



# Fall 2020

## Maria's Corner

Hi Everyone,

As we move into the fall months, here in New England, we have the enjoyment of the crisp cooler evening temperatures, beautiful fall foliage, warmth and cozy fall traditions like hot apple cider, pumpkins on the doorstep and colorful mum plants. Fall season also typically brings a spike in flu symptoms and certainly, on everyone's mind, a spike in COVID-19 cases.

Here are a several tips to keep you and your loved ones from contracting the virus or flu this season:

1. Stay vigilant – continue to wear a mask, always, whenever you leave your house or residence
2. Keep a spare mask in your pocket or purse
3. Assemble a small 'emergency' kit complete with tissues, hand sanitizer and hand wipes
4. If you anticipate being in a doctor's office or any type of medical facility, wear a face shield in addition to your face mask. Wear disposable gloves.
5. Wash your hands with warm water and soap for at least 20 – 30 seconds and avoid touching your face at all times
6. Use disposable cutlery and coffee cups whenever possible or bring your own coffee cup if you're going to a family members, friend's house or place of business

Together, as a society, we can manage any further outbreak of the virus and uptick in flu cases if we all follow these simple behaviors. We will get through this, together!

Maria Burke, RN



County Donegal, named after the town of Donegal, pronounced *Dún na nGall* means 'fort of the foreigners' in the south of the county. It has also been known as County **Tyrconnell** (*Tír Chonaill*), meaning 'Land of Conall', after the historic territory of the same name. It is the largest county in Ulster and the fourth-largest county in all of Ireland. Uniquely, County Donegal shares a small border with only one other county in the Republic of Ireland – County Leitrim. The vast majority of its land border is shared with three counties of Northern Ireland: County Londonderry, County Tyrone and County Fermanagh. This geographic isolation from the rest of the Republic has led to Donegal people maintaining a distinct cultural identity and has been used to market the county with the slogan "Up here it's different."

## A Slice of Ireland



## Greetings from Milo

No one loves dressing up for Halloween as much as Milo. He'll be trick or treating at home this year to keep us all safe from COVID-19 but he can be assured there'll be no shortage of treats for Milo.





## Winner of the Caregiver Survey

Congratulations to Josephine Conneely! She was the winner of our \$500 gift card for filling out the caregiver survey last month. We held a drawing for all the caregivers who participated in our company-wide survey to 'check the pulse' of how we're doing as an organization, meeting the needs of our staff. Josephine's name was drawn randomly, from the list of caregiver names who participated. A very big 'thank you' to all of you who took the time and filled out the survey.



## Something to Make You Smile

*"I found this on a social media site and wanted to share with you all because it put a smile on my face"* Maria Burke, RN

Since youngsters of today have their texting codes (LOL, OMG, TTYL, etc.) the oldies decided not be outdone by these kids and now have developed our own codes too:

ATD = At the doctors

BFF = Best Friend's funeral

BTW = Bring the wheelchair

BYOT = Bring your own teeth

FWIW = Forgot where I was

GGPBL = Gotta go, pacemaker battery low

GHA = Got heart burn again

TFT = Texting from toilet



## Angels of the Month

This month, we'd like to 'shine the spotlight' on two of our amazing caregivers, Certified Nursing Assistant, Susan Hoffman and Certified Nursing Assistant, Anthony Kiyaga. Susan has worked in the healthcare industry for more than 10 years. She has been a "Celtic Angel" for over a year, first as an HHA and now as a CNA. I am always impressed with all the staff here at Celtic Angels Home Health Care. Their willingness to help and support each other is so unique," Susan said. "Everyone is so professional." Susan has a college degree along with several certifications. She is a proud mom to two wonderful daughters one of whom recently completed graduate school with her OTD. Her younger daughter is



Anthony Kiyaga, CNA

a senior in college. In Susan's spare time she enjoys teaching people to be physically fit. While working with her clients at Celtic Angels Home Health Care, she encourages each of them to maintain a healthy lifestyle that includes sound nutrition and some sort of physical activity. She also tries to introduce them to arts and crafts. "Most of my clients really like creating things; it makes them happy and provides motivation and cerebral stimulation. I look forward to a long and rewarding career here."

And a very big thank you to Anthony Kiyaga, CNA at Celtic Angels Home Health Care. Anthony continually demonstrates an exceptional level of care and compassion for his patients, always going above and beyond the call of duty. His heartfelt dedication to his job extends far beyond our expectations for him as a Certified Nursing Assistant and for that, we want to say thank you Anthony, for all you do!



Susan Hoffman, CNA