

*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 | September 2023 [View as a webpage](#)

## August Angel of the Month | Kettly Aurelus



When Kettly Aurelus walked into the Visiting Angels Newton/Canton office back in April 2008, there was no doubt she had the necessary experience and personality to become one of our best caregivers. Today, we are thrilled to name her our Angel of the Month for August 2023. This is Kettly's second time receiving this honor.

The first time was in October 2010. You could say that award was for making a heck of an impression after just two and a half years. This one, on the other hand, is reflective of her constant desire to become a better caregiver with every client she serves.

[Read more about Kettly here](#)

### Quick Links

[Angel of the Month:  
Kettly Aurelus](#)

[A Positive Attitude About  
Aging May Help Reverse  
Memory Loss](#)

[RECIPE: Easy Butternut  
Squash Soup](#)





## A Positive Attitude About Aging May Help Reverse Memory Loss

by [everydayhealth.com](http://everydayhealth.com)

When it comes to avoiding age-related memory loss, your outlook about getting older might make a difference.

In a new study published in JAMA Network Open, people with mild cognitive impairment were 30 percent more likely to recover lost memory function when they had a positive attitude about aging than when they had negative feelings about getting older.

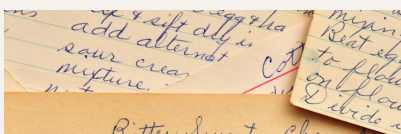
“I think there is an assumption that people who develop mild cognitive impairment are inevitably going to get worse,” says study coauthor Becca Levy, PhD, a professor of epidemiology and psychology at Yale School of Public Health in New Haven, Connecticut. “Half the people who develop mild cognitive impairment improve and regain normal cognition.”

The new study set out to explore why some people with mild cognitive impairment improve, while others do not.

[Click to read more](#)

## How to Make the Most of that Recipe Card This Year

As you're harvesting your garden at this time of year, you might be thinking of what great things you can make with the fruits of your green thumb. Often, our minds turn to some of our favorite tried and true recipes that mom always used to make - the blueberry pie that has that



special zing to it, or the creamiest potatoes au gratin you've ever had. Even though the cooking

[4 Tips to Help Seniors Practice Good Oral Hygiene](#)

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



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.

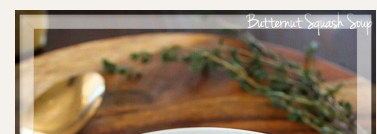
To thank them for their hard work and commitment to the **Visiting Angels'** mission, we have presented our angel with a bonus to celebrate her achievements.

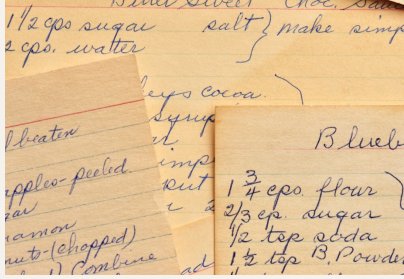
This month's awardees are...

**Kettlie Juste**  
**Williette Phanord**

Congratulations!

## Easy Butternut Squash Soup





instructions are hand-printed on tattered recipe cards, our aging loved ones probably know these recipes by heart. But for those who haven't been making these week after week, and year after year, the recipe might be a little more fuzzy. As you pull out that recipe card this year, you might want to take a few steps to preserve

those treasured recipes, so you too can pass them down from generation to generation.

Here are a few ideas to preserve those recipes.

### **Make the Recipe Together and Record It**

Grab mom, don your aprons, and bake together. As you bake, record her doing each step of the recipe. Often our aging relatives don't even use exact measurements anymore. They just eye it. Make sure you get a shot of how much they're using.

### **Preserve It in Plastic**

Take that old recipe, and laminate it. No doubt it might have some vanilla spilled on it over the years, or some crumbs. Before something soaks it and it's no longer legible, laminate it.

### **Put it Under Glass**

Frame the recipe and hang it on the wall as a treasured memento. Before you frame it though, make sure you make some copies - plenty of them. The more the better. That way you will have the copies to use and pass out, as well as the recipe frame on the wall. A nice touch would be to get a snapshot of grandma making the recipe and put it in a double frame alongside the recipe.

### **Write Some More**

Make the recipe, and as you do see if your aging relative will write out a few more copies. Serve the dish at a gathering and hand out the handwritten copies. It will be a great memento to have mom or grandma's own writing on the recipe card. They can even be used as place cards or decorations at the Thanksgiving meal as you're serving the beloved homemade pumpkin pie.

### **Take a Photo**

An easy way to preserve the memory is to take a photo and save it to favorites on your phone. Any time you want to make it, just pull up the file.

### **Gather Together and Pass it On**

To help future generations know the recipes, gather everyone around to make it together. You can bake batches of mom's favorite raspberry Linzer bars or gingerbread cookies. While you might not remember the exact molasses mom used in her cookies, the grandkids might remember the jar and can help you pick it out at the store.



There is nothing better than this easy butternut squash soup! To make this incredible soup, you only need a few ingredients. As the weather starts getting colder, this is a great soup to make!

[Click here for the recipe](#)

## **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!

## 4 Tips to Help Seniors Practice Good Oral Hygiene

Is your senior loved one experiencing nagging dental problems such as cavities, toothaches, dry mouth, or receding gums? Do you notice they frequently have bad breath? These issues can indicate your aging loved one is struggling with proper oral hygiene, especially if they are experiencing physical or cognitive decline.

Here are a few tips to help seniors avoid dental issues.

[Click to read more](#)



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