

FALL 2014

# CELTIC ANGELS INC.

*Personalized Home Health Care Agency*



## Maria's Corner

Dear Friends,

I hope you are all enjoying the beautiful fall foliage. It's hard to believe that the summer has come and gone.

I would like to let everyone know that if you were born in Ireland, and immigrated to the United States where you celebrated your 100th birthday, there is a bounty called the Centenarian Bounty. The bounty is awarded by the Irish president and is worth €2,540, which would roughly be \$3,212.

We had one patient, from Galway, who passed away four months before she turned 100. She had so much fun planning how she was going to spend this windfall. She was going to go on a cruise and sip Pina Colatas!!!!

Again, to be eligible for this bounty you would have to be born in Ireland. I have all the paperwork needed to submit and collect your bounty. Please contact me if you think you or someone you know is eligible and would like more information. We would be thrilled to help anybody that was eligible for this bounty.

Wishing everyone health & wealth.

Best Wishes,

Maria Burke, RN



## Inspiration

“Whatever the mind of man can conceive and believe, it can achieve.” –Napoleon Hill

One of the most famous inspiration quotes on the power of positive thinking.

## Piece of Ireland

**Location:** Woodstock Estate, Inistioge, Co. Kilkenny, Ireland

**Woodstock Gardens** date to the 1740's with the main development taking place in the 1800's. These gardens overlook the River Nore Valley and the picturesque village of Inistioge.

**Features of the gardens** include a walled garden, rose garden, rockery garden, a recreated Turner Conservatory, a collection of rare and exotic trees in the arboretum & much more including many tranquil woodland walks.

The gardens offer the visitor a wide variety of attractions and are a most relaxing and beautiful environment in which to spend a day.



# Celtic Angel's Alzheimer's Team

Celtic Angels would like to thank everyone who donated to our team for such a great cause.

We could not have reached our fundraising goal without the generous donations we received from family and friends!



**WALK TO END ALZHEIMER'S**  
 alzheimer's association

Team Fundraising Progress Back

100%



My Fundraising

Team Fundraising

Team Goal	\$2000
Raised	\$2365



## Beef Stew

## Fall Recipe

### Ingredients:

- 3lb 5oz stewing beef, cut into cubes
- 15 fl oz chicken/beef stock
- 18 button mushrooms, left whole
- salt and freshly ground black pepper
- 2 tbsp chopped parsley
- 10 cloves of garlic, crushed and grated
- 6oz streaky bacon
- 12 baby onions, peeled
- 3 carrots, cut into quarters
- 1tbsp chopped thyme
- 15 fl. oz red wine
- 3 tbsp olive oil

### Method:

Brown the beef and bacon on the olive oil in a hot casserole or heavy saucepan.

Remove the meat and toss in the onions, mushrooms and carrots, one ingredient at a time, seasoning each time.

Place these back in the casserole, along with herbs and garlic.

Cover with red wine and stock and simmer for one hour or until the meat and vegetables are cooked.

To make the roux, in a separate pan, melt the butter, add the flour and cook for two minutes.

When the stew is cooked, remove the meat and vegetables.

Bring the remaining liquid to the boil and add one tbsp. of roux.

Whisk the mixture until the roux is broken up and the juices have thickened, allowing to boil.

# New Angel Of The Office



Celtic Angels would like to welcome the newest member of our office, Sara Glennon. Sara will be working closely with all our caregivers and clients scheduling.



## Recommended Reading

**A sweet lesson on patience....**A NYC Taxi driver wrote:

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be my last ride of my shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked.. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm and we walked slowly toward the curb.

She kept thanking me for my kindness. 'It's nothing', I told her. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy, she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?'

'It's not the shortest way,' I answered quickly.

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice.

'The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move.

They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.



**Question Center** → How Do I Bring Up A Sensitive Subject Related To Aging Such As The Need For Home Care??

**TIP**

Don't draw a conclusion or make a decision based on a single incident. Take time to observe and talk with your parents.

If you observe a problem, mention to your parents what you have noticed and ask what they think is going on.

If they acknowledge the situation, ask them to suggest some solutions and come up with a plan together.



**Signs your Parent Needs Help**

- ⇒ Spoiled food that doesn't get thrown away
- ⇒ Missing important appointments
- ⇒ Unexplained bruising
- ⇒ Trouble getting from a seated position
- ⇒ Difficulty with walking, balance and mobility
- ⇒ Uncertainty and confusion when performing once-familiar tasks
- ⇒ Forgetfulness



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