

Spring 2016

CELTIC ANGELS INC.

Personalized Home Health Care Agency



Maria's Corner



Happy Spring Everyone,

Spring is such a wonderful time of the year. The long bright evenings encourage us to get out and start moving. Physical activity keeps us young, not to mention the release of endorphins that helps keep us mentally happy and fit. A body in motion stays in motion!!!!

One of our patients who turned 91 is a true example of the power of exercise. He is so disciplined. He goes to the gym every morning and works out. When talking to him he shared that he really feels this is the reason he is so strong and is living his life to the fullest. He is an inspiration to all of us.

So no excuse!!!!!! Make a pact with yourself today and commit to just 20 minutes a day of physical activity. I would like to end with one of my favorite quotes from Nike "just do it".

Wishing everyone a beautiful spring!



Maria Burke, RN

Piece Of Ireland

Location: Trim, Co. Meath

Trim castle was built in the 12th century during the Norman rule and is said to have acted as the center of the Norman administration for the Lordship of Meath.

It is located on the south bank of the River Boyne and is the largest Norman castle to have been constructed in Ireland.

This castle is noted for the part it played in the filming of the Mel Gibson directed film, Braveheart.

Claim To Fame

Veronica Tobin, Maria Burke's sister, was an extra in Braveheart. She was one of the lucky ladies who got to kiss Mel Gibson.

Inspiration



A bird sitting on a tree is never afraid of the branch breaking, because its trust is not on the branch but on its own wings.

Always believe in yourself.



I am a caregiver by profession and vocation. I have a wide range of experience in care that spans over 40 years, on both the personal level and professional level. But, nothing has been more rewarding than being a CNA and working with Celtic Angels. I have met and enjoyed working with seniors, as I am one myself. I can relate to their needs and provide loving care. I find my vocation truly rewarding.



Evelyn Fontaine, CNA



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Congratulations!!!

Nicole Fasano has worked as a CNA with Celtic Angels since 2008 and has recently opened her own studio.

Nicole is offering a **15% Discount** to all who mention Celtic Angels Inc., whether it be in the comfort of your own home or Nicole's Studio.



Client Corner

I was born Elizabeth Marie Noonan on April 23, 1924. My dad was left money in 1924 from a judge who lived in Weymouth. He used this money to build a house on Cliff Road, Quincy. This is where my family and I lived until we got married (which I never did) or passed away. I loved it dearly. It was surrounded by woods, hills and a frog pond where we skated in the winter. Wild animals came out of the woods after.

My greatest love is for animals, especially cats. I loved to go to the Weymouth Animal Center on Saturdays where I brushed and loved the cats.

I now live at Allerton House with my lovely people. I worked for Dept. of Weymouth Schools for most of my working life and loved it. Again, very nice people worked here and many are close friends I've been with for years.

Thanks to the Celtic Angels I am doing very well. God be with you all and thank you so much.



Elizabeth Noonan

My Get-Up And Go, Has Got-Up And Went

How do I know that my youth is all spent?

Well, my Get-up and Go has Got-up and went.

But in spite of it all, I am able to grin,

When I recall where my Get-up has been.

Old age is golden, so I've heard said

But sometimes I wonder when I get into bed

With my ears in a drawer, my teeth in a cup,

My eyes on the table, until I wake up.

Ere sleep dims my eyes, I say to myself

Is there anything else I should lay on the shelf?

And I'm happy to say as I close my door

My friends are the same, perhaps even more.

When I was young my slippers were red

I could kick up my heel right over my head.

When I grew older my slippers were blue

But still I could dance the whole night thru.

Now I am old – my slippers are black

I walk to the store and puff on my way back.

The reason I know my youth is all spent

My Get-up and Go has got up and went.

But I really don't mind when I think with a grin

Of all the grand places my Get-up has been

Since I have retired from Life's competition

I busy myself with complete repetition.

I get up each morning and dust off my wits.

Pick up the paper and read the "obits".

If my name is missing I know I'm not dead

So I eat a good breakfast and go back to bed.

- Elizabeth Noonan

It's Spring...We Are
Growing



**Announcing our
second location....**

**271 Lincoln Street,
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781-662-8700



Celtic  *Angels Inc.*

Personalized Home Health Care
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