

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*.



**The best in non-medical home care 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 | August 2023 [View as a webpage](#)

## Angel of the Month | July 2023: Eileen Duggan



Eileen Duggan first walked through the doors of the Visiting Angels Newton/Canton office in May of 2022 as a Home Health Aide with 28 years of experience. She had been looking to broaden her caregiving experience after working on and off for a VNA, as well as a handful of other home health agencies, since 1994. While it's only been a year and a half since she joined Visiting Angels, Eileen has maintained outstanding relationships with all her clients, which is why our agency now has the honor of awarding Eileen Angel of the Month for July 2023.

[Read more here!](#)



### Coping with Caregiving Take Care of Yourself While Caring for Others

by [newsinhealth.nih.gov](http://newsinhealth.nih.gov)

It can be a labor of love, and sometimes a job of necessity. A total of about 43 million U.S. adults provide unpaid care for someone with a serious health condition each year. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health. NIH-funded researchers are working to understand the risks these caregivers face. And scientists are

### Quick Links

[Angel of the Month:  
Eileen Duggan](#)

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[Brain Boosting Foods](#)

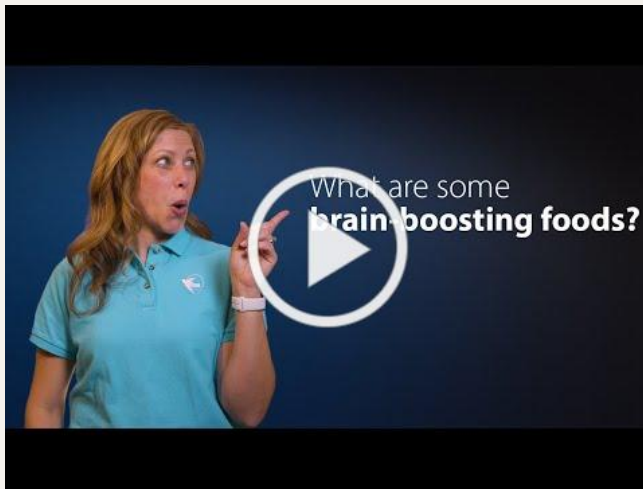
[RECIPE: Watermelon Pie](#)

[5 Alternative](#)

understand the risks these caregivers face. And scientists are seeking better ways to protect caregivers' health.

[Click to read more](#)

## Brain Boosting Foods

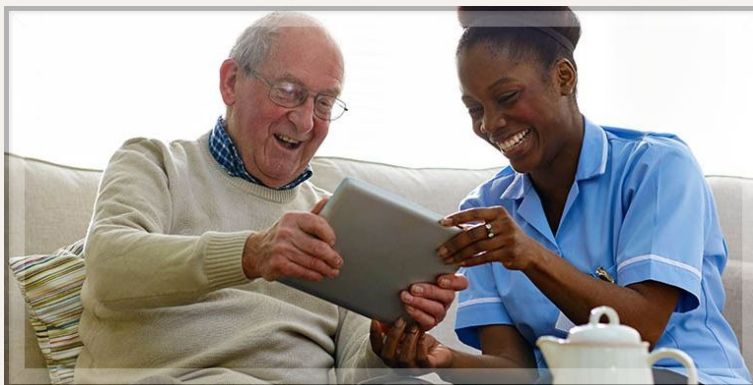


It's no secret that nutrition and health are intrinsically connected. As the saying goes, you are what you eat, and the choices you make can have a significant impact on your cognitive and physical health.

As the population grays and more and more people are experiencing some form of cognitive decline, now is the perfect time to reassess your own diet - or that of the seniors in your life. What simple changes can you make to boost your brain power?

[Click to read more](#)

## Educating Seniors in Technology



With summer vacations ending, and people returning home to work and to school, the senior citizens in your life might be feeling a little lonely. To help keep them connected even across the miles, it might be time to give them a little education in technology.

Even if you can't be there in person, everyday, there is no reason

[Transportation Options for Seniors Who Are no Longer Driving](#)

[We're Hiring! Join Our Team!](#)



When caregivers go above and beyond while caring for their client, we love to acknowledge and thank them with a gift. This caregiver was most recently **Caught in the Act of Caring!**

*Sonia T.*



We are proud to honor our caregiver who has been recognized by our clients in this month's Home Care Pulse satisfaction survey for their outstanding service.

To thank them for their hard work and commitment to the **Visiting Angels'** mission, we have presented our angel with a bonus to celebrate her achievements.

This month's honoree is

Even if you can't be there in person everyday, there is no reason you can't text to check on each other. For seniors who might have a hard time hitting those little letters to send a text, you can work with them on "talk to text" or even get phones with bigger buttons. You also can help them expand the size of the letters on their screen so they can read those texts better. You'd be amazed at how big the letters can get, making it easy for seniors to see better as they communicate.

Facetime or any form of video calling is also a great way to keep in touch across the miles or even just across town. It gives you an actual look at your senior. You can see their face, how they are looking and even their surroundings. Sometimes it might be hard for them to get the hang of it. You might just see their ceiling instead of their face as you're video calling them, but with some practice and with their desire to learn, it can be a simple and easy way to stay in touch.

If senior citizens need a little more help with technology when family members and friends aren't around, many Visiting Angels offices offer Social Care services, which help seniors embrace technology. The goal of the social care services is to help seniors stay connected with friends and loved ones using modern technology. Through this program, the Visiting Angels Social Care workers can help seniors use their cell phone, or to use it better with the features they actually need. The program can also help them text, send emails, Facetime, Skype, Zoom and more.

Studies have shown that many seniors love to stay in touch and see photos people post on Facebook. You can help your seniors connect via Facebook, send messages and more. Visiting Angels' Social Care program can also help seniors with Facebook, even helping them to set up an account and then interacting with family and friends.

Another benefit of getting seniors into technology is helping to ensure they are aware of and can be a part of special moments, even if they can't be there in person. They can see photos people post of baby showers and graduations. They can also be present at events such as piano recitals, soccer games and hikes through National Park via Facetime. You can bring them along for the events, even if they can't actually be there on the ground for them. Seeing these things will help them feel more a part of them, and help them feel as if they aren't missing out just because they can't get there in person.

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## 5 Alternative Transportation Options for Seniors Who Are no Longer Driving

Curious about transportation for seniors? These five options will help older adults who no longer drive get around safely.



This month's honoree is...  
*Raxanne W.*

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## Watermelon Pie



This pretty watermelon pie is perfect for summertime. It's easy to make and just needs time to chill in the fridge.

[Click here for the recipe](#)

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## Know Someone Who Has a Heart for Helping Others? We're Hiring!



**Join our Visiting Angels team!**

Visiting Angels of Newton/Canton is expanding and we're looking for compassionate,



empathetic and caring individuals to join our team!

If you are passionate about helping your elderly friends and neighbors, visit our [careers page](#) to get started!

Giving up driving can be an emotionally fraught time, but there are many options that can give relatives peace of mind while providing rides and making seniors feel well cared for. The following forms of transportation for seniors, ranked from most to least expensive, are great way for older folks to get from Point A to B.

[Click to read more](#)



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Visiting Angels Newton/Canton  
29 Crafts Street, Suite 320  
Newton, MA 02458

**617-795-2727 or 781-828-9200**

**Stay Connected**



Visiting Angels Newton/Canton | 29 Crafts Street, #320, Newton, MA 02458 (617) 795-2727

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