

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 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 Services 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 | November 2020 [View as a webpage](#)



Even before the pandemic, home care was a preferred option for many older people

Image: REUTERS/Flavio Lo Scalzo

Safer, Cheaper and Healthier: It's time to look again at home care for older people

By Pang Sze-Yunn | weforum.org

The COVID-19 pandemic has exposed the strengths and weaknesses of global healthcare systems. One area it has shone a light on is home care, both its benefits and its challenges. The industry delivers services such as doctor visits, nursing services such as wound care and nasogastric tube change, chronic disease management, bathing, physiotherapy services, and non-clinical services as medication reminders, bathing and companionship.

The pandemic has up-ended institutional healthcare by limiting access to healthcare institutions as hospitals struggle to accommodate COVID-19 cases. Elective surgeries have been placed on hold, therapies have been interrupted and consultations curtailed. At the same time, the pandemic has exposed the vulnerability of nursing homes and skilled nursing facilities, which have seen rapid spread of the virus and have

Quick Links

[Safer, cheaper and healthier: it's time to look again at home care for older people](#)

[ANGEL OF THE MONTH: Nadya Harriet](#)

[Holiday gatherings in 2020: Health experts provide tips](#)

[RECIPE: Cheddar apple butternut squash soup](#)

[Changing How We Provide Care: Lessons Learned From the Pandemic For Older Adults](#)

[Alzheimer's and fear of being alone: 5 Ways for caregivers to cope](#)

[Caregiver stress: Tips for taking care of yourself](#)

[Variety's 'Salute to Service' Special Bows Veterans Day on History Channel](#)

[Elderly Companion Care – A Solution for Senior Isolation During the Pandemic](#)

borne the brunt of COVID-19 deaths. In the US, [40% of deaths from this disease have been in nursing homes](#), while in Europe, [50% of deaths occurred in such facilities](#). In Canada, the figure has been as high as [80%](#). Staying at home has been the safest way for seniors to protect themselves during this pandemic, and to receive their needed medical services.

Why home care?

Even before the pandemic, home care has been a preferred care model for seniors. As people age, their biggest fear is loss of independence. In a 2007 study in the US, [26% of seniors said that their top fear was loss of independence](#). This was followed by 13% who identified moving out of the home and into nursing homes as their top fear. Death was the top concern of only 3% of respondents. The same survey showed that 89% of seniors believed it was very important to continue living at home.

[Click to read article](#)



Holiday gatherings in 2020: Health experts provide tips to safely navigate the holidays during a pandemic

By Katie Kerwin McCrimmon | [uhealth.org](#)

No one wants Thanksgiving and other holiday gatherings to turn into superspreader events. Learn how to host or attend holiday gatherings safely. Start with this simple advice: think small.

Holiday gatherings in 2020 won't be large, Norman Rockwell affairs.

Whether your Thanksgiving tradition centers around elegant china, polished silver and a perfect roasted turkey or a more casual gathering with chaos, crowds and a potluck, brace yourself.

Thanksgiving will have to be different this year.

Amidst the worst pandemic in a century, holiday gatherings in 2020 will have to cater to smaller guest lists and emphasize practicality, intimacy,

Angel of the Month: Nadya Harriet



Visiting Angels Newton/Canton is thrilled to name Nadya Harriet as our Angel of the Month for November 2020. Nadya originally joined us in 2004 and worked with us for a year. She returned to the team in 2015, and we were so happy to welcome her back. We recognize Nadya as our Angel of the Month for the consistent and outstanding care she provides to our clients with the highest level of professionalism and compassion.

Nadya truly enjoys spending time with her clients. "I love to listen to the stories my clients share with me," she said. "They have so much knowledge and have had vast and interesting experiences throughout their lives. You can learn a great deal about life when you are curious about the people you care for."

[Click to read article](#)



simplicity, and gratitude.

Yes, gratitude.

This year has been a tough one. It has brought us COVID-19, unprecedented wildfires, and deep political divisions. We can be thankful that it's almost over. Maybe 2021 will bring us a vaccine and a glorious reboot that puts the coronavirus into our rearview mirrors.

So, how should you host Thanksgiving or decide on plans during such a challenging time?

[Click to learn more](#)



Changing How We Provide Care: Lessons Learned From the Pandemic

By Amanda Singleton | AARP

It's hard to believe until it happens to you, but caregiving and crisis can strike at any time. The COVID-19 outbreak has forced all of us to face that possibility. Since the beginning of the year, many Americans have become caregivers for the first time. And half of those have [become caregivers because of COVID-19](#). People who were already caregivers have been affected too. Nearly half of [family caregivers are reporting](#) that their caregiving responsibilities have increased because of the virus.

Preparing for the Unpredictable

A caregiver's biggest asset is time. [Reports indicate](#) that caregivers are spending an additional nine hours a week (a full workday!) on caregiving activities in 2020. And there are mental and physical tolls that are [increasing stress significantly](#). Getting organized and preparing for caregiving events will give the gifts of time and reduced stress when duty calls.

Even for experienced caregivers, there's been a forced adaptation. By today's estimates, we can expect the virus to be a part of our lives for years to come. This means present and prospective caregivers need to account for the virus in their medical, legal and financial planning.

[Click to read article](#)



We are proud to honor our Caregivers who have been recognized for their outstanding services by their Clients in the quarterly Home Care Pulse satisfaction surveys. Thank you to these three Caregivers for their hard work and commitment to the Visiting Angels mission. Each Caregiver has been presented with a bonus to celebrate this achievement.

- Erica Berg
- Robin Cardin
- Elizabeth Henault

Cheddar apple butternut squash soup



By Tieghan Gerard | [halfbakedharvest.com](#)

Stay warm with this creamy Cheddar Apple Butternut Squash Soup. Autumn butternut squash pureed with sweet caramelized apples, fresh thyme, and a touch of

milk to make the perfect savory soup with a touch of sweetness swirled throughout. Finish each bowl off with a nutty apple and a



Caregiver stress: Tips for taking care of yourself

mayoclinic.org

Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

Caregiving is rewarding but stressful

Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide.

But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of caregiving — is common.

People who experience caregiver stress can be vulnerable to changes in their own health. Risk factors for caregiver stress include:

- Being female
- Having fewer years of formal education
- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent caregiving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

[Click to read article](#)

[Click to Watch "Heart Energy](#)

bowl off with sauteed apples and a sprinkle of cinnamon flavored pecan crumble. It's creamy, savory, sweet, and one of the coziest bowls of soup you'll enjoy this fall.

[Click to read article](#)

Alzheimer's and fear of being alone: 5 Ways for caregivers to cope



dailycaring.com

Many caregivers find it challenging to cope when their older adult has Alzheimer's and fear of being alone.

Their fear can cause them to follow you around the house so you're constantly in their sight. They might even get upset if you go to the bathroom or take the trash outside.

This behavior can also make it very difficult for you to leave the house — they might **cry**, become angry or **mean**, or **repeatedly ask** where you are.

We explain why someone with dementia would be afraid to be alone and share 5 techniques that help reduce the fear that causes shadowing and help you cope with the behavior.

[Click to read article](#)

Elderly Companion Care – A Solution for Senior Isolation

Click to Watch "Heart Energy
Meditation"



Variety's 'Salute to Service' Special Bows Veterans Day on History Channel

Malina Saval | Variety

Each year, Variety celebrates heroes in the military space, from the troops on active duty to veterans who have thrown their lives on the line in service of our country. This year, due to coronavirus, the annual in-person [Salute to Service](#) luncheon will not be taking place, but veterans and service members will still be feted in the way of the Variety "Salute to Service presented by History" television special, co-produced with the History channel and airing at 10 p.m. Veterans Day, Nov. 11.

The special will feature a host of celebrity presenters including Jake Gyllenhaal, Trace Adkins, Kevin Bacon, Tamron Hall and Morgan Freeman and will highlight philanthropic organizations including the USO and the Gary Sinise Foundation. Also being honored is Team Rubicon, a disaster-relief organization founded in the wake of the 2010 Haiti earthquake by Marines Jake Wood and William McNulty.

Gary Sinise, Oscar-nominated for his role as Lt. Dan Taylor in "Forrest Gump," has spent the past decade advocating on behalf of veterans, first responders and their families through his foundation, established in 2011.

"It's always important to support veterans, there's always a need regardless of what's going on in the world," says Sinise, who will appear on the "Salute to Service" special to honor Army vet Jarrid "Jay" Collins. Collins is a former Green Beret, combat-wounded amputee and Invictus and Warrior Games athlete, as well as a motivational speaker.

[Click to read article](#)

Senior Isolation During the Pandemic



As seniors leave their homes less frequently, they may experience feelings of loneliness and isolation, which have a negative impact on their mental well-being and pose serious consequences for their physical health, which is exacerbated by the social distancing requirements of the COVID-19 pandemic.

According to a recent study published in [The Journal of Primary Prevention](#), senior isolation can result in detrimental health effects in elderly adults. From increased risk for all-cause mortality to [dementia](#) to a greater likelihood of suffering a dangerous fall, these impacts are much more severe than many people realize. That's why it's so important to understand what steps you can take to help prevent senior isolation from affecting your loved one. Here are a few ways you and a [professional home care provider](#) can help a loved one avoid the circumstances that result in senior isolation.

[Click to read full article](#)



Call 617-795-2727



**STAY SAFELY AT HOME
WITH AMERICA'S CHOICE
IN HOME CARE®**

Visiting Angels Newton/Canton has been providing compassionate and skilled non-medical home care for families in Newton and surrounding areas for over 16 years.

Click this ad to explore our award-winning services.



**5 Years Awarded
The Boston Globe's
*Top Places to Work***

Explore our award-winning services at [VisitingAngels.com/Newton](https://www.VisitingAngels.com/Newton)

Visiting Angels Newton/Canton

383 Elliot Street, Suite 100 E
Newton, MA 02464

617-795-2727 or 781-828-9200

Stay Connected

