

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](http://VisitingAngels.com/Newton)

Visiting Angels Newton/Canton | Newsletter | October 2020 [View as a webpage](#)



## A Pandemic Upshot: Seniors Are Having Second Thoughts About Where to Live

By Judith Graham | [khn.com](http://khn.com)

Where do we want to live in the years ahead?

Older adults are asking this question anew in light of the ongoing toll of the coronavirus pandemic — disrupted lives, social isolation, mounting deaths. Many are changing their minds.

Some people who planned to move to senior housing are now choosing to live independently rather than communally. Others wonder whether transferring to a setting where they can get more assistance might be the right call.

These decisions, hard enough during ordinary times, are now fraught with uncertainty as the economy falters and COVID-19 deaths climb, including tens of thousands in nursing homes and assisted living centers.

### Overcoming Possible Isolation

The potential for social isolation is especially worrisome, as facilities retain restrictions on family visits and on group dining and activities. (While states have started to allow visits outside at nursing homes and assisted living centers, most facilities don't yet allow visits inside — a situation that will increase frustration when the weather turns cold.)

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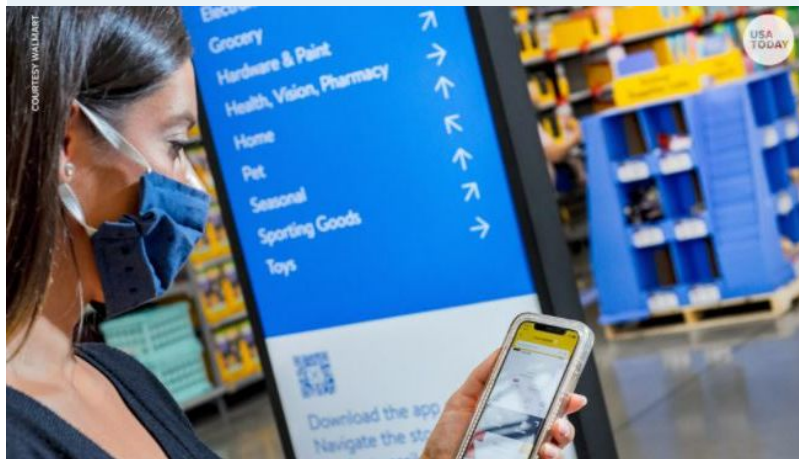
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## Angel of the Month: Sam Ssebbowa



## 5 Scams spreading online that can cost you thousands

By Kim Komando | [usatoday.com](https://www.usatoday.com)

We know that scams are rampant, but so many Americans still fall for them. Think you're immune? [Take Google's scam spotter quiz and see if you can pass it.](#)

You may have noticed that the number of robocalls slowed down when the pandemic hit. As call centers reopen around the world, robocalls are increasing. [Tap or click here for proven ways to stop annoying robocalls for good.](#)

Scammers have gotten more sinister. Here are five scams that are spreading now:

1. Get \$1,000 in COVID-19 relief
2. The puppy is so dang cute
3. There's porn in your cloud account
4. I don't remember ordering this
5. The CEO emailed me

[Click to learn more](#)



## Medications that Increase Your Risk of Falling

[health.harvard.edu](https://health.harvard.edu)

Many drugs can increase the risk of falls. The more drugs you take, the greater the chance that one or a combination of them will make a fall more likely to happen. Some medications are well known for side effects that increase a person's risk of falling.

Doctors prescribe anti-hypertensive medications to keep blood pressure under control and decrease the risk of stroke and heart failure. However, these drugs can cause blood pressure to get too low when you stand up from a lying or sitting position (orthostatic hypotension). This happens commonly in older folks. The result is lightheadedness and feeling faint, which can easily lead to a fall.

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Visiting Angels Newton/Canton is honored to award Sam Ssebbowa Angel of the Month for October 2020. Sam joined Visiting Angels Newton/Canton in 2007 and is valued as a stellar member of our team. He has been chosen as our Angel of the Month for his commitment to his work, his professionalism, and his incredible compassion.

When asked what has guided Sam to be so successful as a professional caregiver, he explained, "My experience in my early days assisting people during the war gave me the drive to do what I can to help others live good lives. My goal is to be there for my clients in a way that helps them feel better and not give up – to see that there is more life to live."

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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*:

- Comfort Ayangha
- Christine Kemiyondo
- Liliane Uwineza

## The Ultimate Fall Salad



Bryant Johnson, 55, started training Justice Ginsberg 20 years ago, when she was 66 years old



## Feminist Icon Justice Ruth Bader Ginsburg Was Legend In the Courtroom — and the Gym

By Maressa Brown | [shape.com](https://www.shape.com)

U.S. Supreme Court Justice Ruth Bader Ginsburg has died of complications of metastatic pancreas cancer, the Court announced. She was 87. A successful civil rights attorney and lifelong champion of gender equality, Ginsburg frequently broke glass ceilings herself. In 1956, she was one of nine female law students at Harvard Law School — and the only married woman and mother. And in 1993, Ginsburg became the second-ever woman to sit on the Court.

It's no wonder that in recent years, the proud mom, wife, and grandmother found herself dubbed the "Notorious R.B.G.," drawing crowds of young women who celebrated her as a feminist hero. Her fierce optimism, unparalleled work ethic, and resolute fight for equality and justice were infectious — all characteristics fueled by her tireless efforts to stay on top of her health.

**[RBG embraced the idea that “small gains can lead to big victories,” Johnson explained]**

In 1999, after finishing chemotherapy for colon cancer, Ginsburg began working out with ACE-certified personal trainer Bryant Johnson, a master fitness trainer for the military and a Sergeant First Class in the Army Reserves. Ginsburg would go on to call him “the most important person” in her life. Their sessions took place twice weekly at 7 p.m. at a gym right inside the Supreme Court and involved a series of full-body strength exercises that targeted her arms, chest, legs, back, shoulders, glutes, and abs.

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By AMELIA RAMPE | [thekitchen.com](https://www.thekitchen.com)

This salad ticks all the boxes of the Kitchn staff's fall salad preferences: heartiness, sweetness, and plenty of texture. As long as you preserve these elements, you can riff on it as you please.

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## 8 Practical Ways to Manage Diabetes in Seniors



[dailycaring.com](https://www.dailycaring.com)

*With diabetes affecting 1 in 4 seniors, many caregivers are taking care of someone with this serious health condition.*

Like [high blood pressure](#), diabetes can sometimes feel like a silent disease because symptoms don't necessarily present in striking ways until something goes wrong.

If you're caring for an older adult with diabetes, this essential checklist of 8 ways to manage their disease helps you support them in the best health and quality of life possible.

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## 7 Safety Risks Caregivers See in Homes of Seniors



## Voter guide: November 2020 election information for Massachusetts

[wcvb.com](http://wcvb.com)

BOSTON —In the upcoming 2020 general election, Massachusetts voters will make their picks for the President of the United States, the U.S. Senate, every member of the congressional delegation and numerous additional state or local races. Turnout is expected to be very high.

As of February, 4.5 million Massachusetts residents were [registered](#) to vote and Secretary of the Commonwealth Bill Galvin has predicted a turnout of 3 million or more voters. He said more than at least 1 million of those will want to vote by mail this year in a process created in response to the COVID-19 pandemic.

### Registering to vote

The deadline to register to vote in Massachusetts for the 2020 general election on Nov. 3 is Oct. 24.

Voters can complete the registration forms, or verify their registration information, through the [Secretary of the Commonwealth's website](#).

All voters will also have the option to do early in-person voting.

### Early voting schedule

In-person early voting for the election will be held from **October 17-30**. It is open to all registered voters.

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If [aging-in-place](#) is the right choice for your older loved ones, making sure their home is free of common household safety hazards is a critical component for their well-being. Unfortunately, some in-home safety risks can be overlooked by family caregivers and result in [senior falls](#), injuries, and other preventable accidents.

Here are seven safety hazards our experienced Visiting Angels' caregivers commonly encounter in homes of seniors:

1. Lack of slip guards on carpets and rugs
2. Poor diet
3. Outdated appliances
4. pets
5. Clutter
6. Improperly equipped bathrooms
7. cords

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