

HomeTimes



America's Choice In Home Care

Your resource for an at home senior lifestyle.



Professional Home Care Can Help Seniors with Pets

Pets have an extremely positive impact on the health and wellness of seniors. One of the benefits is elderly companionship, which helps to reduce feelings of social isolation, loneliness, depression, and cognitive decline. Pets also help seniors stay active and give them an added purpose in life.



However, certain physical or health limitations can make pet ownership difficult.

Professional senior care services can help by keeping older adults safe and comfortable at home while helping them tend to their furry friends.

Getting Help at Home with Pet Ownership

Seniors may develop health, cognitive, or mobility issues that make it challenging—or even unsafe—to look after a

pet on their own. Because most living assistance facilities prohibit animals, a senior may have to painfully say goodbye to their four-legged buddy if moving to a nursing home.

Home care services from Visiting Angels can be a better alternative.

Visiting Angels provides a variety of resources tailored for seniors who own pets, helping them to maintain a joyful and fulfilling life with their furry companions:

Pet Care Support

A Visiting Angels caregiver will help your loved one with daily pet responsibilities, such as providing food, water, and medication. A caregiver can assist with scheduling vet appointments, finding a mobile groomer, setting up automatic pet food deliveries, or hiring a neighborhood dog walker.

Transportation Assistance

Just like humans, pets need medical care, food, and supplies. If your senior is unable to drive, a Visiting Angels caregiver can provide transportation to vet appointments and pet stores and assist with shopping.

Hazard and Safety Monitoring

Although pets can be loving companions, they can sometimes cause unsafe situations. For example, a pet's food bowl or toys in the middle of the kitchen floor could create a tripping hazard. A senior with mobility issues who attempts to walk a large dog alone could get hurt. Additionally, pet messes that aren't cleaned up properly could cause a health hazard. Having a caregiver in the home can ensure your loved one's pet isn't becoming too much to manage.

Visiting Angels Assists Seniors with Pet Care Integrity

In-home caregivers can make it possible for aging adults to enjoy the benefits of pet ownership by providing much-needed support to overcome age-related challenges.

To learn more about how Visiting Angels can provide seniors with personal home care and pet care assistance, contact Visiting Angels West Springfield at 413-733-6900.

What are the Qualities of a Visiting Angels Caregiver?

If you want to hire the best personal caregiver for a loved one, you need a trusted home care professional who provides dedicated service with competence, kindness, and compassion.

Look no further than Visiting Angels.

As a national-leading provider of non-medical home care, Visiting Angels takes a “character-first” approach to hiring caregivers, ensuring the highest quality at-home assistance for older adults through a comprehensive vetting and background check process.

Characteristics of Professional Caregivers

During the interview process, each candidate’s desire to pursue a meaningful career as a professional in-home caregiver is assessed.

Visiting Angels seeks the following qualities in caregivers:

Compassion

Caregivers need to focus on enhancing the physical, emotional, and social well-being of clients. Visiting Angels employs respectful and compassionate caregivers who share this belief and are committed to caring for the “whole person”—just as they would for a cherished member of their own family.

Community-Minded

Visiting Angels looks for caregivers who are engaged in their communities and enjoy contributing to their neighbors’ welfare. Through innovative collaborations with faith-based organizations, charities, and other groups, Visiting Angels identifies candidates who gain a sense of fulfillment from serving others.

Integrity

Caregivers should conduct themselves professionally with honesty, trustworthiness, and integrity. Potential caregivers undergo a rigorous background check to ensure they will be the right fit to oversee a client’s safety, security, and comfort.

Energy

Visiting Angels hires cheerful, engaging caregivers who bring joy to the lives of older adults. Their positive attitudes and energetic personalities help forge strong, lasting relationships with clients.

Passion

Professional caregivers need to enjoy and value the interaction they have with clients and their families. Their passion for caregiving should be rooted in love, duty, and a commitment to making a positive difference in the lives of their clients.

Hands-On

Our caregivers support clients’ dignity, identity, and independence, assisting older adults with dressing, bathing, toileting, eating, and personal care tasks with professionalism and kindness.

Dedication and Compassion in Home Care

Visiting Angels has been recruiting, training, and hiring personal care professionals for more than 25 years. Team members understand how important it is to hire professionals who possess the integrity and character required to deliver the high-quality care you expect.

Contact Visiting Angels West Springfield at 413-733-6900 to get started with a free home care consultation, where you can learn more about personalized care options for you or your loved ones.



What's New at Visiting Angels West Springfield?

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

VA Presents at Annual Agawam Senior Resource Fair

Angel duo Bianca, Client Care Coordinator, and Kashana, Visiting Angels Caregiver, participated in the Agawam Senior Resource Fair on Wednesday, October 23. This public event is held annually at the Agawam Senior Center as an opportunity for the town's senior community to meet local businesses that provide services specifically for the elderly population.

The two presented an informational table alongside 30 other vendors and met seniors from Agawam and Feeding Hills. The table specifically highlighted our veterans care services and of course, included our popular Visiting Angels ducks.

Visiting Angels West Springfield is an approved care provider in the Department of Veterans Affairs Community Care Network (VACCN). Since August 2023, Visiting Angels West Springfield has been providing home care to Hampden County veterans deemed eligible through the Department of Veterans Affairs. VA benefits offer financial assistance for home care to veterans through several programs.

Visit our web page <https://www.visitingangels.com/westspringfield/veterans-benefits> to learn more about what veteran's care is, who might be eligible, and how to get approval for these veterans benefits.

The MVCOC has numerous resources and events for any Massachusetts veteran or spouse who currently owns a business or is interested in starting one in the future. SCORE is another great organization for small business owners. They provide mentoring for new



business owners from their 10,000 volunteer mentors all across the fifty states.

More information about the Massachusetts Veterans Chamber of Commerce and SCORE is available on their websites www.massvcc.org and www.SCORE.com respectively.

VA Staff Attends MSBDC/SCORE Veterans Business Owners Networking Event

On October 21st, Visiting Angels staff attended MSBDC/SCORE Veterans Business Owners Networking



Event. The gathering was held Monday evening at Tower Square in Springfield.

The Massachusetts Small Business Development Center teamed up with the Massachusetts Veterans Chamber of Commerce and SCORE to host a night of networking for local veterans who own or wish to own a small business. Visiting Angels Owner, Michele Anstett, and Client Care Coordinator, Bianca Lopez, presented a display table highlighting information on the VACCN Home Care benefit for Veterans. It was a wonderful opportunity to meet and connect with veteran business owners from all over the area.

November 11-15 is National Veterans Small Business Week, a week when many events helping veteran and spouse business owners take place across the United States. The Massachusetts Veterans Chamber of Commerce and SCORE are both great resources for those planning on starting businesses.

Thank You to All Who Provided Food for Our Hispanic Heritage Celebration!

We would like to give a shoutout to those who provided food for our Hispanic Heritage Celebration last month: Evelyn Torres and Lydia Rivera, as well as Key Food Market in Chicopee!

We are so grateful for two lovely ladies who are longtime friends of Iris, Outreach Specialist in the Visiting Angels office. Evelyn Torres and Lydia Rivera

selflessly donated heaps of food to our office celebration AND hand delivered it to the office at 8am the morning of the celebration! Their cuisine included vanilla and cheese flans, guava pastries, quesitos, sandwiches with Spanish dip, and a tray of surtidos de frituras. These women use their culinary talents to do so much for their community, especially those less fortunate in shelters around the Springfield area. We are incredibly honored to have received exquisite homemade creations from these selfless, talented friends.

Key Food Market in Chicopee is to thank for the trays of delicious empanadas as well as the platter of sandwich meats, cheeses, and olives.

Though we placed an order for only empanadas, the deli staff generously donated an entire second tray of empanadas AND the sandwich platter. We were blown away by not only how delectable the food was but also by the friendliness, kindness, and generosity of the staff. We would highly recommend them for catering any function, event, or celebration, especially with the holidays approaching. They're located at 185 Exchange Street in downtown Chicopee.



Angels Cookbook



Italian Sausage Soup

- 1 pound Italian sausage
- 1 clove garlic, minced
- 2 (14 ounce) cans beef broth
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 1 cup sliced carrots
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (14.5 ounce) can great Northern beans, undrained
- 2 small zucchini, cubed
- 2 cups spinach, packed, rinsed and torn

Instructions:

Gather all ingredients.

Heat a stockpot or Dutch oven over medium-high heat. Add sausage and garlic; cook and stir until browned, 5 to 7 minutes.

Stir in broth, tomatoes, and carrots; season with salt and pepper. Reduce heat to medium-low, cover, and simmer 15 minutes.

Stir in beans with liquid and zucchini; cover and simmer another 15 minutes, or until zucchini is tender.

Remove soup from heat and add spinach; replace the lid and allow spinach to wilt.

Stir until warmed through. Serve and enjoy!

Nutritional Information | Serving Size: 10 servings • Calories: 385

www.allrecipes.com/recipe/12942/italian-sausage-soup/



Nectarine Cobbler

- 2 ¼ cups white sugar, divided
- 2 cups all-purpose flour
- 2 large eggs
- 1 ½ cups melted butter
- 2 teaspoons vanilla extract
- 2 pounds nectarines, pitted and sliced into 12 slices each
- nonstick cooking spray

Instructions:

Preheat the oven to 375°F (190°C). Spray an 8x8-inch baking dish with nonstick cooking spray.

Stir 2 cups sugar, flour, eggs, butter, and vanilla extract together in a bowl to make a smooth batter. Spread half of the batter into the prepared pan.

Bake in the preheated oven until the crust is golden brown, 20 to 25 minutes.

Meanwhile, toss sliced nectarines with remaining ¼ cup sugar. Spread fruit over base layer. Drop the remaining batter by spoonfuls evenly over fruit.

Bake in the preheated oven until cobbler is golden, and fruit is bubbly, 28 to 35 minutes.

Optional: Heat an air fryer to 400 degrees F (200 degrees C). Place cobbler in the air fryer until topping is crunchy, about 5 minutes.

Nutritional Information | Serving Size: 9 servings • Calories: 629

www.allrecipes.com/nectarine-cobbler-recipe-8698923

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

33 Westfield St. #1
West Springfield, MA 01089
413-733-6900

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!

