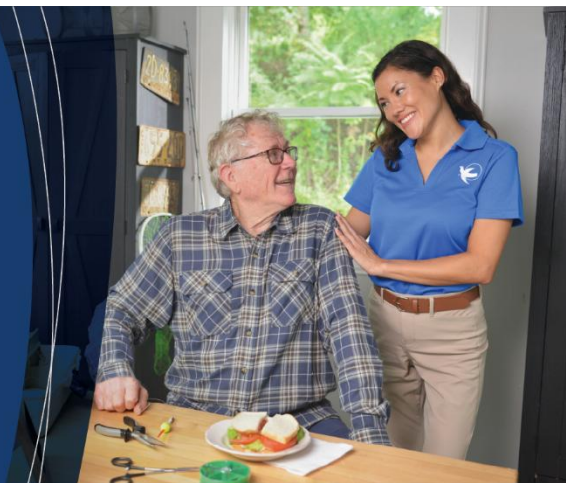


HomeTimes®

America's Choice In Home Care®

Your resource for an at home senior lifestyle.



How Transition Care Can Reduce Hospital Readmissions

Transitioning home after a hospital stay can be a very difficult adjustment for seniors. With their homecoming, there are typically more responsibilities put on the senior and/or their caregiver that can cause them to be at an increased risk of another hospital trip in the near future. That is why Visiting Angels of West Springfield proudly offers the Reducing Readmissions Transitional Care Program.

According to the National Institute of Health, the hospital readmission rate for elders within 30 days of a visit ranges from 11% to 23% (depending on factors such as reason for the stay, socioeconomic status, etc.). The majority of readmissions are preventable but due to new factors post-hospital visit, many seniors find themselves back in very costly hospital stays all over again.

There are a few common factors that contribute to seniors having to be readmitted to the hospital:

- Failure to understand or remember to follow hospital discharge plans and instructions
- Missed follow-up appointments and doctor's checkups
- Falls due to weakness, exhaustion, loss of balance or coordination
- Failure to follow nutritious meal plan
- Low engagement or interactions with others

- Non-compliant use of prescribed medications

With help from a Visiting Angels caregiver, so many of these contributing factors can be minimized for an elderly loved one after leaving a hospital visit. Having a home health aide in the home can help provide the structure and attention necessary for your senior to recuperate and avoid readmission.

During the initial consultation, a client care coordinator will take into account your loved one's hospital discharge instructions and work with your family to create a personalized care plan. Your loved one's personal caregiver will intentionally follow the plan to maximize rehabilitation and recovery. Your caregiver will make sure to keep a consistent medications schedule, help your loved one navigate around the home to prevent slips and falls, prepare nutritious meals, ensure attendance at follow-up appointments, provide companionship, etc.



Contact Visiting Angels West Springfield today at 413-733-6900 to inquire about transition care and the Reducing Readmissions Program.

Understanding the Benefits of Senior Home Care

When looking for professional senior care for a loved one, it's common to weigh the pros and cons. Understanding the benefits of home care services can help you make an informed decision about whether it is the right decision.

What Do In-Home Caregivers Do?

Professional caregivers provide non-medical support to older adults who want to age in place at home and maintain their independence for as long as possible. In-home support can provide the following services customized to your loved one's needs:

- Bathing & Dressing Assistance
- Errands & Shopping
- Meal Preparation
- Laundry & Light Housekeeping
- Medication Reminders
- Incidental Transportation

Professional companion care offers socialization and interaction to help reduce the risk of anxiety, isolation, and depression in seniors. For those with advanced needs, specialized services include Alzheimer's care, dementia care, and end-of-life care.

What Are the Benefits of In-Home Care?

When you choose in-home assistance, you are investing in your loved one's safety, comfort, and well-being. Benefits of in-home care include:

Personalized, One-On-One Support

Your loved one will benefit from focused attention by an experienced professional who will learn their individual needs, preferences, habits, and interests to offer personalized support.

Fully Customizable

Flexible scheduling lets you choose the days, times, and duration of visits, ensuring your loved one gets help when they need it most. Additionally, you can



select the specific services that fit their current requirements and adjust the plan as needs change.

Cost-Effective

You can develop a schedule that fits your budget and saves money by eliminating unnecessary services while maximizing your loved one's well-being.

Emotional Well-Being

Research shows most people over 65 prefer to stay in their homes, where leaving can cause anxiety and stress. In-home care may enable your loved one to remain at home longer and avoid a move to an assisted living or nursing facilities.

Peace of Mind

Whether you're working, on vacation, or taking a break, an in-home provider ensures your loved one gets compassionate care. Respite care is also available for short-term assistance.

Visiting Angels caregivers provide customized, affordable in-home services. Schedule a free home care consultation with a coordinator at 413-733-6900.

Healthy Habits for Seniors to Keep Sharp

Maintaining healthy habits greatly enhances seniors' well-being and quality of life. A healthy routine sharpens aging minds and reduces the risk of depression and cognitive decline.

A 2022 JAMA Psychiatry study found adults 65+ who rose before 7 AM and stayed active had fewer depression symptoms and performed better on memory and thinking tests.

While not conclusive, the research suggests staying active prevents mental decline or depression, and indicates that staying physically, mentally, and socially active can benefit seniors.

Personalized Care and Companionship

Professional senior care from a reputable home care agency, like Visiting Angels, can help your senior loved one remain active, healthy, and independent through activities like participating in a favorite hobby, attending a social event in the community, or walking together around the neighborhood.

In addition to offering opportunities for engagement and socialization, professional home care can help your senior maintain or cultivate healthy habits by encouraging them to:

Stick to a Routine

Familiar routines bring comfort and keep older adults engaged, happy, and healthy. Whether it's a morning coffee, an afternoon stroll, or a calming bedtime, a Visiting Angels caregiver can help them with the daily rituals they enjoy.

Get Plenty of Sleep

Many seniors attribute sleep problems to normal signs of aging. Visiting Angels can help them feel safe and secure while creating a bedtime routine that encourages restful sleep.

Eat Healthy

As your loved one ages, their appetite and tastes may change. Certain health conditions such as diabetes, heart failure, or kidney problems may require them to follow a special diet. Visiting Angels can assist with grocery shopping and meal preparation personalized to your loved one's tastes and needs.

Engage in a Variety of Activities

Visiting Angels can help your older adult engage in various activities that address their social, emotional, and physical needs for stimulation—all based on their unique preferences. An in-home professional caregiver will get to know your senior's likes and dislikes and suggest activities that pique their interests.

Visiting Angels Can Promote Healthy Habits

Visiting Angels, a leading provider of senior home care, offers companion care and personal care as well as specialized services for individuals with Alzheimer's disease or dementia. If your loved one needs to

maintain or improve their health and wellness, Visiting Angels dedicated in-home care can help them remain engaged, healthy, safe, and comfortable at home.

To learn more about how professional in-home care can assist, contact Visiting Angels of West Springfield today at 413-733-6900.



What's New at Visiting Angels of West Springfield?

Check out what's been going on this month in our office.

VAWS Receives 2025 Best of Home Care® – Provider of Choice Award

West Springfield – Visiting Angels of West Springfield announced today that it has received the 2025 Best of Home Care® – Provider of Choice Award from Activated Insights, formerly Home Care Pulse. The Provider of Choice Award is granted only to top-ranking home care providers, based on client satisfaction scores gathered by Activated Insights, an independent satisfaction research firm for post-acute care. Visiting Angels West Springfield is recognized among a select few home care providers across the country who have proven their ability to provide outstanding care.

"It is our pleasure to congratulate Visiting Angels West Springfield for their well-deserved achievement on earning the Best of Home Care® – Provider of Choice Award," says Bud Meadows, Chief Executive Officer of Activated Insights. "It's wonderful to see the hard work that Visiting Angels West Springfield is putting in to provide high-quality care and employment—and their effort isn't going unnoticed. This award allows them to provide proof of quality to potential new clients and caregivers."



Best of Home Care® – Provider of Choice award-winning providers have contracted with Activated Insights to gather feedback from their clients by conducting live phone interviews with their clients each month. As Activated Insights is a third-party company, it is able to collect honest and unbiased feedback.

"We are honored to receive this award. It is a testament to all our team's dedication to excellence," says Michele Anstett, founder and president of Visiting Angels West Springfield.

"At Activated Insights, our mission is to help post-acute care businesses create an experience that goes beyond client and caregiver expectations," says Meadows. "We are happy to recognize Visiting Angels West Springfield as a Best of Home Care® – Provider of Choice and to celebrate their accomplishments as a trusted home care provider."

To find out more about Visiting Angels West Springfield's commitment to excellence, please visit

visitingangels.com/westspringfield/home or call 413-733-6900.

Jalyn is February Caregiver of the Month

Congrats to Jalyn, our February Caregiver of the Month!

Jalyn has only been with us for a short time but she has well earned her award as Caregiver of the Month. From her initial onboarding, Jalyn has displayed an unmatched level of professionalism and proactivity in her position. Her kindness and empathy do not go unnoticed amongst both the office staff as well as her clients, earning her this month's caregiver award.

Though she is one of our youngest caregivers, Jalyn exudes maturity and enthusiasm, taking her position very seriously as an employee and as a caregiver. She is always willing to help out by filling in for open shifts and took it deeply to heart one day when she could not fulfill her duty to her client due to illness.

"Jalyn is very empathetic and cares deeply for her clients," Natalie, Staffing Coordinator stated. "She's very responsible, professional, and was even requested specifically by a client to provide care."

From the beginning, office staff knew she would be a great addition to the team. "She was on top of things right from the start during her hiring and onboarding," Michele, VAWS Owner, reports. Ever since, she has operated proactively, from providing top-notch care to her clients, to communicating



efficiently with office staff and keeping up-to-date on our yearly and monthly training.

Though Jalyn is young and new to caregiving, she is proving herself to be a promising member of the health care community. "Jalyn is a very sweet, caring, respectful and kind young woman," Bianca, Care Coordinator, commented. She is an asset to the Visiting Angels team and we are honored to have her as one of our caregivers.

Angel Cookbook



Maple Salmon

1 pound salmon
¼ cup maple syrup
1/8 teaspoon ground
black pepper
2 tablespoons soy sauce
1 clove garlic, minced
¼ teaspoon garlic salt

Instructions:

Gather all ingredients.

Stir maple syrup, soy sauce, garlic, garlic salt, and pepper together in a small bowl.

Cut salmon into 4 equal-sized fillets; place in a shallow glass baking dish and coat with maple syrup mixture. Cover the dish and marinate salmon in the refrigerator for 30 minutes, turning once halfway.

Preheat the oven to 400°F (200°C).

Place the baking dish in the preheated oven and bake salmon uncovered until flesh easily flakes with a fork, about 20 minutes.

Serve and enjoy!

Nutritional Information

Serving Size: 4 servings • Calories: 265

www.allrecipes.com/recipe/51283/maple-salmon/



Red Velvet Cupcakes

1 ½ cups white sugar
½ cup butter
2 large eggs
1 cup buttermilk
1 fluid ounce red food coloring
1 teaspoon vanilla extract
1 ½ teaspoons baking soda
1 tablespoon distilled white vinegar
2 cups all-purpose flour
1/3 cup unsweetened cocoa powder
1 teaspoon salt

Instructions:

Preheat the oven to 350°F (175°C). Grease two 12-cup muffin pans or line with 20 paper baking cups.

Beat sugar and butter in a large bowl with an electric mixer until light and fluffy. Mix in eggs, buttermilk, red food coloring, and vanilla. Stir in baking soda and vinegar. Combine flour, cocoa powder, and salt; stir into the batter just until blended. Spoon batter into the prepared cups, dividing evenly.

Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter and frost with desired frosting.

Nutritional Information

Serving Size: 20 servings • Calories: 160

www.allrecipes.com/recipe/105768/moist-red-velvet-cupcakes/

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 Southamptn, [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

33 Westfield St. #1
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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!



