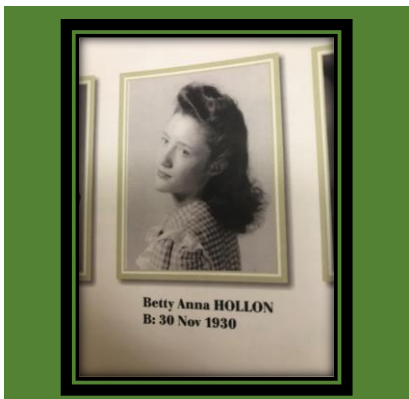


March 2020

Visiting Angels Times- Pueblo, Colorado

May your troubles be less, your blessings be more, and nothing but happiness come through the door!



Our client highlight this month is Betty Bucciarelli. She is 89 years young a proud mother of 3. Grandmother of 7 Great-grandmother of 9.

Count Your "Lucky" Stars

After bearing this Colorado Winter the past several months, it is easy to forget times of warm weather and all the great pleasures the increased temperatures will bring. Being cooped up inside is tough for everyone and I think we can all agree it is time for things to warm up!

With St. Patrick's Day right around the corner, we thought we should help everyone remember all of the things we are "lucky" to have despite the Winter conditions.

Consider what our lives would be like if we donned an optimistic attitude every day of the year

- of course, that's unrealistic but to make being thankful more often a normal part of our existence could make this a happier world -- and you a healthier person -- for studies have definitely shown that "grateful people are happier, healthier, and better able to withstand hardship."

Try doing these things.....

1. Create a Grateful Ritual
2. Send a thank you note
3. Give a free hug
4. Give thanks for today
5. Do someone a free favor
6. Give a little gift
7. Give someone a list of all they've done that you're grateful for
8. Acknowledge them publicly
9. Surprise them with kindness
10. Say thanks for a new day



This Month's Caregiving Superstar "Angels" Going above and beyond for our clients



Shannon March 2nd
Rena March 10th
Deania March 10th
Sandra March 12th
Ruth March 13th
Stephanie March 28th



Thank you Melinda for always being there when our clients need you. You do so much for all of them. You are awesome!



Rosario your clients all brag about your kindness. Thank you so much for being such a great caregiver



Bobbi you always step up in a pinch. You're definitely a wonder woman. Thank you so much.



Thank you, Rashida our clients tell us, what a hard worker you. You have a kind soul. An Angel you are.