

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](https://www.VisitingAngels.com/Newton)

Visiting Angels Newton/Canton | Newsletter | February 2024 [View as a webpage](#)

Angel of the Month: **Maliza Leonard**



Gather around, everyone. Congratulations are in order! **Maliza Leonard** has been named our **Angel of the Month for February 2024!** For the past ten years and continuing right up until now, Maliza has provided the kind of top-notch service our clients have come to expect from Visiting Angels Newton/Canton, which is why we're thrilled to award her this honor.

Maliza's journey with the Newton/Canton caregiver team began back in January 2014. At the time she was already a seasoned caregiver, having acquired her Home Health Aide certificate in 1983 and her Certified Nursing Assistant license just a few years later. Working with many clients in the following years, she learned what it takes to forge strong, long-lasting relationships with seniors, making sure they're eating right, washing regularly, taking their medications, and so much more. [Read more about Maliza here!](#)

Heart Health: Tips for Seniors and Family Caregivers



February is not only the month of love but also a time to focus on the health of our hearts. As we age, it becomes increasingly important to prioritize heart health, not only for ourselves but also for our beloved seniors under our care. At Visiting Angels, we understand the significance of maintaining a healthy heart, especially for seniors, and we are here to support you every step of the way.

Why Heart Health Matters for Seniors

Heart disease remains one of the leading causes of mortality among seniors. As we age, our risk factors for heart disease often increase due to various factors such as lifestyle choices, genetic predispositions, and underlying health conditions. However, with proper care and attention, many of these risk factors can be managed effectively.

Tips for Seniors to Maintain Heart Health

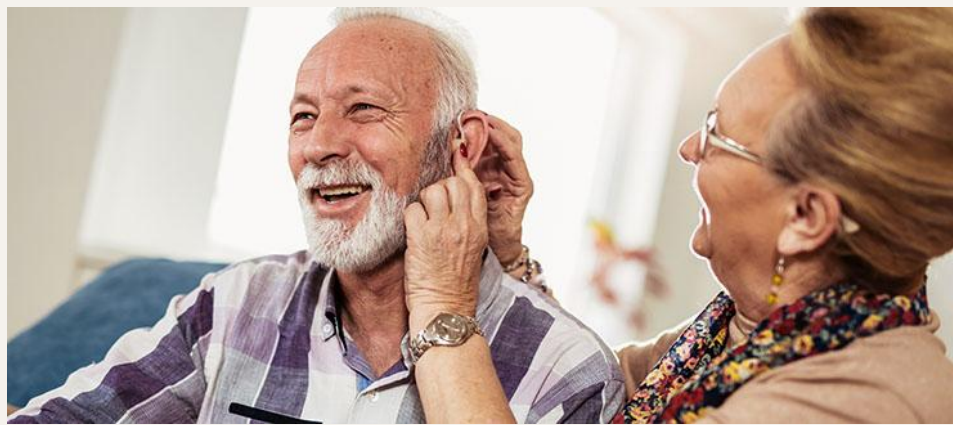
1. **Stay Active:** Encourage seniors to engage in regular physical activity, even if it's just a daily walk around the neighborhood or light stretching exercises. Physical activity strengthens the heart muscle, improves circulation, and helps maintain a healthy weight.
2. **Eat a Heart-Healthy Diet:** Emphasize the importance of a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limiting salt, sugar, and processed foods can also significantly benefit heart health.
3. **Manage Stress:** Chronic stress can take a toll on the heart. Encourage seniors to practice stress-reducing activities such as meditation, deep breathing exercises, or engaging in hobbies they enjoy.
4. **Monitor Blood Pressure and Cholesterol:** Regular monitoring of blood pressure and cholesterol levels is crucial for early detection and management of heart disease risk factors. Work with healthcare professionals to establish appropriate targets and treatment plans.
5. **Quit Smoking:** If applicable, support seniors in their efforts to quit smoking. Smoking is a major risk factor for heart disease and quitting can significantly improve heart health.

How Visiting Angels Can Help

At Visiting Angels, we offer comprehensive support to seniors and their families to promote heart health and overall well-being:

1. **Personalized Care Plans:** Our caregivers work closely with seniors and their families to develop personalized care plans tailored to individual needs, including assistance with meal planning, medication management, and transportation to medical appointments.
2. **Companionship and Emotional Support:** Loneliness and isolation can contribute to poor heart health. Our caregivers provide companionship and emotional support to seniors, promoting mental well-being and reducing stress.
3. **Encouragement of Physical Activity:** Our caregivers encourage and assist seniors in staying physically active, whether it's through accompanying them on walks, engaging in light exercises, or participating in recreational activities.
4. **Nutritional Guidance:** We provide nutritional guidance and meal preparation services to ensure seniors receive balanced, heart-healthy meals that meet their dietary requirements and preferences.
5. **Medication Reminders:** Managing medications properly is essential for controlling heart disease risk factors. Our caregivers provide medication reminders to help seniors stay on track with their treatment plans.

As we celebrate the month of love, let's also show our hearts some love by prioritizing heart health. Together, with Visiting Angels' support and dedication, we can empower seniors to lead healthier, happier lives.



Hearing Loss and Dementia in Seniors

Many seniors often experience hearing loss, which can upset them and affect their quality of life. While it can be frustrating, hearing loss can also affect their cognitive health, impair memory, impact social interactions, and increase dementia risk.

Early cognitive decline and memory loss occur more commonly in people with hearing loss, and studies show that patients with dementia have a higher rate of hearing loss when compared to the general population. According to [research from Johns Hopkins clinicians](#):

- Mild hearing loss doubles dementia risk
- Moderate hearing loss triples dementia risk
- Severe hearing loss is associated with a five-times-higher dementia risk

If your senior is living with hearing loss, visit a physician for proper evaluation and treatment to help reduce associated risks and improve quality of life.

Whether your loved one is having difficulty hearing or needs [dementia care](#), Visiting Angels in-home care providers can offer compassionate support to address their personal needs.

[Click here to read more.](#)

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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.

This caregiver was most recently **Caught in the Act of Caring!**

Nosa Ogbemor





by nextavenue.org

Don't Wait to Focus on Balance

Assessing and strengthening balance is essential before it becomes problematic.

Strength, balance and flexibility are the dynamic trio at the heart of healthy aging. All three are necessary to remain physically strong, safe and independent as long as possible.

With a growing emphasis on the importance of [strength training](#) for older adults, balance is often assumed to be good enough until it becomes a problem.

There are excellent reasons, however, to address balance proactively. According to the Centers for Disease Control and Prevention, the [number of deaths](#) from falls in adults ages 65 and older increased by 41% over the decade from 2012 to 2021, and falls cause [3 million hospital visits and 1 million hospital stays](#) for older adults each year.

Balance [begins to decline after age 50](#), and a [recent study](#) observed that balance worsens significantly every five years, starting around 55. The same study found that the inability to balance on one leg for 10 seconds later in life was associated with a greater risk of death from all causes.

According to Dan Sivertson, physical therapist, founder and clinic director of [Pure Form Physio](#) in Langley, Canada, "You have to start putting investments in your system now, so you have something to draw on as you age. Sometimes, you're going to take big draws because you're in bed for a month with an illness, injury or surgery. You want to have a strong balance in the bank, so when you need to make withdrawals, you've got it."

[Click here to read more.](#)



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 their achievements.

This month's awardees are...

Silvana Caruso
Stella Spencer
Nosa Ogbebor

Congratulations!

Heart Healthy Turkey Cutlets and Gravy



Creamy country gravy tops lightly breaded turkey cutlets in this mouthwatering entrée.

[Click here for the recipe](#)

Caregivers Make



by seniorplanet.org

Arthritis Update - Hope on the Horizon?

Someday, an injectable cell therapy could become the standard of care to reverse painful, debilitating osteoarthritis (OA), the joint disease that affects about 32.5 million U.S. adults.

As those who have it know, osteoarthritis is a painful condition that affects quality of life and movement. It's more common with age, and ethnicity plays a role. [According to the CDC](#), doctor-diagnosed OA affects more than 26% of American Indians/Alaska Natives, 23% of Caucasians, 21% of African-Americans, 16% of Hispanics and 12% of Asians. But the severity of OA varies among people, regardless of their ethnicity.

One bright spot: Researchers at the Wake Forest Institute for Regenerative Medicine in Winston-Salem, NC, have already shown the injected cell therapy works in a small [pilot study](#) with 9 patients. Anthony Atala, MD, the institute's director, explains: Inflammation in the joints of someone with OA leads to the cartilage lining the joint bones breaking down, which causes swelling, pain and limitation of movement.

[Click here to read more.](#)

Make Heartfelt Connections!



Join our Visiting Angels team!

Looking for a rewarding and fulfilling career?

Visiting Angels Newton is searching for caring and compassionate caregivers to become part of our close-knit team.

If you're passionate about making a positive impact and **heartfelt connections**, let's team up and make a real difference together! ☐

[Apply today!](#)



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