

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

Visiting Angels Newton/Canton | Newsletter | October 2023 [View as a webpage](#)

September Angel of the Month | Dawna N.



Dawna N. joined the Visiting Angels Newton/Canton team in April 2014 with a wealth of caregiving experience. In her initial interview, she recalled first becoming a caregiver when she was only seventeen. Ultimately, she felt it was a calling and found herself working with the senior population as a CNA, both in nursing facilities and in their homes. She loved having one-on-one time with her clients and feeling needed while she was with them.

At times, Dawna considered going back to school to be a nurse, but she loved working with seniors so much that it didn't make sense. In fact, on her Visiting Angels application almost ten years ago, she expressed how much she loves to hear stories about her clients' lives and their experiences. It taught her to always listen and be interested in what they have to say. In speaking with her now, she'll tell you that she still loves how much senior clients share their lives with her. It's just one of many reasons why Dawna is our Angel of the Month for September 2023!

[Read more about Dawna here!](#)

Quick Links

[Angel of the Month:
Dawna N.](#)

[A New Study Shows That
Sitting More Than 10
Hours Per Day Could
Increase Your Risk of](#)

[Dementia](#)



A New Study Shows That Sitting More Than 10 Hours Per Day Could Increase Your Risk of Dementia

by eatingwell.com

In an age where screens and [prolonged sitting](#) often dominate our daily routines, a recent study conducted by University of Southern California and University of Arizona researchers serves as a reminder of the relationship between sedentary habits and [dementia risk](#).

A recent study from the University of Southern California and the University of Arizona found that adults aged 60 and above who spent over 10 hours of their day being sedentary had a significant increase in their dementia risk. These findings carry profound implications, especially given that the average American already spends around 9.5 hours sitting daily. Fortunately, breaking periods of prolonged sitting with movement can help reduce this risk.

[Click to read more](#)

The Importance of Family in the Lives of Seniors



As seniors age, often the ones who are closest to them change. Maybe their friends have moved away to be closer to their grandchildren. Or their besties can't get out and about anymore. Sadly as they age, many of their friends and close companions also start to pass away, leaving them lonely or depressed. Many times as they go about life, their interests or situations change, and the friends they once had aren't as close anymore either. And as they get up there in age, it can often be harder to make new friends or even to be in

[What Do We Know About Healthy Aging](#)

[RECIPE: Crockpot Chicken and Dumplings](#)



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!**

**Hutchins B.
Rachel C.**



We are proud to honor our caregivers who have 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

situations where they can meet new friends. The one thing that doesn't vary though is their family. Family is important throughout. Experts have shown how important family is for senior citizens, especially as they age. Many studies show that seniors with involved family members live longer than those without them.

A 2016 study published in the Washington Post says that it is in fact family, not friends, who help people to live longer. The study tracked senior citizens and their closest confidants. It showed that those with more family members who support them and love them were less likely to die. One of the study's authors, James Iveniuk of the University of Toronto's Dalla Lana School of Public Health, said he and his co-author were surprised by this.

"Because you can choose your friends, you might, therefore, expect that relationships with friends would be more important for mortality since you might be better able to customize your friend network to meet your specific needs," [he told the Washington Post](#). "But that account isn't supported by the data. It is the people who in some sense you cannot choose, and who also have little choice about choosing you, who seem to provide the greatest benefit to longevity."

Other studies have shown that having family members around and in a senior's life can also help their mental health. It puts them in a better mood overall, because they know they have a family member who cares about them, who will advocate for them, and who will be there if needed.

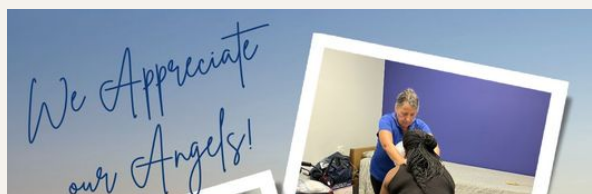
Who does the day-to-day care for a senior didn't matter in many of the studies. Whether they had a homecare worker helping them out 24/7, or their relatives did some of the caregiving as well, seniors were happier just knowing that they had family in their corner.

The health of seniors needs to continue to let them know they are important in your life. Make it a priority. Stay involved. See them as much as you can. Even if you can't always be with them, there are ways to stay in touch. Seniors love to get hand-written letters in the mail. You also can call them, text them, or even Facetime them. If they don't know how to Facetime or text, have them learn. Visiting Angels has a special social care service that can help seniors get online, email, and even Facetime. There is always a way for families to stay in the lives of their seniors.

Celebrating Caregiver Appreciation Week

During Labor Day week, we took the opportunity to express our heartfelt gratitude

to our incredible caregivers and office staff as we celebrated **Caregiver Appreciation Week.**



her achievements.

This month's awardee is...

Fevrine S.

Congratulations!

Crockpot Chicken and Dumplings



This easy crockpot chicken and dumplings recipe makes my life so much simpler. You can use canned biscuit dough for the dumplings which makes the recipe so simple, but it still tastes like those classic chicken and dumplings everyone loves.

[Click here for the recipe](#)

Know Someone Who Has a Heart for Helping

Others? We're Hiring!





We welcomed everyone to our office to pamper and thank them for their dedicated care for our clients. The highlight of the event was the relaxing chair massages provided by Mass Mobile Massage, ensuring our Visiting Angels team members

felt well taken care of themselves.

In addition to some delicious food, we signed up our caregivers for training and introduced them to our Perry Rewards program. It was a day filled with relaxation, camaraderie, and appreciation. As a token of our gratitude, each of them received a Visiting Angels water bottle as a reminder that we're all about 'Refreshing Lives One Visit at a Time.'

To all our valued caregivers who couldn't make it to our Caregiver Appreciation Event, we want you to know that your dedication and hard work are deeply cherished and celebrated, even if you couldn't attend in person. Your commitment to caring for our clients is the foundation of Visiting Angels, and we appreciate you more than words can express. Thank you for making a difference every day!



What Do We Know About Healthy Aging?

by nia.nih.gov

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach.

Research supported by NIA and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age.



**We're Hiring
Caregivers!**

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!



possible, and maintain your quality of life as you age.
[Read on](#) to learn more about the research and the steps you can take to promote healthy aging.



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