

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



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



© Jessica Rinaldi/Globe Staff Kate Cunningham told her 88-year-old mother, Sheila McCabe, that she loves her after visiting with her at the Copley at Stoughton nursing home. McCabe recovered from COVID-19 and is now vaccinated.

‘You are my sunshine’: For nursing homes, COVID-19 vaccinations bring hope amid an uncertain future

By Robert Weisman | [msn.com](https://www.msn.com)

Visitors were allowed to return to senior care sites last week, so Kate Cunningham of Canton hurried over to see her mother. It had been three and a half months since they last embraced. In that time, 88-year-

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old Sheila McCabe had been quarantined with coronavirus, then recovered, and now she's vaccinated.

"It's really emotional," said Cunningham, 58, who entered the Copley at Stoughton nursing home and immediately kissed her mom on the cheek. So recently unthinkable, something so simple and normal was back. "It's just nice to be in her company."

With state officials lifting restrictions, old friends could sit together again at tables in dining rooms or gather for St. Patrick's Day celebrations last week. There were joyful reunions, plenty of hugs, and cellphone photo displays of grandchildren. At the Elizabeth Seton Residence nursing home in Wellesley, resident Dorothy Lynch, 91, and her daughter Jeannie Breen, 55, sang a duet of "You Are My Sunshine."

"You can see the spirits soaring," said Steven Tyer, the administrator at Copley at Stoughton. "Our residents are social beings. Anything social they've been craving."

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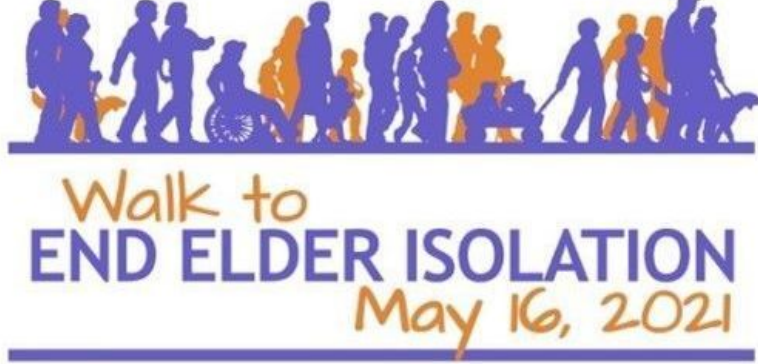
Angel of the Month: Aminah Nakafeero



We are thrilled to announce Aminah Nakafeero as our Visiting Angels Newton/Canton Angel of the Month for March 2021. Aminah joined our team in November of 2019 and has already made an indelible mark with her intuitive and skillful care of our clients.

Aminah's ability as a caregiver to support our clients, particularly those with dementia, comes naturally. She has a keen sense of observation that she uses to study each person she cares for to learn about the effects of dementia and how to attend to their individual needs.

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Visiting Angels Newton/Canton supports FriendshipWorks' Walk to End Elder Isolation

Visiting Angels Newton/Canton is happy to once again sponsor the FriendshipWorks *Walk to End Elder Isolation*. While we are proud to provide skilled and professional home care services to our clients and their families, we understand that there are too many seniors in Massachusetts in dire need of the amazing support offered by FriendshipWorks and their volunteers.

FriendshipWorks' Mission is to reduce social isolation, enhance the quality of life, and preserve the dignity of older adults in Greater Boston. They have more than thirty years of experience recruiting, training, and placing volunteers to provide support and assistance to elders. Click here to learn more fw4elders.org.

The 6th annual Walk to End Elder Isolation: A Virtual Gathering will take place on Sunday, May 16, at 10 AM. Last year, the Walk garnered more than \$78,200. The goal is to raise \$140,000 to serve the increasing number of older adults in need of the services of FriendshipWorks.

Leading up to May 16, there will be contests with great prizes, the opportunity to download NEW walk bibs to take selfies to post and share, and a new PetPals mascot joining the FriendshipWorks team!

Whether you are walking In Honor of, In Memory of, or Walking with a team, remember: Friendship Walks, Friendship Talks, that's why FriendshipWorks!

On Walk Day, enjoy music, special presentations, engaging stories, and a message from the United Kingdom's Minister of Loneliness, Baroness Diana Barran! Be ready for a morning of inspiration, excitement, and safely distanced walking.

Please mark your calendar for
Sunday, May 16, 2021, 10-11 AM.

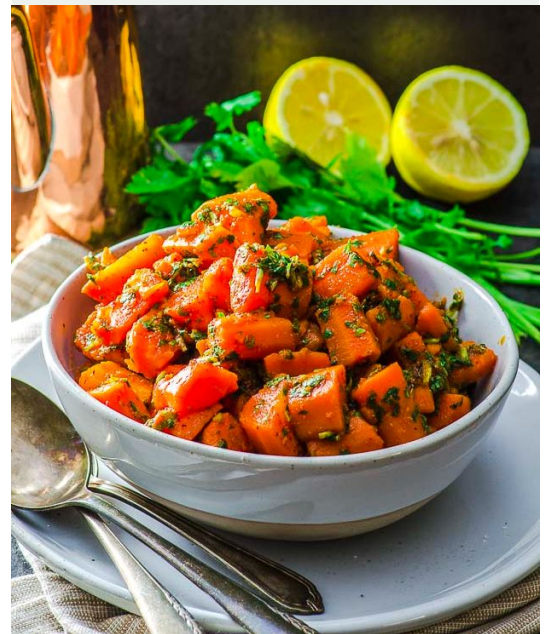
Sign up on our Walk page at www.fw4elders.org/walk
#friendshipworks #endelderisolation #walktoendelderisolation
#friendshipwalks



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*:

- Paul Geneus
- Grace Quay

The Best Moroccan Carrot Salad!



By mayihavethatrecipe.com

A great side-dish that takes minutes to prepare, our Moroccan carrot salad is full of flavor, has a beautiful presentation and it can be served with a casual supper or formal holiday meals.

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**Newton Food Pantry
opens 'Freedge' in
Nonantum to feed**



Stock photo. KucherAV, Getty Images/iStockphoto

Lovin' Spoonfuls to deliver its 20 millionth pound of food

Newton Tab

Visiting Angels Newton/Canton is a proud contributor to Lovin' Spoonfuls, a food rescue program that facilitates the rescue and distribution of healthy, fresh food from grocery stores and farms to local meal programs. We are grateful for their commitment to helping to provide healthy food to people in Massachusetts that need the extra support. We were thrilled to see their work highlighted in the Newton Tab!

Boston-based food rescue, Lovin' Spoonfuls will distribute its 20 millionth pound of food as residents of the commonwealth continue to grapple with food insecurity exacerbated by the pandemic.

"I see how people from my own community are deeply affected by the pandemic," said Lovin' Spoonfuls' operations coordinator, Vincent Vassallo. "The pantry lines are still long. Making that connection to healthy food at a time when so many people are struggling to put food on the table is critical. Plus, there's enough good food to go around."

Last year, Spoonfuls recovered and redistributed over 4 million pounds of food, enough for 3.3 million meals, for people across Massachusetts, including in Newton. Spoonfuls regularly recover food from Whole Foods Market locations on Walnut and Washington streets. Rescued food reaches the Centre Street Food Pantry, the Newton Food Pantry, or, before COVID-19, the John M. Barry Boys & Girls Club of Newton.

Learn more about their efforts: [LovinSpoonfulsInc.org](https://www.LovinSpoonfulsInc.org)

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the hungry



Stacy Wayne, Regina Wu, president of the Newton Food Pantry, and Megan Russell, pantry board clerk, cut the ribbon to officially open the Newton Community Freedge on Sunday. Courtesy Photo | Beth Koller

By Julie M. Cohen | Wicked Local

Those struggling with food insecurity now have a 24-hour-a-day, seven-day-a-week option to stock their shelves: The newly opened Newton Community Freedge Collaborative "Freedge."

"Based on the operating principle of 'take what you need, leave what you can,' the NCFC [Newton Community Freedge Collaborative] will coordinate volunteer teams to monitor, clean, and stock the Freedge with a wide variety of perishable and nonperishable items," according to the group.

The Newton Food Pantry created this volunteer-led initiative. The Freedge, an outdoor refrigerator, and pantry will be located in a donated parking lot space at **Central Drapery and Dry Cleaning** at [420 Watertown Street, Nonantum, MA 02458](#).

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News from the Massachusetts Alzheimer's Association





Bhav Jain of Murrysville posed in his front yard. Patrick Varine | Tribune-Review

Murrysville native recruits fellow MIT students, others to battle social isolation among seniors

By Patrick Varine | TribLive.com

Bhav Jain, 19, of Murrysville knows how he felt during the early stages of covid, forced to return home from his freshman year at the Massachusetts Institute of Technology to learn from home.

But even now, back in Boston to finish up his sophomore year, Jain is still thinking about the effect that social isolation is having — particularly, its effect on the country's home-bound seniors, who are finally beginning to see an end in the form of mass vaccinations.

"I recently spoke with my grandmother, who lives in India," Jain said. "Ever since covid started (last) March, she hasn't had the chance to leave her home. She's been inside."

With that in mind, he and several MIT classmates set out to recruit student volunteers to reach out to senior homes offering a variety of programs.

They range from simple check-in calls to a pen-pal program matching young people with local seniors, community health classes, and educational programming in the arts and sciences through the Connected Foundation.

It's run by a team of 13 people, primarily students from Boston-area schools including MIT, Harvard, and Wellesley College, along with other schools from the U.S. and abroad.

Click here to learn more about the program ConnectedFDN.com.

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Upwards of 130,000 in Massachusetts alone have Alzheimer's disease or another form of dementia. The number is projected to increase to 150,000 by 2025.

The Alzheimer's Association is here for people living with Alzheimer's, their families, and professionals during COVID-19. During these difficult times and always — no one should face Alzheimer's alone. The Massachusetts/New Hampshire Chapter offers virtual support groups, education, and early-stage social engagement programs free of cost to support individuals impacted by the disease.

The Alzheimer's Association 24/7 Helpline is available for around-the-clock information, consultation, and support at 1.800.272.3900.

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[Click to go to alz.org/manh](https://alz.org/manh)

Helping Senior Loved Ones with Dementia

Celebrating Women's History Month





Honoring Patsy Takemoto Mink

By Jessica Wang | hellogiggles.com

Born in 1927 in Paia, Hawaii, Patsy Takemoto Mink made history with a number of “firsts.” First Japanese American [to practice law](#) in Hawaii. The first woman of color—and [the first Asian American woman](#)—elected to the United States House of Representatives. And in 1972, Mink became the first Asian American [to run for the Democratic nomination](#) for president. Can you say, trailblazer?

Mink’s long list of groundbreaking achievements doesn’t end there. A tireless advocate for women’s rights, Mink made it her mission in Congress to craft and champion legislation that opened doors for more women to earn an education and join the workforce. In 1972, Mink co-authored and helped pass Title IX, a landmark piece of legislation that expanded educational opportunities for women and changed the game for women in sports, too. Just two years later, Mink facilitated the passage of the [Women’s Educational Equity Act](#) (WEEA), which provided federal funding for practical resources such as training and materials to enable women and girls to succeed in the educational system.

Mink died in 2002, but the [Patsy Takemoto Mink Education Foundation](#), established in her memory in 2003, aims to carry on some of Mink’s most ardent commitments, including “educational access, opportunity, and equity for low-income women” and educational enrichment for children.

Mink was [posthumously honored](#) with the Presidential Medal of Freedom in 2014.

[Click to read article](#)

[Click for full biography](#)



If you [provide care for elderly loved ones with dementia](#), you most likely have witnessed their battle with memory loss and other cognitive limitations. It can be heart-wrenching to hear them forget family members and friends, fail to recall recent events, or talk about deceased loved ones who they believe are still alive.

You may be feeling helpless and discouraged, but there are strategies you can use to reduce stress, circumvent confusion, and maintain a healthy relationship with your aging loved one.

Dealing with loved ones exhibiting dementia-related behavior, in private and public, can be disturbing. Click below for tips that can help you manage tricky interactions caused by your senior’s illness.

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