



VISITING ANGELS TIMES



March 2021



WAITING FOR SPRING

Spring Activities

- Go for a walk
- Plant a garden (start indoors)
- Do some spring Cleaning
- Feed the birds



AMERICA'S CHOICE IN HOME CARE

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, 24 hour care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!



HAPPY Birthday



Elizabeth March 7th
 Deania March 10th
 Sandra March 12th
 Cecelia March 13th
 Hayley March 26th



Caregiver Appreciation Day



celebrate
 &
 Thank you

February 19th, 2021



Caregiver's Day was on February 19th. We enjoyed the day by getting Breakfast Burritos from Betty's Burritos and handing out to the Caregiver's to start their day out right. We also made little care packages to take home. We appreciate every one of our caregivers and the wonderful work they do with our clients. They are true ANGELS!

Time Change March 14th



Honored Awards



May you have
 lots of luck,
 and loads of
 cheer

2628 N ELIZABETH
 STREET
 PUEBLO, CO 81003

(719) 543-4220

VisitingAngels®
 QUALITY AT HOME CARE



Risk Factors for Colon Cancer

KNOW THE RISK FACTORS

In addition to family history, other variables can play a role in contributing to this type of cancer such as:

- Personal history of cancer or colorectal polyps
- Type-2 diabetes mellitus
- Obesity
- Smoking
- Alcohol consumption
- Not enough exercise
- Eating red and processed meats



Colorectal cancer – also known as colon cancer – claimed the lives of more than 51,000 people in 2019. While this is a staggering number, it's also alarming that 1 in 3 adults between the ages of 50 and 75 are not getting properly screened as recommended.



A LEPRECHAUN POPCORN RECIPE

The Leprechaun Popcorn recipe is made with chocolate candy melts, in St. Patrick's day colors. First drizzle the melts on the popcorn and toss to make the green chocolate covered popcorn. Then drizzle the white chocolate candy melts over the popcorn and top with St. Patrick's day sprinkles and green mint M&Ms

Some prefer to serve the St. Patrick's Day Popcorn on a platter, since all the preparation other than coating the popcorn in green chocolate can be done right on the platter. We think it makes a nice presentation, but if you will be placing in individual bowls or bags, then using a baking sheet will work just as well.



SPRING *Trainings*



You may be assigned trainings, be watchful for emails from the office. It is important to finish the trainings as soon as possible



(719) 543-4220

Free
Consultation



2628 N Elizabeth St
Pueblo, Co 81003



Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia.

Musical memories are often preserved in Alzheimer's disease because key brain areas linked to musical memory are relatively undamaged by the disease. For example, music can:

- Relieve stress
- Reduce anxiety and depression
- Reduce agitation

