

HomeTimes



America's Choice In Home Care®

Your resource for an at home senior lifestyle.



Long-Distance Home Care Can Brighten a Senior's Holidays

As the holidays approach, families around the country look forward to celebrating together in person. But for some seniors who live far from their loved ones, the holiday season may be a time of loneliness.

Sometimes, families can't be together during the holidays due to the financial cost of travel, busy work schedules, or other commitments. The time away from family and friends can be especially difficult for the elderly.

Long-Distance Care Support for Seniors

Visiting Angels long-distance care services can help seniors who aren't able to spend time with their loved ones. Our compassionate caregivers can provide holiday cheer in a variety of ways, including:



Companionship

The holidays, unfortunately, can be a time of loneliness, leading to feelings of isolation and depression. For some seniors who have recently lost family members and friends, the holidays can be a reminder of that loss.

Visiting Angels can give your loved one the emotional support they need. A supportive, compassionate caregiver can be a powerful tool to combat feelings of loneliness and help foster the holiday spirit.

Our long-distance caregivers can help your senior stay in touch with family during these special times. Although some seniors may have difficulty managing a video call on their own, our caregivers will help them navigate unfamiliar technology and celebrate remotely with their loved ones.

Maintaining Holiday Traditions

Some older adults may feel depressed as the limitations of age impede beloved holiday traditions. Preparing a large holiday dinner might be too overwhelming for mom and dad to handle alone or they may no longer be physically capable of decorating their home for the season. These time-honored traditions can become reminders of limitations.

At Visiting Angels, we support seniors living far from their loved ones through our dedicated long-distance services. Caregivers can assist with holiday traditions that may be challenging for your senior loved one, like helping Dad decorate the tree or assisting Mom in the kitchen as she prepares festive meals. Our caregivers

can also help with grocery shopping for those holiday meals, so that your loved ones have everything they need.

Most importantly, with the support of our caregivers, your senior can celebrate the season in their own way, in the comfort of their home, giving you peace of mind.

Holiday Shopping

Visiting Angels can help with essential errands. Our caregivers can accompany your loved one on shopping trips, carry bags, push carts, wrap gifts, ship packages, and mail seasonal greeting cards.

If distance separates you and your loved one, give them the gift of Visiting Angels home care services to help them feel connected and make the most of their holidays. Contact Visiting Angels West Springfield at 413-733-6900.



4 Ways to Improve an Indoor Environment for Seniors

If your aging loved one spends most of their time inside the house, it's critical to enhance their indoor living environment. Every older adult should benefit from a clean and comfortable dwelling—free of unpleasant odors, excessive dust, leaks, mold, and other health hazards.

However, as people age, they often experience changes in their senses and may not smell strange odors or notice when the temperature changes. Older adults may also develop mobility and cognitive issues that prevent them from identifying household problems or necessary repairs.

Professional Care Services Can Maintain a Healthy Home for Your Senior Loved One

A professional caregiver can offer companionship and in-person support for your loved one while upholding sanitary conditions inside their home. Here are a few tasks a Visiting Angels' in-home caregiver can provide to help your senior maintain a healthy indoor environment:

Ensure the HVAC System is Functional

If a house becomes musty, stuffy, too hot, or cold, the culprit could be the HVAC system. A quick test using the thermostat might be all it takes to determine if settings are incorrect or if certain systems aren't working. A caregiver can monitor for issues and alert you when to contact an HVAC professional. Consider asking an HVAC company to schedule an annual service visit to ensure your loved one's system functions properly.

Let in Some Fresh Air

Open windows can improve indoor air freshness—but it's important to check local air quality if your senior has asthma or allergies. Open a patio door or a window to aerate the indoor environment for just a few minutes when the weather outside is ideal.

Eradicate Odors

Visiting Angels can assist with light housekeeping duties that keep the home odor-free. A caregiver can lend a helping hand to replace a dirty pet bed, clean out spoiled food in the refrigerator, spray fabric refresher on a favorite chair, put a little baking soda down the kitchen drain, and do other tidying tasks.

Manage Indoor Allergens

A professional caregiver can help prevent common indoor allergens such as dust mites, pet dander, mold, insects, and other pests. They can clean those hard-to-reach spaces, vacuum rugs, or remove dust to prevent allergy flare-ups.

Visiting Angels will help your older adult stay safe and comfortable by maintaining a clean, healthy home. Learn how our professional caregivers can provide personalized home care services by contacting our West Springfield office to schedule a no-cost, no-obligation in-home consultation at 413-733-6900.

What's New at Visiting Angels West Springfield?

Check out what's happening in the month of November in our office.



Bianca, Client Care Coordinator, comments. "She is amazing."

In our work environment, Heather is also known amongst the office staff to be dependable and an overall asset to our organization. "She is reliable . . . always willing to help out when she can," Natali, Staffing Coordinator, writes. She goes beyond the basic requirements of a caregiver and strives to be reliable and an active part in our staff community. "[She is] always willing to help out when she can," Natali adds, commenting on how Heather tries her best to accept call-out shifts, as well as "make it to every event we host in the office."

This December, we're recognizing Heather as our Caregiver of the Month because of not only her attentiveness to each individual client, but also her contributions to our business operations and community. She goes above and beyond for us and her clients and that never goes unnoticed!

Heather is our December Caregiver of the Month

This month, Visiting Angels of West Springfield would like to recognize Heather as our December Caregiver of the Month!

Heather has been with us for over two and a half years, and she has since established herself as a well-loved and highly requested caregiver. Her care and compassion for her elderly clients perfectly balanced with her professionalism and reliability makes her a true embodiment of the Visiting Angels spirit.

Heather excels as both a caregiver working with clients and as a professional with our agency. "She is a compassionate, respectful, and caring caregiver,"



Angel Cookbook



Holiday Meat Pie

- 1 medium potato, peeled and cubed
- ½ pound ground beef
- ½ pound ground pork
- ½ cup chopped onion
- ⅓ clove garlic, chopped
- ½ teaspoon mustard powder
- ½ teaspoon dried thyme
- ¼ teaspoon dried sage
- ¼ teaspoon ground cloves
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup water
- 1 (15 ounce) package refrigerated pie crusts

Instructions:

Gather all ingredients. Preheat the oven to 425°F (220°C).

Place potato in a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 5 minutes. Drain, mash, and set aside.

Meanwhile, crumble ground beef and pork into a large saucepan. Add onion, garlic, mustard powder, thyme, sage, cloves, salt, and black pepper. Stir in water. Cook over medium heat, stirring, until meat is evenly browned.

Remove from the heat and mix in mashed potato.

Ease one pie crust into a 9-inch pie plate. Fill with meat mixture, then top with the remaining pie crust.

Trim any excess dough, then crimp the edges with the tines of a fork to seal. Prick top crust a few times with a knife to vent steam. Cover the edges of the crust with aluminum foil.

Bake in the preheated oven until crust is browned.

Serving Size: 8 servings • Calories: 381 www.allrecipes.com/recipe/76296/meat-pie/



Apple Butter Spice Cake

Cake:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter, room temperature
- 1 cup white sugar
- ¾ cup apple butter
- 1 teaspoon vanilla extract
- ½ cup whole bran cereal or wheat germ
- 1 cup sour cream
- 2 eggs, room temperature

Topping:

- 1 cup packed brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ cup chopped pecans

Instructions:

Preheat oven to 350°F (175°C). Grease a 9x13-inch pan.

Prepare the topping by mixing the brown sugar, cinnamon, nutmeg, and chopped pecans.

Sift together the flour, baking powder, baking soda, salt.

Beat butter and sugar together in a large bowl with an electric mixer until light and fluffy; add eggs one at a time, thoroughly beating each egg into the butter mixture before adding the next. Add apple butter, vanilla, and wheat germ or bran cereal. Add sifted dry ingredients alternately with sour cream; mix well after each addition.

Pour half the batter into the prepared pan, then sprinkle with half the topping. Add the remaining batter and sprinkle the rest of the topping on top.

Bake in a preheated oven at the specified temperature for about 40 mins, or until a tester inserted in the center comes out clean.

Serving Size: 12 servings • Calories: 399 www.allrecipes.com/recipe/13801/apple-butter-spice-cake/

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!

