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SUMMER 2020

Maria's Corner

Risk for Severe Illness Increases with Age

As people get older, their risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.

There are also other factors that can increase your risk for severe illness, particularly if you or your loved one has underlying medical or health conditions such as heart disease or diabetes. Make sure you know the facts that put you at a higher risk for contracting the virus, so you can make decisions about what kind of precautions to take in your day to day life.



Maria Burke, RN, Owner

Things Seniors Can Do

If you have a family member, friend or neighbor that can perform daily or weekly errands for you such as grocery shopping and pharmacy needs, ask them to help you so that you don't have to expose yourself to the public. If you or your loved one is 65 or older, here are some tips for keeping safe during this pandemic:

1. Stay home. Try not to expose yourself to groups of 5 or more. Avoid large crowds.
2. If you have to leave home, practice social distancing (6 feet or more) and wear a face covering at all times. Try to stay in open, well ventilated areas.
3. Avoid anyone who is sick.
4. Get lots of rest and eat properly.
5. Be sure to take all your medication.
6. Try to stay connected with family members and friends by phone or online!

CDC Has Information For Older Adults at Higher Risk

8 out of 10 COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for steps to reduce your risk of getting sick.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Celtic Angels Home Health Care Scholarship Award



This June, the family of Bridget Gallagher donated \$2,000 towards a scholarship for a deserving nursing student. That scholarship went to Kristina Melanson, (far right) a nursing student at Laboure College. The scholarship is in honor of Mrs. Gallagher who passed away on March 22nd of this year. She came from County Mayo in Ireland and immigrated to Boston in 1958. It had been her dream to become a nurse and even though that was not possible, her family wanted to help a nursing student in her name. Seen here in the picture are Kristina, receiving the scholarship award by Bridgett Gallagher's daughter Kathy and her son Andy. The two formally presented Kristina with the scholarship award check at the Celtic Angels Home Health Care office. "It was such a beautiful moment," said Founder and President Maria Burke. "This meant so much to Kristina, and her entire family," said Burke. Kristina is a Celtic Angels Home Health Care caregiver

and was nominated by owner Maria Burke, RN for her outstanding commitment and dedication to her patients' care. "We are so happy for Kristina and know she will make a wonderful nurse."

Practicing COVID-19 Safety Protocols Works!

Celtic Angels Home Health Care continues to practice extremely strict COVID-19 health and safety protocols and it's proving to be working. The company's caregivers continue to avoid hospitalization, in large part because the caregivers are fastidious about adhering to the strict guidelines set forth by the Center for Disease Control.



New Celtic Angels Home Health Care Instagram

Celtic Angels Home Health Care has a new company Instagram page. Please take a moment and check it out!



FOLLOW US ON  @CelticAngelsHomeHealth



Caregiver Portal Now Live Send Us Your Photos!

Beating the Heat!



Milo, Celtic Angels Home Health Care's mascot, swimming with his friends.

Text us your pictures of how you or your family pet are 'beating the heat' this summer!



We'd like to welcome Mairead Finn who is our new Weymouth Office Scheduler. Feel free to send a virtual 'welcome' message to her on the Celtic Angels Home Health Care Facebook page or on our Instagram page.



Our Own Radio Star!

Kate O'Sullivan, our beloved Administrative Assistant, is our resident broadcast radio star. Here she prepares to delight listeners with her very special story for a radio interview on WATD-FM 95.9 which aired last month. To hear an audio of the recording, visit our website at www.celticangelsinc.com.



Gift Bags for All Our Caregivers

Kate O'Sullivan assembled these Goodie Bags with an assortment of wonderful items specially combined together for the company's caregivers.



Here were the contents:

- **Peppermint Pattie:** for the amazing way you keep your cool every day
- **Snickers:** to remind you that laughter can bring healing
- **Tootsie Roll:** because we value the "roll" you play
- **Gum:** because we are grateful for people like you who "chews" to help others
- **Life Saver:** because your "life-saving" work makes a difference
- **Stardust:** to thank you for being the "star" that you are