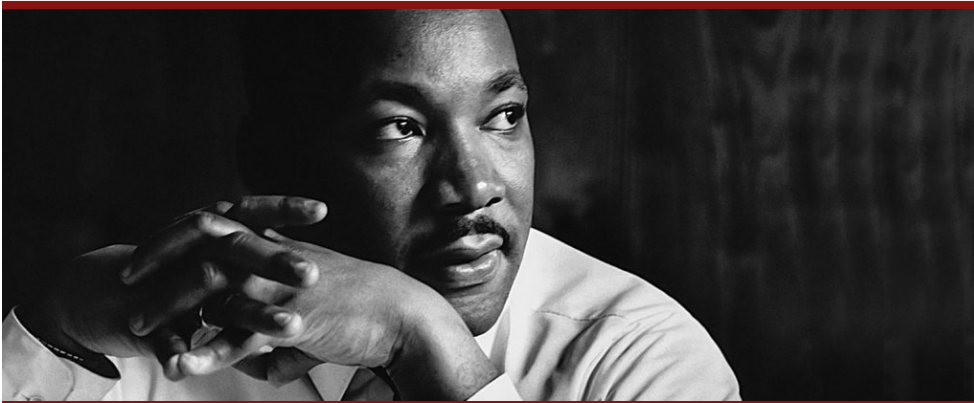
It may be time to take a more surgical approach to face mask usage. It's not as simple as putting one over your mouth and nose. Click below to read about common face mask faux pas you might be committing.

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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*:

- Annabella Prempeh-Amaniampong
- Eveline Larose
- Rebecca Namatyuvo
- Margaret Nassali
- Judith Pierre-Louis



MLK taught us to commit ourselves to peace, equality

By Andrew Fink | detroitnews.com

As we remember the Rev. Martin Luther King Jr.'s birthday, we have an opportunity not only to reflect on the monumental change he influenced on our country and the world but truths that he expounded which are as true now as they were in the 1960s.

In August 1963, King was in jail in Birmingham, Alabama. While there, he penned his famous [Letter from a Birmingham Jail](#), where he explained his thinking about how to confront the injustice that Black Americans were facing every day, which he called "a notorious reality." Author Shelby Steele has similarly described the civil rights era as a daily engagement in "noble fights against an enemy that was everywhere."

King's letter was partially a defense of his belief that nonviolent protests were necessary to create a kind of tension that would allow America to confront segregation. Without that tension, King thought, the reality of racism wouldn't be brought into the sharp relief that "sit-ins, marches, and so forth" produced.

Today we do not need a strategy to create tension. The tension is all around us. So what can we learn from King and the successes of the civil rights era about recognizing the tension and using it to move toward a more perfect union?

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7 Plant-Based New Year's Food Traditions from Around the World



By Chef Katie Simmons | nutritionstudies.org

All over the world, food traditions are used to welcome good fortune into the New Year. Some are meant to symbolize an abundance of wealth. Others are intended for good health. From leafy greens to hearty lentils, many of these foods also fit a plant-based vegan lifestyle. Here's a guide to 7 global traditions and some healthy recipes to celebrate the New Year.

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Alex Brandon/AP

400 Lights Illuminate Lincoln Memorial Reflecting Pool

By Mary Louise Kelly | npr.org

Four-hundred lights around the Lincoln Memorial's reflecting pool were lit Tuesday evening to honor the [400,000](#) people in the U.S. who have died from COVID-19.

Other cities across the country are making their own tributes on Tuesday to those lost to COVID-19. The Empire State Building in New York and the Space Needle in Seattle are among the buildings being lit.

"This is an iconic vista of heroes and honor and of memorialization,"

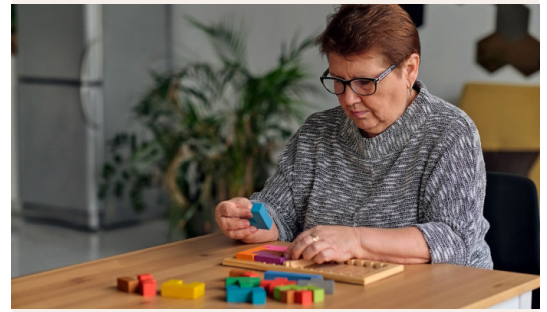
In September, volunteers placed [20,000 flags](#) on the National Mall when the death toll crossed 200,000. [Other memorials](#) have popped up around the country, from roadside drive-bys to people's front lawns.

"This is an iconic vista of heroes and honor and of memorialization," says history professor Micki McElya, who wrote the book *The Politics of Mourning: Death and Honor in Arlington National Cemetery*. "It's impossible to consider that terrain without also thinking of the March on Washington for Jobs and Freedom in 1963."

The memorial, building upon prior localized efforts, represents the "realization of the work of a lot of people and the realization of the need to come together and honor those who've been lost, but also to reckon with those losses and what this means for this country," McElya says.

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10 Fun, No-Fail Activities for People with Dementia



By [dailycaring.com](#)

Seniors with dementia need activities where they're successful

Everyday activities can become too difficult for older adults with [Alzheimer's](#) or [dementia](#). But, like all of us, they still have the need to feel successful. That's why failure-free activities for people with dementia are so important – they'll always be successful, no matter what.

Being happily engaged in a satisfying activity reduces agitation, anxiety, depression, and anger. It may even reduce challenging behaviors like [sundowning](#) or reduce the need for medication. To help your older adult feel productive and successful, we've got 10 simple activity ideas that have no right or wrong way to do them. Plus, they're free or very low cost.

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How to Protect the Elderly from the Flu and COVID-19





Sabeth Ramirez, 80 (center) waits in line with others for the Pfizer-BioNTech COVID-19 vaccine at The Palace assisted-living facility in Coral Gables, Florida. An ongoing study suggests that older American adults are showing resilience and perseverance despite struggles with loneliness and isolation during the pandemic. AP

Older adults resilient in the face of COVID-19 pandemic despite isolation, study finds

By Associated Press

An ongoing study suggests that older American adults are showing resilience and perseverance despite struggles with loneliness and isolation — that ‘there is survival.’

Since the COVID-19 pandemic began engulfing everyone’s lives, older people generally have been viewed as among those at higher risk in a coronavirus-saturated, increasingly isolated world.

But that’s just physical health. When it comes to mental and emotional health, older adults in the United States are showing resilience and are persevering despite struggles with loneliness and isolation, according to the latest results of an ongoing study.

Only 9% of older adults reported having “fair or poor overall mental health” during the pandemic — similar to their previous answers and an indication of what the study calls “some signs of resilience.”

Still, the study found that general happiness has declined. About half as many older adults now report they are very happy or extremely happy, and an increasing number report occasional feelings of depression or isolation.

“It should sensitize everyone to the reality of isolation’s impact but also the reality that people are resilient — and maybe even more so older adults than younger adults,” said Louise Hawkey, the principal research scientist for NORC and the lead researcher on the study. “This isn’t their first show. They’ve been through things already. They know how to handle stress. This is something we can learn from them — that there is survival.”

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With the flu season upon us and the COVID-19 pandemic surging in Massachusetts, it’s imperative to [keep seniors safe from harmful viruses](#).

If your senior loved one contracts a respiratory virus, it is crucial to determine as soon as possible if it’s related to the flu or COVID-19 so that he or she receives the proper care. Being prepared and keeping up with the latest information and guidelines can be your best defense this flu season.

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