



Happy New Year 2014

from Celtic Angels

Celtic Hearts

Maria's Corner

Dear Friends,

It's hard to believe that another year has passed and it's time for New Year's resolutions.

One of my patients this week asked me what I thought about her and her husband getting a cat. They had a dog that just passed and they both missed having a pet. Her husband had just been admitted to hospice and she was feeling depressed.

I encouraged them to get a cat. They are in the fortunate position of having 24 hour care, so the caregiver could take care of the cat. I did suggest that we put a bell around the cat's neck so they are always aware of the cat's location. This helps decrease the risk for falling.

Pets are such a great source of love and healing energy. Pets also are a distraction when going through hard times.

On behalf of Celtic Angels, I would like to wish everyone health and wealth in 2014.

Maria Burke, RN



Get Plenty of Mental Exercise

Whether you are 25 or 75, it's always a good time to think about ways to keep your mind healthy. Keeping your mind sharp is a great way to help you be successful. Here are some great ideas you can start doing today!

The brain can atrophy just like a muscle can.

Take the following suggestions to give your mind a mental workout every day:

Use your brain = think through problems

News = keep up with current events

Read = keep your mind pumping

Puzzles = problem skills of working puzzles help keep your mind sharp.

TRY OUR SODOKU PUZZLE ON PAGE 4!!

A Piece of Ireland

Location: North Antrim Coast, Northern Ireland

The Giant's Causeway was formed due to intense volcanic activity. Some say the Causeway was carved from the coast by the mighty giant, Finn McCool! This myth began as rarely does nature produce such regular shapes.

A description of the Giant's Causeway is 'near-perfect hexagon tubes are stacked next to each other like puzzle pieces'.

If you want to experience one of nature's true wonders in Ireland make sure to visit the Giant's Causeway. Wherever you come from, you are in for a long journey – the Giant's Causeway is literally at the end of the world in Northeast Ireland, next stop Scotland!

<http://www.northernantrim.com/giantscauseway.htm>



Celtic Angel's Team of the Season

"Affectionate"

"Fabulous"



"Drop everything
and run"

"Fun"

Argy's Caregiver's: (Left to Right) Maureen Sullivan, Laurie Cushing, Diane Hebert, Linda Chopelas, Barbara Silck & Argy Molaro

All of Argy's Celtic Angels surprised her with a 99th Birthday party at her residence. The Angels organized refreshments, decorations and entertainment. Argy was very excited to sing her favorite Frank Sinatra song, New York New York. The ladies also ordered a birthday cake with Argy's picture and designed T-shirts for the occasion. A wonderful time was had by all!

Joan Curtice, Argy's daughter, contributed the following comments:

- Celtic Angel's provide personal care for Mom that is warm and affectionate.
- Fabulous communication among caregivers.
- The "Over and Above" aspects of their life with Mom, such as throwing her a surprise Birthday party & inviting all the other residents that live at the Assisted Living.
- Willingness to be part of our whole "family" and join us on holidays for meals, parties (with gifts, I might add).
- The "drop everything and run" reactions on some of the angels parts when there have been crises. We've had as many as 3 or more hands on Angels caring for Mom at those times.
- Willingness to do anything that is needed - shopping, staying overnight in the hospital with Mom to keep her secure, hemming her slacks, taking home her laundry from the hospital, and it just goes on beyond what the job description must contain.

Inspiration

Words of Wisdom



A nurse took the tired, anxious serviceman to the bedside. “Your son is here,” she said to the old man. She had to repeat the words several times before the patient’s eyes opened.

Heavily sedated because of the pain of the heart attack, he...dimly saw the uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man’s limp ones, squeezing a message of love and encouragement.

The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man’s hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile. He refused.

Whenever the nurse came into the ward, the Marine was oblivious of her and of the night noises of the hospital – the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients. Now and then she heard him say a few gentle words.

The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited. Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her, “Who was that man?” he asked.

The nurse was startled, “He was your father,” she answered.

“No, he wasn’t,” the Marine replied. “I never saw him before in my life.”

“Then why didn’t you say something when I took you to him?”

“I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn’t here. When I realized he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed.

I came here tonight to find a Mr. William Grey. His Son was killed in Iraq today, and I was sent to inform him. What was the Gentleman’s name?

The nurse with tears in her eyes answered, “Mr. William Grey.....”

The next time someone needs you....just be there.

Anonymous

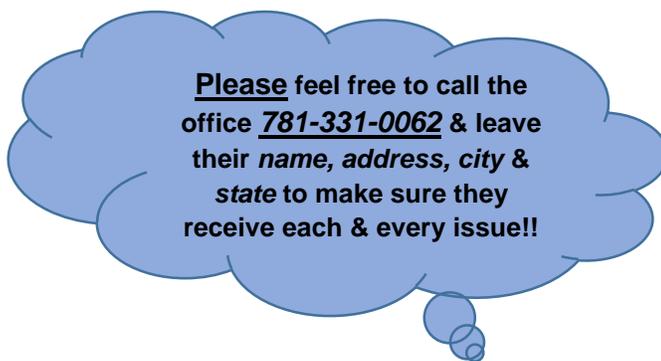
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Staying mentally fit requires the same approach you would take to keep any muscle fit: Exercise!!
 Just as we exercise our bodies to keep them in working order, so must we exercise our brains
 to stay mentally agile and adept.

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| | 8 | 6 | 9 | 2 | | 4 | | |
| 5 | | 1 | 4 | | | | | 2 |

You can exercise your brain in many different ways, including reading, doing crossword puzzles and socializing.

Objective: fill a 9x9 grid with digits so that each **Column, Row** and each **3x3 box** contains all **digits from 1-9**.



Celtic Angels Inc.
 Personalized Home Health Care
 2014 231 Washington Street,
 Weymouth, MA 02188