

HomeTimes



America's Choice In Home Care

Your resource for an at home senior lifestyle.



How Can Respite Care Assist Seniors and Families?

The older adult population has grown at an unprecedented rate in recent years. It shouldn't come as a surprise that the number of people caring for an aging loved one has also risen. According to a report from the National Alliance for Caregiving (NAC) and AARP, 53 million Americans provide unpaid care for relatives and friends.

Unfortunately, the demands placed on a family caregiver can lead to increased stress, anxiety, and burnout. This is where professional respite care can serve as a lifeline to manage the demands of everyday life and reduce the risk of fatigue.

So, what is respite care?



Respite Care Definition

Respite care is short-term relief or backup for primary caregivers to enable them to run errands, socialize, travel, work, or unwind. Professional at-home assistance can be arranged for a couple of hours on the weekend, during a vacation, or during a one-time event with a few days' notice.

What is Caregiver Fatigue?

Caregiver fatigue, also known as "caregiver burnout," occurs when a caregiver feels physically, mentally, and emotionally overwhelmed and exhausted.

Symptoms may include:

- Inability to keep appointments or manage responsibilities
- Withdrawal from people and activities
- Difficulty sleeping
- Unhealthy coping behaviors, such as drug or alcohol use, overeating, or not eating enough
- Feeling irritable, stressed, exhausted, or isolated
- Resentment of duties for a loved one
- Lack of motivation

Fatigue is common and is most likely to occur when someone is also managing personal responsibilities themselves or lacks support from friends and family members.

How to Prevent Caregiver Fatigue

Make sure you pay attention to yourself so you can support others. Respite care can be cost-effective and beneficial for your health. Getting a break from the demands of your duties can reduce your stress by providing a window of time to address your physical, mental, emotional, spiritual, and practical needs.

Do not feel guilty for taking a break. Asking for help will benefit your loved one and you.

How to Start Respite Care

The first step is to contact Visiting Angels West Springfield at (413) 733-6900. Our coordinator will schedule a free in-home consultation to answer your questions and discuss your loved one's requirements.

Our Visiting Angels coordinator will conduct a home assessment and work with you to develop a care plan for your loved one's needs.

First Aid Kit Needs for Seniors at Home

Caring for a senior loved one requires preparation, including having an emergency medical file and a well-stocked first aid kit available for unexpected health challenges or urgent situations.

Your senior loved one, just like anyone else, may encounter minor injuries, sudden illnesses, or other health issues that require immediate attention. A properly stocked first aid kit in their home can help ensure you and other caregivers have access to the required supplies when needed.

First Aid Kit Essentials for Seniors

The first items you should stock in any first aid kit are the "essentials"—the items commonly needed for most minor health occurrences.

Supplies (in alphabetical order) include:

- Anti-Inflammatory Medication*
- Antiseptic Ointment and/or Wipes
- Antiseptic spray
- Band-Aids
- Blanket
- Calamine Lotion*
- Cold Compress
- Compact Flashlight
- Cotton Swabs
- Fever Reducer*
- Gauze
- Gloves
- Hand Sanitizer
- Hydrocortisone Cream*
- Hydrogen Peroxide*
- Scissors/Shears
- Tape
- Thermometer
- Tweezers

If you are missing—or low—on any supplies, restock them as soon as possible.

*Check with your senior's doctor to ensure these are safe to use before stocking these items in the first aid kit.



Additional Supplies and Documents

Depending on your loved one's health, additional supplies or specialty home care items may be necessary. Talk with your senior and their doctor to determine if they require further items due to a chronic health condition or other needs.

Make sure essential information from your loved one's emergency medical file is included in their home first aid kit.

This information includes:

- Phone numbers for
- doctors, pharmacy, and emergency contacts, as well as poison control
- A copy of a photo ID
- List of allergies, health conditions, and surgeries
- List of medications, including dosage and schedule for each
- Insurance information
- Medical forms (i.e., DNR, advance directives, power of attorney, living will)

Other First Aid Kit Tips for Seniors

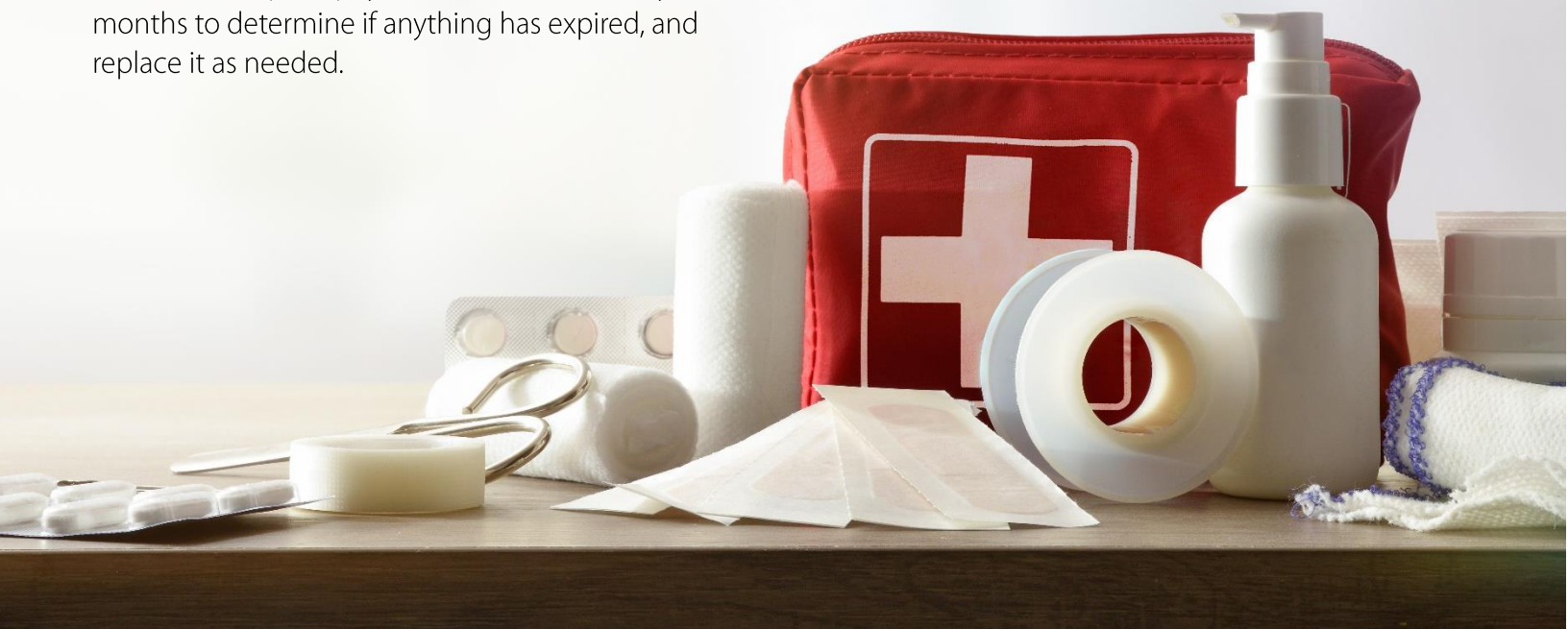
After you've assessed and supplied your loved one's home first aid kit, place it somewhere that is easy to access. Make sure the first aid kit can be easily found in an emergency, and alert anyone who visits the home regularly of its location.

Restock items promptly. Check each item every six months to determine if anything has expired, and replace it as needed.

Professional In-Home Care Can Help

While it's essential to have a well-stocked first aid kit available, having a professional in-home caregiver by your loved one's side can provide an additional layer of support and safety when you or other family members are unable to be there.

Contact Visiting Angels West Springfield to schedule a free home care consultation with a care coordinator by calling (413) 733-6900 for more information.



Visiting Angels West Springfield News



Maria is August Caregiver of the Month!

Congrats to Maria for earning August Caregiver of the Month!

Maria has been a consistently strong and reliable caregiver for the past three years since she joined Visiting Angels West Springfield in 2021. She has proven to be professional, dependable, consistent, and a great fit for her profession.

Maria has been a wonderful addition to our organization. "We have never received a complaint or any negative feedback about her,"

Natali, in our office, reported. "Her client actually requested her. She always prioritizes her client and makes sure she's taken care of."

"She is very intuitive with her client," Michele, our owner, added. "She knows when to intervene but also when to step away and give her client space and allow her to have her moment."

Her professionalism, compassion, attention to detail, and intuitiveness have earned Maria the award of Caregiver of the Month. She has served her clients humbly and consistently each day for years, picking up extra shifts on weekends when she can. We appreciate all that she does to contribute to Visiting Angels West Springfield's reputation as having a strong, professional, and compassionate character. Thank you, Maria!

Visiting Angels West Springfield Receives Home Care Re-Accreditation

Meets Updates Standards of the Home Care Alliance of Massachusetts

Visiting Angels West Springfield, a private-pay home care agency based in West Springfield, has reaffirmed its commitment to quality care and ethical business practices by earning re-accreditation from the Home Care Alliance of Massachusetts. The alliance, which represents 180 home health and elder care agencies across Massachusetts, created an accreditation protocol to promote quality services, ethical



business standards, and superior employment practices in an industry that lacks meaningful licensure in the Commonwealth of Massachusetts even while it grows in popularity.

“We are proud to meet these accreditation standards that convey our commitment to quality,” Michele, president of Visiting Angels West Springfield, reports. “Peace of mind for our clients and their families is our primary goal. By maintaining our accreditation, we demonstrate that we not only promote high-quality, compassionate care, but we actually deliver on that promise.”

The Home Care Alliance launched this accreditation program for private-pay agencies (agencies that are not paid by Medicare or Medicaid) in July 2010. Since that time, over 60 agencies have submitted documentation to show that they meet the standards established by the Alliance. The standards were revised in 2017 to raise the bar to promote even higher standards for agencies seeking re-accreditation.

“The Alliance’s accreditation program demonstrates our leadership for an area that is becoming more and more important to the

health care delivery system in Massachusetts,” said Timothy Burgers, associate director of the Home Care Alliance of Massachusetts. “The revised standards highlight our agencies’ best practices and will help guide members of the public as they choose who will take care of their loved ones in their homes.”

About the Home Care Alliance

With a mission to unite people and organizations to advance community health through care and services in the home, the Home Care Alliance of Massachusetts is a non-profit trade association and advocacy group providing representation, education, communication, advocacy and - ultimately - a voice for the state’s home health industry. Founded in 1969, the Alliance has grown to represent more than 170 home care and home health agencies across the state. For more information, visit www.thinkhomecare.org.

Visiting Angels West Springfield Approved to Continue Providing In-Home Care to Eligible Veterans

United Healthcare has reapproved Visiting Angels West Springfield as a care provider in the Department of Veterans Affairs Community Care Network (VA CCN). It will continue to provide homemaking and personal care services for eligible veterans of the United States Armed Forces.

Since August 2023, Visiting Angels West Springfield has been an approved home care provider to veterans deemed eligible through the Department of Veterans Affairs. VA benefits

offer financial assistance for home care to veterans through several programs.

The VA Aid and Attendance program helps to provide access to homecare for veterans and their spouses who need help with daily tasks or who suffer from a disability or illness. Through Visiting Angels West Springfield, veterans who require help with daily living from another individual can receive help with everyday tasks in their home such as bathing, eating, cleaning, and memory care.

The Homemaker and Home Health Care Aid program helps veterans to receive assistance with everyday tasks with the help of a

homemaker or home health aid. Visiting Angels West Springfield helps eligible veterans with in-home tasks which allows those who prefer it to stay in their homes rather than live in a separate facility.

To obtain approval for these benefits, talk to your local veteran's representative or see a doctor at a veteran's medical center or clinic. Veterans must meet specific service, disability, income, and asset criteria in order to be eligible for these VA programs.





Cowboy Coleslaw

- 1 (16 oz) package shredded coleslaw mix
- 1 (15 oz) can black beans, drained and rinsed
- 1 1/2 cups frozen corn, thawed and drained, divided (from 1 [10 oz] bag)
- 1 cup finely chopped red bell pepper
- 1/2 cup fresh cilantro, finely chopped
- 1/4 cup seeded and finely chopped jalapeno
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup fresh lime juice
- 3 tablespoons canned adobo sauce
- 1 tablespoon taco seasoning mix
- 2 teaspoons kosher salt
- 1 teaspoon ground cumin
- 1/4 cup thinly sliced scallions for garnish
- 1 Lime, sliced for serving

Instructions:

Gather all the ingredients.

In a large bowl, toss coleslaw mix, black beans, corn, red bell pepper, cilantro, and jalapeno until well combined.

Whisk together mayonnaise, sour cream, lime juice, adobo sauce, taco seasoning mix, salt, cumin, and paprika until smooth and evenly combined.

Pour dressing over prepared coleslaw mixture. Toss until well combined.

Garnish with scallions and serve with lime wedges. Serve immediately or cover and refrigerate for up to 12 hours.

Nutritional Information - Serving Size: 6 servings • Calories: 418

www.allrecipes.com/cowboy-coleslaw-recipe-8653154



Best Eton Mess

- 2 cups heavy cream
- 2 tablespoons white sugar
- 1 teaspoon vanilla extract
- 2 cups fresh raspberries
- 2 cups sliced fresh strawberries
- 1 teaspoon balsamic vinegar
- 1 teaspoon rose water (optional)
- 8 small plain meringue cookies

Instructions:

Beat cream in a chilled glass or metal bowl with an electric mixer until frothy. Add 1 tablespoon sugar and vanilla extract gradually, continuing to beat until stiff peaks form. Keep cream chilled in the refrigerator.

Combine 1/2 of the raspberries, 1/2 of the strawberries, remaining 1 tablespoon sugar, and balsamic vinegar in a bowl; mash berries with a fork and chill in the refrigerator until ready to serve.

To serve, combine mashed fruit and cream in a bowl. Add the remaining strawberries, raspberries, and rose water; fold everything together.

Place your meringues in a bowl and break them up into a mix of small and big chunks for a variation in texture.

Layer meringue and cream mixture into dessert bowls or glasses and serve immediately.

Nutritional Information - Serving Size: 8 servings • Calories: 396

www.allrecipes.com/best-eton-mess-recipe-8641184

About Visiting Angels West Springfield

The West Springfield franchise of Visiting Angels has announced that Michele Anstett, co-founder of the business, has transitioned to full ownership and assumed the role of President and CEO. Visiting Angels offers **in-home care services to seniors and elderly veterans** throughout the Pioneer Valley in Western Massachusetts. Anstett started the business in 1999 is the Owner, President, and Director for the West Springfield franchise.

Since 1999, the home-care industry has changed dramatically in the Pioneer Valley and Greater Springfield Area. Anstett's experience growing the business for the past 25 years in an evolving sector makes her uniquely equipped to handle the modern challenges of the industry and successfully direct the business. Anstett's franchise was the ninth franchise in the Visiting Angels network, which has since increased in size to over 600 agencies internationally. With her guidance as Owner and President, the franchise has grown to provide over 80,000 hours of care annually, helping seniors to maintain a sense of independence, dignity, and quality of life in their own home setting. Anstett brings dedication, compassion, experience, and attention to detail to the role – fundamental skills for successful leadership in the ever-evolving home-care industry.



Now, with over two decades of servicing the Hampden County region, Visiting Angels has helped over 4,000 seniors maintain a sense of independence, dignity and quality of life in their own home or assisted care setting. While Visiting Angels West Springfield has grown since 1999, they continue to build lasting relationships by offering that same, family-like compassionate care and dependability since day one. Visiting Angels has been a *Homecare Provider of Choice since 2015!*

Visiting Angels West Springfield provides [in-home care](#), senior homecare, elderly care, [Dementia care](#) and [Alzheimer's care](#) in Southamptton, [Westfield](#), Southwick, [Holyoke](#), [West Springfield](#), [Agawam](#), [Chicopee](#), [Springfield](#), Indian Orchard, [Longmeadow](#), [East Longmeadow](#), [Wilbraham](#), [Ludlow](#), Feeding Hills and [Montgomery](#). The franchise covers the entire Greater Springfield Area and most of the Lower Pioneer Valley region.

Visiting Angels West Springfield can be reached at [413-733-6900](tel:413-733-6900) to request more information about in-home care services for your loved ones or to inquire about [current employment](#) opportunities (CNA, HHA, and PCA).

Visiting Angel West Springfield

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America's Choice In Home Care®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!

