

SPRING 2015

CELTIC ANGELS INC.

Personalized Home Health Care Agency



Maria's Corner



Dear Friends,

After a really challenging winter, spring has arrived. To see grass and flowers again is so wonderful. May is one of my favorite months. In Ireland May Day, which falls on May 1st, is dedicated to Our Lady. During my school year, every year on May 1st, our class would form a procession and follow the nuns singing hymns carrying a statue of Our Lady around the convent grounds.

May is also the month we honor our own mothers who have been there for us through good times and bad. Growing up in Ireland my mother, who is one of twelve, was always doing her best to help her family and friends. She is a great baker and our neighbors who had an apple orchard used to give my mother cooking apples so she could make apple tarts which she gave away. This was such a treat and to this day my childhood friends still remember my mother's apple tarts.

This month we also honor our veterans. We thank them for making our world a safer place and we are all so appreciative of the sacrifices they have made. I would like to give special thanks to the veteran's we are honoring in this newsletter: Virginia Murphy, Eugene Balerna, Daniel Tilton, and Octavius Venterosa.

We wish you all Health and Wealth.

Happy Spring,

Maria Burke RN



Inspiration



"Feel the fear and do it anyway." – Susan Jeffers

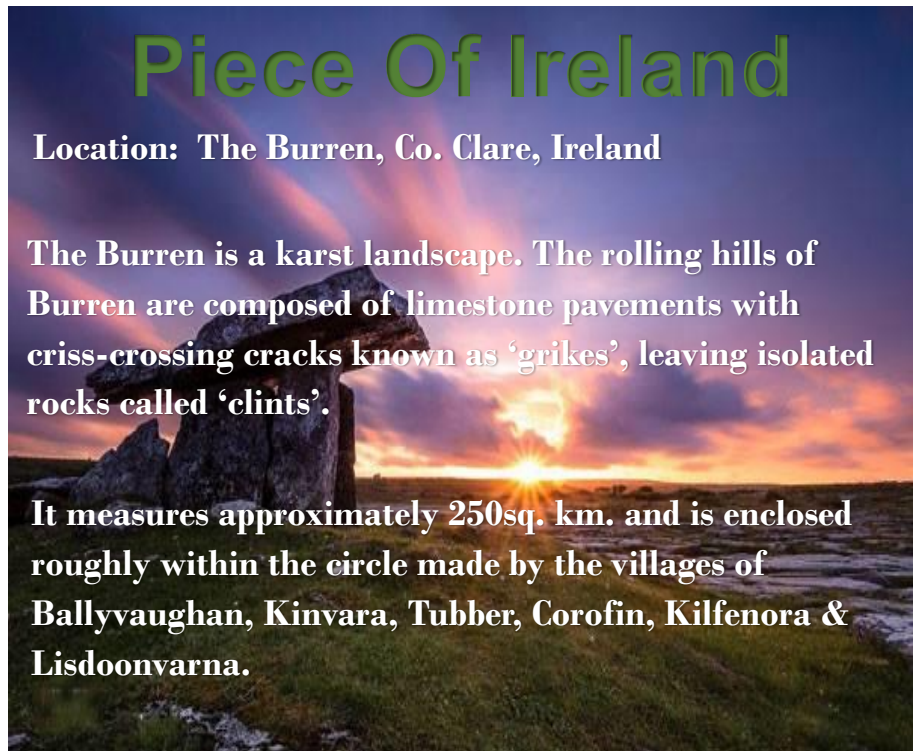
There are no right and wrong decisions, just opportunities for growth.

Piece Of Ireland

Location: The Burren, Co. Clare, Ireland

The Burren is a karst landscape. The rolling hills of Burren are composed of limestone pavements with criss-crossing cracks known as 'grikes', leaving isolated rocks called 'clints'.

It measures approximately 250sq. km. and is enclosed roughly within the circle made by the villages of Ballyvaughan, Kinvara, Tubber, Corofin, Kilfenora & Lisdoonvarna.



Angel of the Season



Thank you for giving me this gracious award as a Celtic Angel. When I started as an aide, 25 years ago, I was just a worker. Now, when I work it's like working with my extended family. When I meet someone for the first time, we meet as a stranger and by the end of the day I leave as a family member.

It gives me great pleasure to be an aide for Celtic Angels. This allows me to enjoy and meet people from all walks of life. Every day is a learning experience, and every family I meet, I learn something new from them. This recognition is not just for me, it's for every aide, nurse, and caregiver.

Every day I go to see a family to care for their loved ones, I try my best to be a good Celtic Angel. I give the family peace of mind that their loved ones are cared for and loved deeply.

-Philip Cantillon, Celtic Angel Aide & Proud!



Phil, Connie, Siobhan, Florida Nona, Kayleigh & Junior

Spring Has Sprung



Because of our short growing season in New England, it is sometimes necessary to start seeds inside. The same for annual flowers. Starting seeds, in March, indoors can extend your flower and vegetable growing season.

Start with containers, light, warmth and water. Use seed starting soil with fertilizer in it. This soil is light and fluffy allowing roots to push through it. Use egg cartons, yogurt containers, last year's pots etc. Clean and sterilize containers with bleach and rinse well. Make sure your containers have good drainage. Put 3-4 seeds in each pot. Seedlings need a lot of light, a very sunny window will do.

Once your seeds begin to sprout, remove them from direct light to just warmth (on top of a fridge works well). Keep your seeds moist and covered with a plastic bag. Keep seeds inside until the last frost, usually mid to late May. Expose your seeds gradually, a few hours a day. This process is called hardening off. Bring your seeds back in at night.

After a week they will be ready to transport into your garden. You can now enjoy your garden earlier and for much longer!!

-Elaine Conroy



Honoring Our Veterans



Daniel Tilton

Virginia Murphy

Octavius Venterosa

Eugene Balerna

COURAGE

DEDICATION

FREEDOM

LOYALTY

RESPECT

PRIDE

“Memorial Day means opening day of the pool.”
-Octavius Venterosa

*“Memorial Day is a day to remember the
 ones who died for us.”*
- Eugene Balerna



A special thanks to our Celtic Angel, Joanne Carr. We would like to take the time to thank you for all the wonderful care you provide to all our veterans.

Home Health Aide Course

“Change your life, change your career!!”

Celtic Angels Inc. has started a Home Health Aide Course at 231 Washington Street, Weymouth, MA 02188.



For more information, call 781-331-0062.

- Must be 18 years or older
- Flexible times
- Great job opportunities

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