

# HomeTimes®

## America's Choice In Home Care

Your resource for an at home senior lifestyle.



## Home Care Nurse or In-Home Personal Caregiver?

More seniors are choosing to age in place at home instead of dwelling in an assisted living or nursing facility. However, some may need additional help with their medical or personal care and managing everyday household tasks. Seniors and their family members then need to decide whether a “home care nurse” or an “in-home personal caregiver” is required.

### What Does a Home Care Nurse Do?

A home care nurse is either a registered nurse (RN) or a licensed practical nurse (LPN) who offers nursing-level medical care to individuals in their home. Home care nurses provide treatments that may include:

- Wound Care
- Respiratory Therapy
- Tracheotomy Care
- Diabetes Management
- Ostomy Care
- Injections & Infusions

Other medical providers—such as registered dietitians and physical, speech, and occupational therapists—may also offer specialized healthcare and rehabilitation services in the home.

### How In-Home Personal Caregivers Can Help

An in-home caregiver provides non-medical assistance for adults needing personal care and assistance with daily tasks. Professional in-home caregivers help older adults

maintain their independence, continue living at home, and age safely and comfortably.

- Caregiver tasks may include:
- Bathing & Dressing Assistance
- Assistance with Mobility & Transfers
- Companion Care
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Medication Reminders
- Incidental Transportation

### Which Type of Care is Necessary?

The first step is determining whether your loved one's needs are medical or non-medical.

If your loved one needs non-medical personal assistance, a professional home care provider, such as Visiting Angels, might be the right choice. Clients and/or their families can select the hours and tasks required — even if those requests are for companion care or respite care only.

Visiting Angels offers many care arrangements, including:

- Up to 24/7 Care
- Overnight Care
- Weekday, Evening, Weekend & Holiday Care
- Respite Care for Families
- Temporary Care
- Long-Term Care
- Long-distance Care

### Arrange a Home Care Consultation

Schedule a free home care consultation with Visiting Angels West Springfield to learn more about available services and how an in-home personal caregiver might be able to assist your loved one. Call 413-733-6900 today for more information. \*



## Home Safety After a Stroke

A stroke is a frightening and life-altering experience for seniors and their families. Depending on the severity of the brain attack, a stroke survivor may face difficulties with mobility, vision, speech, swallowing, emotions, cognitive functioning, and performing everyday tasks. When this occurs, it's important to have a home care plan to keep your senior safe.

After discharge from a hospital, a post-stroke plan may include hiring a non-medical in-home personal caregiver to provide long-term assistance with daily tasks.

Personal care providers are different than home health providers, who typically offer short-term medical care during brief home visits under the supervision of a physician.

### How Can Visiting Angels Caregivers Help Stroke Survivors Stay Safe at Home?

Visiting Angels West Springfield professional caregivers use stroke-specific training to understand signs and symptoms while providing non-medical, support. Caregivers can contribute to senior safety by:

#### Reducing Fall Risk

After a stroke, seniors may experience weakness and paralysis in their arms or legs. These mobility limitations—especially when combined with extreme fatigue during recovery—can increase the chances of a fall or household accident.

Visiting Angels West Springfield caregivers can assist older adults as they move around the home, navigate stairs or the bathroom, and get into and out of bed. Our "Fall

Prevention Program" helps caregivers and care coordinators identify areas of concern in the home and recommend modifications to reduce fall risk.

#### Assisting with Household Tasks

Stroke survivors may have physical or cognitive issues that prevent them from driving or managing tasks such as laundry, cooking, shopping, or housekeeping. Visiting Angels caregivers can provide or arrange for transportation to appointments, run errands, prepare meals, and handle light household duties.

#### Reminders for Medication and Exercise

Your loved one's post-stroke care may involve taking medications, performing physical or occupational therapy exercises at home, and/or attending medical appointments critical to recovery and long-term health. Although Visiting Angels caregivers cannot provide medical care, they can remind seniors when it's time to take medication, do exercises, or prepare for a home health or in-person medical visit.

#### Following Dietary Recommendations

Difficulties in eating and swallowing can happen following a stroke. A senior may have to temporarily or permanently follow a special diet to avoid choking and other complications. Seniors may also need to avoid or limit certain foods due to interactions with medications.

A Visiting Angels West Springfield caregiver can prepare foods per a prescribed diet and support older adults during mealtimes, so they receive the necessary nutrition. An in-home caregiver can also remind seniors of speech therapy appointments and encourage them to practice prescribed speech and swallowing exercises.

#### Watching for Signs of a Second Stroke

Nearly 1 in 4 strokes occur in people who have had a previous stroke, according to the U.S. Centers for Disease Control and Prevention (CDC). Statistics show that stroke patients who arrive at the emergency room within three hours of their first symptom have less disability three months into recovery than those who received delayed care.

Visiting Angels caregivers can identify signs of a second stroke and call dial 911 for help if necessary—which could save a loved one's life. A caregiver can also direct paramedics to a senior's emergency medical file that contains vital health and medical information for paramedics and hospital staff.

#### Reduce Hospital Readmission

When a loved one has suffered a stroke, professional senior care services can be an enormous help. Visiting Angels West Springfield provides a "Ready, Set, Go Home" program that helps seniors successfully transition home after hospitalization through a customized approach that begins at the hospital. The program also includes home visits to promote a safe recovery by lowering the risk of hospital readmissions related to falls and other accidents.

Visiting Angels West Springfield care coordinators are available to discuss the "Ready, Set, Go Home" program and much more during a free care consultation. Call our office at 413-733-6900 today for more information. \*



## Caregiver of the Month

Congrats to Martina for earning June Caregiver of the Month!

Though she has only been on the Visiting Angels West Springfield team for four months, Martina is well deserving of this month's award. From the beginning, she has exhibited professionalism, reliability, trustworthiness, and confidence. These crucial attributes add up to her strong and unwavering character that make her an exceptional caregiver.

"She is extremely reliable," said Natali in our office. "She has never called out, never complained. If there is ever a problem, she finds a way to resolve it. She's proactive and confident in her knowledge and abilities."

She has been a wonderful addition to our caregiving team since she joined us in March. Her case is the perfect representation of who we are at Visiting Angels.

"Her client has dramatically improved since Martina has been there and has nothing but good days with her there," Michele, owner for Visiting Angels West Springfield, reported. "He even requires less care since she started coming."

Martina is the embodiment of a Visiting Angels caregiver. Her compassionate spirit along with her expertise, respectfulness, reliability and morale makes her a shoo-in for this award. \*

## The Story That Inspires Visiting Angels WS

At Visiting Angels West Springfield, home care is personal.

After Michele started the West Springfield office of the Visiting Angels franchise in 1999, one of our early clients was her very own mother-in-law, or "Nana" as they called her.

Nana and her caregiver, Katherine, had an inseparable bond built on compassion, respect, and companionship. Their relationship was the epitome of the close-knit client-caregiver relationship that we aspire for all our cases.

That is why we do everything we can to make our home care personal and high-quality: from beginning each new client relationship with a home visit to discuss care plans, to hand-picking high-quality caregivers for each individual.

We want every caregiver and client to look at each other like Katherine and Nana did. \*





## Pasta Primavera & Cauliflower Sauce

1 tablespoon olive oil  
½ cup chopped onion  
2 cloves garlic, minced  
3 cups cauliflower florets  
¾ cup vegetable broth  
6 ounces multigrain spaghetti, uncooked  
½ cup finely shredded Parmesan cheese, more for garnish  
1/3 cup water  
1/8 teaspoon black pepper  
4 cups broccoli florets, cut into 1-inch pieces  
1 red bell pepper, cut into bite-sized strips  
2 tablespoons sliced fresh basil  
1 tablespoon lemon juice  
1 teaspoon lemon zest (Optional)

### Instructions:

Heat olive oil in a small saucepan over medium heat. Add onion and garlic; cook, stirring occasionally, until onion is tender, 3 to 4 minutes. Stir in cauliflower and broth; bring to a boil. Reduce heat and simmer, covered, until tender, about 15 minutes. Uncover and let cool slightly.

Meanwhile, bring a large pot of salted water to a boil. Cook spaghetti in boiling water until tender yet firm to the bite, 7 to 10 minutes, adding broccoli and bell pepper for the last 5 minutes. Drain, reserving ½ cup cooking water. Return spaghetti to the pot and set aside.

Transfer cauliflower-broth mixture to a food processor. Add Parmesan cheese, water, and black pepper. Cover and pulse until sauce is smooth.

Pour cauliflower sauce over spaghetti in the pot. Cook over low heat until heated through, stirring in reserved cooking water to reach desired consistency. Garnish with basil, lemon juice, zest, and Parmesan cheese.

### Nutritional Information

Serving Size: 4 servings • Calories: 295

[www.allrecipes.com/recipe/261302/pasta-primavera-with-cauliflower-sauce/](http://www.allrecipes.com/recipe/261302/pasta-primavera-with-cauliflower-sauce/)



## Rhubarb Cheesecake

1 cup all-purpose flour  
¼ cup white sugar  
½ cup butter  
3 cups chopped rhubarb  
½ cup white sugar  
1 tablespoon all-purpose flour  
2 (8 ounce) packages cream cheese  
½ cup white sugar  
2 large eggs  
1 cup sour cream  
2 tablespoons white sugar  
1 teaspoon vanilla extract

### Instructions:

Preheat the oven to 375 degrees F (190 degrees C). Combine 1 cup flour, ¼ cup sugar and ½ cup butter in a medium bowl; mix until crumbly and pat into the bottom of a 9-inch springform pan.

Toss chopped rhubarb, ½ cup sugar, and 1 tablespoon flour together; pour onto crust and bake in the preheated oven for 15 minutes. Remove from the oven and set aside. Reduce oven temperature to 350 degrees F (175 degrees C).

Beat cream cheese and ½ cup sugar together in a large bowl until creamy; beat in eggs one at a time. Pour mixture over hot rhubarb in the pan.

Bake in the preheated oven until filling is set, about 30 minutes. Cover with sour cream topping while still hot.

To make the sour cream topping: Combine 1 cup sour cream, 2 tablespoons sugar, and 1 teaspoon vanilla in a small bowl. Mix well and spread on top of cake.

### Nutritional Information

Serving Size: 12 servings • Calories: 388

[www.allrecipes.com/recipe/25626/rhubarb-cheesecake/](http://www.allrecipes.com/recipe/25626/rhubarb-cheesecake/)

# 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 Homecare®

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!

