

HomeTimes

America's Choice In Home Care

Your resource for an at home senior lifestyle.



Four Steps to Begin Home Care

One of the most common mistakes families make when beginning home care services for a loved one is waiting too long. Often after an accident, illness, or self-neglect occurs. Others delay services due to misconceptions about home care, concerns about costs, or lack of pertinent information.

Start thinking about your senior loved one's care needs as soon as possible. Plan to get professional home care assistance from a reputable company like Visiting Angels before a potentially dangerous situation occurs.

How to Start Senior Home Care

Starting senior care services isn't as difficult as you might think. You can put the process in motion via four simple steps:

1. Have a Family Discussion with Your Loved One

Hiring in-home care should always start with a conversation between your senior and family members. Your senior may be resistant to hiring someone to come into their home. The best way to counter your loved one's objections is by letting them know their well-being and safety are your primary concern.

2. Make the Call

Visiting Angels West Springfield offers no-cost, no-obligation in-home assessments designed to provide older adults and their families with more information about what home care options might be the best fit for their circumstances. To schedule an assessment with Visiting Angels West Springfield, call (413) 739-6900.

3. Participate in the In-Home Assessment

During a Visiting Angels in-home assessment, you and your senior will meet with a care coordinator at your senior's home. The assessment will enable you to learn about Visiting Angels' services and ask questions. It also helps your care coordinator get to know your senior.

Topics of discussion include:

- Personal care needs
- Favorite activities and hobbies
- Scheduling
- Logistics and policies
- Needs for transportation, meal prep,
- light housekeeping, etc.

Home safety and fall risk assessments are available as well as recommendations to enhance your senior's safety and quality of life.

Visiting Angels West Springfield care coordinators are experts at helping seniors and families feel at ease. In fact, many families believe an in-home assessment helps resolve initial resistance and concerns about hiring an in-home caregiver.

4. Sign the Agreement for Services

You will need to sign a Client Services Agreement after you are ready to hire Visiting Angels. Your care coordinator will prepare a comprehensive, individualized home care plan specific to the needs of your loved one — including matching them with a caregiver that will fit their personality,

schedule, needs, and preferences. You and your senior will then have an opportunity to review the home care plan.

Hiring Visiting Angels is Simple

Although it may seem overwhelming at first — especially if your loved one needs immediate care — a few simple actions are all it takes to hire an experienced Visiting Angels caregiver. Your senior will be on the road to enjoying an enhanced quality of life, safety, and well-being at home with Visiting Angels by their side.

Common Causes Why Seniors Lose Their Appetite

Does your senior struggle to eat during mealtimes or frequently complain about a loss of appetite? Are they experiencing rapid weight loss or looking frail?

If so, schedule a check-up with their doctor immediately to determine whether their loss of appetite is related to any underlying health problems. If a health or medical issue is not triggering their eating difficulties, the root of the dilemma could be a common age-related factor.

What Affects a Senior's Appetite?

As seniors age, they sometimes struggle with eating or appear to lose their appetite altogether. Many reasons could be the culprit, but common causes can include:

Changing Senses

Changes in taste and smell are common in aging adults. Many seniors develop a reduced sensitivity to flavor, causing previous favorite foods to become bland and tasteless. Some may also develop sensitivity to the smell of certain foods which can lead to reduced appetite.

Dehydration

Seniors can become dehydrated and not notice it. As a result, they can experience diminished energy, headaches, and loss of appetite.

Reduced Hunger

Age-related changes to the body can lead to seniors feeling reduced hunger levels, even when they haven't eaten for some time. A sedentary lifestyle, physical

inactivity, and certain medications can also reduce hunger.

Specialized Diets

Health care providers may recommend specialized eating regimens, such as low-sodium or low-carbohydrate diets. Changing diets can cause seniors to dread eating because they have to neglect their preferred foods. Some seniors may also resent being unable to choose their dietary choices.

Physical Impairment

Mobility problems can make it difficult for older adults to purchase groceries, prepare meals, or reach the pantry. Difficulty chewing, swallowing, or using utensils may also affect their eating habits. Memory loss can also play a part in reduced appetite as seniors may not realize how long it has been since their last meal.

Mental Health

Meals are important social events, but the lack of interaction can cause mealtime to be a sad occasion. Depression, isolation, anxiety, and loneliness may lead seniors to skip eating meals.

In-Home Caregivers Can Help Seniors Eat Well

Making sure your senior loved one eats well can feel like a full-time job. If you need additional support, a Visiting Angels West Springfield senior care provider is available to assist.

Our caregivers can help seniors meet nutritional needs by providing:

- Mealtime Companionship
- Gentle Encouragement and Reminders to Eat
- Meal Planning and Preparation
- Assistance with Prescribed Diets
- Observation and Monitoring

Following a healthy nutrition plan can sometimes be problematic for aging adults, but in-home care from Visiting Angels will help your loved one benefit from proper nutrition and enhanced well-being.

To learn more about how a Visiting Angels West Springfield caregiver can assist with your senior's care, schedule a no-cost, no-obligation in-home assessment by calling (413) 739-6900 today for more information.



Sweet Potato Burritos

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 6 cups canned kidney beans, drained
- 2 cups water
- 3 tablespoons soy sauce
- 3 tablespoons chili powder
- 4 teaspoons prepared mustard
- 2 teaspoons ground cumin
- 1 pinch cayenne pepper, or to taste
- 4 cups mashed cooked sweet potatoes
- 12 (10 inch) flour tortillas, warmed
- 8 ounces shredded Cheddar cheese

Instructions:

Preheat the oven to 350 degrees F (175 degrees C).

Heat oil in a medium skillet. Cook and stir onion and garlic in hot oil until onion is soft. Mash beans into onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in soy sauce, chili powder, mustard, cumin, and cayenne pepper.

Divide bean mixture and mashed sweet potatoes evenly between warm tortillas; top with cheese. Fold tortillas, burrito-style, around fillings and place on a baking sheet.

Bake in the preheated oven until warmed through, about 12 minutes.

Nutritional Information

Serving Size: 12 servings • Calories: 505

www.allrecipes.com/recipe/13954/addictive-sweet-potato-burritos/



Key Lime Cupcakes

Cake:

- 1 (15.25 ounce) package white cake mix
- 1 cup water
- 3 eggs
- 1/3 cup vegetable oil
- 2 tablespoons lime zest
- 1 tablespoon fresh lime juice
- 3 drops green food coloring (optional)

Topping:

- 1/2 cup butter, softened
- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons lime zest
- 1/2 teaspoon vanilla extract
- 1 1/2 cups confectioners' sugar, sifted
- 2 tbsp. pearlized sprinkles, or as needed (optional)

Instructions:

Preheat oven to 350 degrees F (175 degrees C). Line 24 muffin cups with paper liners or spray with cooking spray.

Mix cake mix, water, eggs, and vegetable oil together in a bowl using an electric mixer until batter is smooth, about 2 minutes. Add 2 tablespoons lime zest, lime juice, and food coloring; mix well. Pour batter into the prepared muffin cups.

Bake in the preheated oven until golden and a toothpick inserted in the center of a cupcake comes out clean, about 18 minutes. Cool cupcakes on a wire rack.

Beat butter and cream cheese together in a bowl using an electric mixer until smooth and creamy. Add 2 tablespoons lime zest and vanilla extract to creamed butter mixture; mix well. Mix confectioners' sugar, 1/2 cup at a time, into creamed butter mixture until frosting is smooth; chill in refrigerator until frosting is thickened, about 30 minutes.

Spread frosting onto each cupcake and top with sprinkles.

Nutritional Information

Serving Size: 24 servings • Calories: 215

www.allrecipes.com/recipe/237538/key-lime-cupcakes/

Albert is May 2024 Caregiver of the Month

Visiting Angels West Springfield would like to celebrate Albert as our May Caregiver of the Month!

Albert is the perfect recipient of this month's award. Those who know and work with him have endless positive things to say about him. Most importantly, he embodies the compassionate spirit that is Visiting Angels. He perfectly balances empathy and respectfulness with professionalism and proactivity.

"He has great judgment," said Natali, our Client Coordinator. "He has a knack for connecting with his clients and gaining their trust. He had one client who was very closed-off at first but in a matter of time, he was actually asking for Albert."

His client agreed that Albert is well-deserving of this award: "He's the best [caregiver] I've ever had, period. He does an excellent job. From any agency, he's the best."

Albert has made an impact in his client's life and inspires our staff with his attentive work ethic and professionalism. His reliability and trustworthiness are to be celebrated!

Nominate Your Caregiver!

Visiting Angels West Springfield is always looking for feedback. If you believe that your caregiver is doing a great job, give them a shout out! We will take any feedback you provide into consideration for Caregiver of the Month.



[Leave us a Google Review!](#)

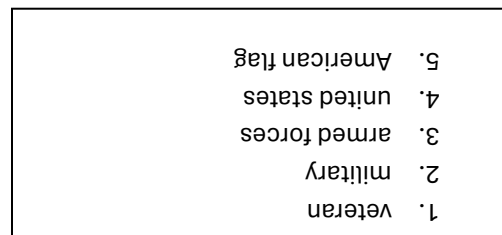
Please take the time to leave us a review on Google! It greatly helps our business and lets the community know that you've had a positive experience with Visiting Angels West Springfield.

Unscramble the words:

Hint: Military Appreciation Month

1. rtevnae - _____
2. itlyrmai - _____
3. moeda efrsec - _____
4. ttsuni dtaese - _____
5. gamcnafi lrei - _____

Answers:



About Visiting Angels West Springfield

Visiting Angels offers in-home care services to seniors, disabled adults, and veterans throughout the Pioneer Valley in Western Massachusetts. Michele 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.

CONTACT US!

Visiting Angels
33 Westfield Street, Suite 1,
West Springfield, MA 01089
413.733.6900

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!

