

FALL 2015

CELTIC ANGELS INC.

Personalized Home Health Care Agency



Maria's Corner

Hello Everyone,

Happy Fall!!! Every day we receive calls from family and friends who are worried about a senior and who are unsure if they need help. I hope this check list helps:

1. Unexplained bruising. Most times our loved ones will not tell us they have fallen.
2. Difficulty with walking and balance. Using furniture to support and help with balance.
3. Trouble getting from a seated to a standing position.
4. Uncertainty & confusion when performing once familiar tasks.
5. If your family member is still driving, inspect their car for any unexplained dents and scratches.
6. Forgetting important appointments.
7. Are they taking their medications?
8. Check the refrigerator for expired food.
9. Does your loved one look like they have lost weight?

When in doubt please schedule an appointment with their Primary Care Physician for a full physical.

Wishing you all Health & Wealth!



Maria Burke, RN

Piece Of Ireland

Location: Achill Island, Co. Mayo, Ireland

Achill Island is the largest island off the coast of Ireland with a population of about 2,700 people. In the 17th and 18th centuries, there was much migration to Achill from other parts of Ireland, particularly Ulster, due to the political & religious turmoil of the time.

Achill Island retains some natural beauty:

Cliffs of Croaghaun on the western end of the island are the third highest sea cliffs in Europe.

Near the westernmost point of Achill, Achill Head, is Keem Bay. Keel Beach is quite popular with tourists and some locals as a surfing location.

South of Keem Beach is Moytoge Head, which with its rounded appearance drops dramatically down to the ocean.



Angel of the Month

As Home Caregivers we are on a very personal level with our clients and their families. I imagine how I would want my mom or dad cared for, and go from there. The strength of character I see in my clients amazes me. They face aging and limited independence with a no nonsense attitude. I have learned a lot from my clients. I have heard stories of their lives, learned their recipes for dishes from the "old country" and laughed along with them as we move through our day together. I like to believe that I can make even the most curmudgeonly client smile or even laugh. But, more often than not, my clients are the ones that make ME smile.



Pam Palma

Client Corner



Bill McKibben

Celtic Angels Newsletter requests a little story about myself.

A little story is difficult approaching the age of 91, but I will try. I started thinking about airplanes when I reached the age of 7 and built a small one that hung from a tree. At about 10 I walked from Dedham to the Westwood, MA airport with my neighborhood pal costing \$10. The big day came at sixteen when I joined the Navy! They sent me to Texas where I began to fly airplanes. Then with 14 hours of training I began building airplanes after that until a large one required an engine.

I soloed, that is, I flew the airplane myself.

From then on it was an uphill. I flew the large PBM Mariner seaplane with a crew of twelve. The war came to an end and I joined the reserve to fly on weekends and one month a year.

In 1950, at age 26, I was hired by Eastern Airlines to fly as a co-pilot on the DC3 twin engine. I was promoted to Captain at about age 30, retired at age 60. No accidents, No problems. At 91 I'm still in the Navy Reserve, still able to fly with the Navy as a passenger.

I saved with care, enough to raise 4 daughters, enjoy my wife for 61 years and the Celtic Angels since January 2011.

Dehydration: Not Just A Summer Thing.....

Most of us think of dehydration as a summer problem!

What many of us don't realize, however, is that it is just as easy to become dehydrated in the fall/winter. And because few people recognize the signs of dehydration in the winter, it can be even more dangerous.

Dehydration – no matter what season we are in – is always dangerous. After all, up to 60% of a human body weight is water, and it only takes 1-2% drop in that percentage to cause dehydration.

3 Ways To Stay Hydrated

Carry around a water bottle! You know it's important to drink water before, during and after a workout, but drinking water during the day can help stave off dehydration, too.

Eat water-rich fruits and vegetables! You can get some of the water from fresh produce. Although watermelon is usually the first fluid-rich fruit people think of, lettuce is actually 95% water, oranges 88% and apples 84%.

Choose the right clothing! Clothes can make a big difference when it comes to reducing sweat. Loose clothing allows for better air circulation and helps sweat evaporate quicker all year round.

Inspiration

Dr. Wolfert has been providing dental care in Weymouth, MA for 24 years. He has been my dentist for the last 15 years. I was absolutely terrified when I went to see him for the first time, as I had really bad experiences at the hands of a school dentist in Ireland. Dr. Wolfert has been very patient and kind while providing comprehensive and excellent dental care.

-Maria Burke, RN

About The Toothboss

The Toothboss offers comprehensive examinations; cosmetics; crowns, bridges and tooth color restorations; partial and full dentures; periodontics (early cases treated); oral surgery; restoration of conventional and small diameter implants; emergency services.

The Toothboss accepts most insurance plans, including Blue Cross/Blue Shield and Delta Dental. They also accept payment from most PPO and indemnity plans. They also accept all major credit cards and have arranged payment plans through LendingClub.



Debbie & Dr. Robert E. Wolfert

To schedule an initial consultation, please call 781-335-0604. For more information, visit www.toothboss.com.

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