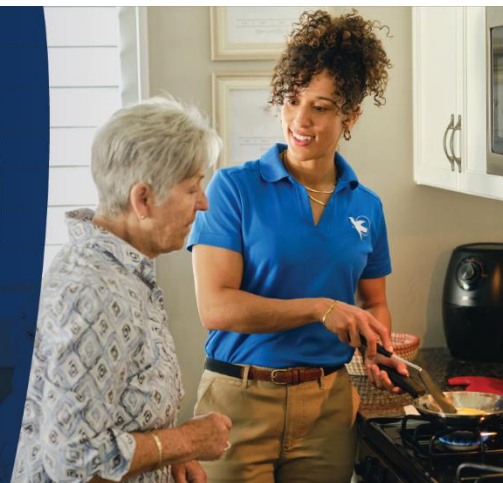


# HomeTimes



## America's Choice In Home Care

Your resource for an at home senior lifestyle.



## A Day in the Life of a Professional Home Caregiver

Visiting Angels, a leading national home care provider, employs dedicated individuals who are screened and supported by a local agency management team. These experienced professionals will get to know and understand your loved one to deliver compassionate and attentive home care.

### A Road Map of Home Care

What does a “normal day” look like?

A typical day is different for each client due to the personalized nature of care. Visiting Angels will develop and follow a customized plan established

during your initial consultation. The plan acts as a “road map” and outlines the tasks and needs scheduled to be completed each day.

Whether you request daytime assistance, overnight care, personal care, or a bit of companionship, Visiting Angels will work closely with you to ensure your loved one receives the comfort and safety they deserve.

### Starting the Day (or Night)

When the caregiver arrives, they will greet your senior, assess their needs, consult the plan, and check in with Visiting Angels West Springfield's office. The caregiver may also ask about any current or upcoming schedules, appointments, errands, preferences, or needs your loved one may have.

A caregiver in the morning may assist with a daily routine—helping with bathing, dressing, putting on makeup, eating breakfast, and engaging in other daytime tasks. At night, a caregiver may assist with bedtime or simply be there to offer comfort and support.

### Providing Companionship and Assistance

Visiting Angels will constantly assess your loved one's requirements for companionship and assistance—honoring their preferences and helping to promote independence, engagement, and dignity.



For example, if your senior is low on groceries and craving a pasta dinner, the caregiver could arrange a trip to the grocery store for the ingredients and help to prepare the meal in the evening. The caregiver could also coordinate activities such as a trip to the doctor's office, helping with a load of laundry, or setting up a video chat with the grandkids.

Whether your loved one is an active older adult or a person at the end of life, your caregiver will monitor their well-being, including looking out for hazards around the home and changes in their physical or mental health status. If the caregiver has any concerns, they will alert their local management team, who will communicate with you.

### **Time to Head Home**

Before the caregiver leaves, they will confirm your loved one is comfortable and safe. Depending on the time of day, they may ensure your senior is settled in for the night or prepared for a fresh start in the morning. The caregiver will also review the plan to verify tasks have been completed and may check in with the local office when their shift has ended.

Although there is no "typical" day for a Visiting Angels caregiver, the goal is to meet your loved one's individualized needs while providing you with peace of mind. \*

## **Bedroom Safety Tips for Seniors**

When you think about areas of the home where seniors experience mishaps, the first places that probably come to mind are the kitchen, stairs, and bathroom. But you may not realize the bedroom can be full of hazards, too.

Many seniors spend at least eight hours per day in the bedroom. Although most of the time is spent sleeping, the bedroom can become especially dangerous if they abruptly wake up and are confused, disoriented, or groggy. Unfortunately, the risk of a fall will increase.

### **Bedroom Hazards for Seniors to Avoid**

Here are a few common bedroom hazards for seniors and how you can reduce your loved one's risk of an accident yourself or from a professional senior care provider:

#### **Bedside Tables**

Stretching to shut off the alarm clock, get a sip of water, or grab the phone from a bedside table that is too far away could lead to a nasty fall out of bed. Ensure the bedside table is close enough for your senior to reach and free of clutter so they can easily access important items.



Also, older adults with conditions such as arthritis, plantar fasciitis, or neuromuscular disorders may have more trouble with stiffness, pain, and mobility when they awake. This makes it even more important to ensure their bedroom is set up to reduce the chances of a fall or another accident.

## Too Many Electrical Cords

Many older adults have their technology devices close by at night, but cords from cell phones, laptops, landline phones, alarm clocks, and television sets can add up. Keep cords tucked behind the furniture or get a power strip to plug in multiple devices.

## Pet Hazards

Although pets are loveable, cuddly, and enjoy being close to their owners, they can get underfoot and create a hazard in the bedroom. Tripping over a cat or dog—or their bed or toys—in the middle of the night could result in serious injury for your loved one and their furry companion. Consider putting a crate, carrier, or pet bed in a safe spot in the room.

## Loose Bedding

Comforters, oversized blankets, weighted blankets, and throw pillows can create a relaxing setting, but they can also increase the chances your loved one could get tangled up when getting out of bed. To reduce the chances of a fall, opt for bedding that is soft, comfortable, and fits the bed snugly.

## Throw Rugs

Throw rugs in any room increase the risk of slips, trips, and falls. The safest option is to remove all throw rugs, but if you must have one for decoration, consider using it in a low-traffic area.

## Heating Pads and Space Heaters

These electrical devices are a convenient way for seniors to warm up quickly, but they pose fire and safety hazards. Always turn off a heating pad before bed, and keep space heaters away from flammable materials in a well-ventilated room.

## Laundry and Clothing

Keep laundry, clothing, and towels off the floor to reduce the risk of a fall for seniors. If your senior is struggling to manage the laundry, a Visiting Angels caregiver can tidy up the bedroom and prepare them for a comfortable night's rest.

## Home Care Assessments

A Visiting Angels caregiver can be by your loved one's side to assist them getting into or out of bed safely. Through our Safe and Steady® Fall Prevention Program, our professional caregivers will keep your loved one as safe as possible by promoting habits and easy home modifications to reduce your loved one's risk of falling at home.

When you decide to hire a Visiting Angels in-home personal caregiver for your loved one, you will also receive a complimentary home care assessment. A Visiting Angels care coordinator will walk around your loved one's home, identify hazards and fall risks, and discuss ways to enhance safety.

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



# What's New at Visiting Angels West Springfield?

Check out what's been happening in the month of September at our office.

## Kashana is September Caregiver of the Month



Kashana was an easy pick for our Caregiver of the Month award for September. She plays a big part in our operations at Visiting Angels West Springfield. As a caregiver, mentor, and occasional VAWS representative at marketing events, Kashana is an asset to our organization. Her strength, optimism and professionalism are reasons why she deserves recognition and celebration.

"There are a million reasons," Natali, Staffing Coordinator, answered when asked why Kashana was chosen for the award. "She never has a bad day.

Her case notes are always positive, and she never complains."

"Every shift is a great day," Michele, Owner of Visiting Angels West Springfield, added. "She always reports the positives of each shift."

Kashana is not only a wonderful caregiver, but also a natural leader. "She's an excellent mentor," Camille, Training Specialist, added. "She always gives her mentees great feedback."

Recently, Kashana attended the Prime Life Senior Expo at MGM Springfield along with our Care Coordinator, Bianca. The pair represented Visiting Angels West Springfield with a table at the event to market our organization's services for seniors. "She goes above and beyond her job description to be a wonderful employee," Michele commented.

Kashana is well-deserving of the Caregiver of the Month award. She is a positive light both in our work environment and in her cases, no matter the difficulty or challenges the day brings. She is the perfect recipient for this month's award. \*

## VAWS Attended Prime Senior Life Expo

On Sunday, September 8, Visiting Angels West Springfield attended the Prime Life Senior Expo at the MGM Casino in Springfield. The third annual event was hosted by The Republican. The expo, located in MGM's Aria Ballroom, featured a variety of senior-related businesses, from home care to home

improvement. Older adults over 55 were invited to come and learn more about senior services offered in the area.

The event also featured entertainment as well as a grand prize giveaway for a 3-night stay at the Smugglers' Notch Resort in Vermont.

Two of our own, Bianca (Care Coordinator) and Kashana (Caregiver and Mentor), hosted a table at the event to represent Visiting Angels West Springfield. They met many Springfield adults and seniors where they discussed our variety of compassionate and personalized senior care services.

The Visiting Angels West Springfield table highlighted our veterans care program that partners with the Department of Veterans Affairs. Visiting Angels West Springfield is 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 and the Homemaker and Home Health Care Aid program.

Bianca and Kashana both enjoyed the event and felt it was a success. "After the lady who was singing on stage used our veteran ducks for her performance, everyone was coming to our table for VA services information and for the duckies," Bianca reported. "It was very interesting."

The Prime Life Senior Expo was a great opportunity for Visiting Angels West Springfield to market, network and meet the older adult community of the greater Springfield area. \*





## Tomato Zucchini Casserole

- 1 ½ cups grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 5 plum tomatoes, thinly sliced
- 2 cloves garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- salt and pepper to taste
- ¾ cup fine breadcrumbs
- 2 medium zucchinis, thinly sliced
- 2 tablespoons finely chopped onion
- ¼ cup butter

### Instructions:

Gather all ingredients. Preheat the oven to 375° F (190° C). Lightly butter a 9x9-inch pan.

Combine cheddar, parmesan, garlic, oregano, and basil in a large bowl. Season with salt and pepper; set aside.

Arrange 1/2 of the zucchini slices in the prepared pan. Sprinkle 1/4 of the cheese and herb mixture on top. Arrange 1/2 of the tomatoes and top with another 1/4 of the cheese mixture. Repeat layers.

Melt butter in a skillet over medium heat. Add onions; cook and stir until soft and translucent. Stir in breadcrumbs; cook until they have absorbed the butter. Sprinkle on top of casserole.

Cover loosely with foil and bake in the preheated oven for 25 minutes. Remove foil and bake until the top is crusty, and vegetables are tender, about 20 minutes. Serve and enjoy!

Nutritional Information - Serving Size: 4 servings • Calories: 426

[www.allrecipes.com/recipe/87563/tomato-zucchini-casserole/](http://www.allrecipes.com/recipe/87563/tomato-zucchini-casserole/)



## Mrs. Sigg's Snickerdoodles

### Cookies:

- 1 ½ cups white sugar
- ½ cup butter, softened
- ½ cup shortening
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 ¾ cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ¼ teaspoon salt

### Cinnamon-Sugar Coating:

- 2 tablespoons white sugar
- 2 teaspoons ground cinnamon

### Instructions:

Preheat the oven to 400° F (200° C).

Make cookies: Beat sugar, butter, shortening, eggs, and vanilla in a large bowl until smooth and creamy. Whisk flour, cream of tartar, baking soda, and salt together in a separate bowl. Gradually mix dry ingredients mixture into the wet ingredients just until combined. Shape dough into walnut-sized balls.

Make cinnamon-sugar: Combine sugar and cinnamon in a small bowl or zip-top plastic bag.

Place dough balls in cinnamon-sugar and roll or shake until coated. Place 2 inches apart on ungreased baking sheets. Bake in the preheated oven until set but not too hard, 8 to 10 minutes, switching racks halfway through.

Remove from the oven and immediately transfer to wire racks to cool.

Nutritional Information - Serving Size: 48 servings • Calories: 92

[www.allrecipes.com/recipe/10687/mrs-siggs-snickerdoodles/](http://www.allrecipes.com/recipe/10687/mrs-siggs-snickerdoodles/)

# 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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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!

