



## Maria's Corner



### The Resiliency of the Human Spirit

The past year has been challenging in so many ways. No one was left untouched by the COVID-19 pandemic, whether that meant adapting to lockdown restrictions, facing the loneliness of being apart from loved ones, or grappling with illness and loss of a loved one or friend.

### Grieving Loss And Separation

To date, more than 130 million people have contracted COVID-19 and so many have passed from the virus. Our seniors are most at-risk from COVID, but the necessary precautions we needed to take to protect their health and lives also led to experiencing a level of isolation they never knew before. I have not seen my own mother in more than 18 months. My native country of Ireland is still in lockdown. Residents are unable to travel more than 5 kilometers (3 miles) from their homes without a guard stopping them. The next phase will only allow them to travel within their own counties. They don't have the vaccination program we do here in the U.S. I can say, like many of you, I miss my mother and other family members terribly. I can only imagine how difficult it must be for those who have lost loved ones to COVID-19 and other illnesses but have been unable to say a proper goodbye.

### Surviving A Dark Time

We at Celtic Angels Home Health Care want to acknowledge that this has been a dark and difficult time and to express our sincere empathy for everyone who has endured loss, separation, and isolation.

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## Angel of the Month

Our Angel of the Month is Kettia Louis. One of her patients was scheduled for surgery and was very anxious about the upcoming procedure. Kettia demonstrated her innate kindness and caregiving abilities by staying with her patient, holding her hand, the entire night prior to the patient's surgery. The act of kindness provided much needed comfort and support for her patient. We salute Kettia for her amazing nurturing and loving approach to senior in-home care.



Kettia Louis

Caregivers  
are Special People



## Rock of Cashel

Cashel is a small town in the south of Ireland. One of its most famous landmarks is the Rock of Cashel, a medieval complex on a hilltop overlooking the town. This archaeological site is a wonderful spot for tourists to visit. Travelers can admire the Gothic cathedral, a round tower and a 15th-century castle and then move on to the museums at Cashel Folk Village and get a history lesson on the Great Famine and the 1916 Easter Rising. Don't miss this spot if you're ever in the area.



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But we also want to highlight the resiliency of the human spirit that we have witnessed over the past year. Millions have not only survived the pandemic but have grown in their own strength and reached out to help others. They should be acknowledged.

### Recognizing the Unsung Heroes

Doctors and nurses willingly risked their own lives to travel to hotspots and treat COVID patients. Schools rallied to provide meals to students who couldn't meet in person. And millions of people reached out to make sure neighbors and loved ones had the necessities they needed or simply took the time to provide comfort through a video chat. I'd particularly like to take this opportunity to thank all those who have worked so hard, often with little recognition. Grocery store workers returned to work each day despite the risk to their own health. Janitors and cleaning crews were tasked with cleaning and sanitizing in high-risk situations but were not compensated with high-level salaries. Healthcare professionals worked around the clock through one of the darkest times in our histories. They were often unable to see their own families while trying to save others. Most of all, I want to thank all my caregivers for taking such incredible care of our patients. We couldn't have gotten through this without you. Know that you brought light into a dark time.

## Looking Forward to The Future

The human spirit is incredible. Times like this show us just how strong we really are. It may have felt like this pandemic would never end, but at last, with vaccines and widespread inoculation, we can see a light at the end of the tunnel. Here at Celtic Angels Home Health Care, we have missed coming together for our annual events, like our St.



Patrick's Day Celebration and our Christmas Party. We look forward to them every year and are happy to think of holding them again in the near future. Let's make an effort to focus on the newness of the world and the resiliency and strength so many of us have demonstrated this past year. Happy times are yet to come, and we look forward to sharing them with you.





The Boston Globe  
**TOP PLACES TO WORK 2020**



## Refer A Home Health Aide and Receive a \$200 BONUS!

*(Person must work a minimum of 120 hours to receive bonus.)*

**We're Hiring! And We Offer Some of the Best Benefits Along with a Supportive, Caring Work Environment. We Won the Boston Globe's Top Places To Work 2020 Award! Come Join Our Team of Angels and Start Your Rewarding Career as a CNA or HHA Today!**

**Apply on Indeed.com**

**APPLY TODAY!**

## *\$200 Referral Bonus!*

We're Hiring! And if you know a friend or family member that is looking for a rewarding career in in-home health care, send them our way. We're offering a \$200 Referral Bonus to anyone who refers someone to us and they are hired and remain employed by us for 120 hours. We offer some of the best benefits of any home health care company and best of all, we treat all our caregivers like family. Become one of our "Angels" today! Apply on Indeed.com.



## Keep Your Eye Out for our Boston Globe Top Places to Work Survey

Last year, our caregivers took the time to fill out a survey from Energage, the company that administers the Boston Globe Top Places to Work survey. As a result of the overwhelming responses we had, Celtic Angels Home Health Care won the Top Places to Work Award! This is a very prestigious award and our caregivers can say they work for one of the few in-home health care companies that has secured such an important designation. We've decided to participate again so keep an eye out for an email you'll be getting soon to fill out the survey. All Celtic Angels Home Health Care providers along with all staff members are eligible to participate. We'll be holding a raffle where the names of all employees who fill out the survey will be entered into a drawing for a chance to win \$250. Don't wait! When you get the survey, fill it out and have a chance to win!



## Calling all Caregivers! Time for Some Self-Care

The COVID-19 pandemic wreaked havoc on people across the globe not only medically but physically and psychologically. No other group saw this impact more than people in the health care arena. That's why we're offering some basic 'self-care' tips for our Celtic Angels Home Healthcare Caregivers who are true heroes. Please take a moment and practice some of these each day:

1. Drink more water throughout the day
2. Take 5 slow deep breaths
3. Wrap your arms around yourself and give yourself a big hug
4. Go to bed earlier
5. Shut your phone off for at least :30 a day
6. Take a walk around the block
7. Set your timer and meditate for 5 minutes thinking of your happy place



## Send Us Your Fun Photos!

Do you have any fun family, friend or pet photos you'd like us to feature on our company website or in our next newsletter? Email them to [helene@clay-comm.com](mailto:helene@clay-comm.com) or text them to 508-221-4544 and we'll be sure to feature them.



## Advance Your Career at Regis College and Receive a 20% Tuition Discount

Celtic Angels Home Health Care has partnered with Regis College in Weston MA to offer our caregivers who are interested in pursuing a nursing degree a 20% discount off their tuition. Many of our home health aides and certified nursing assistants would like to continue their education. We acknowledge this and want to support those caregivers by helping to defray the cost. If you or someone you know who is a Celtic Angels Home Health Care caregiver and would like to advance their health care career through education, please call us at 781-331-0062. Regis College is one of New England's leading colleges that offers an exceptional educational experience.

# Training Program for HHAs and CNAs Starts in September. Enroll Today!

Beginning in September, we're offering free training at our Weymouth location to those who are interested in becoming a certified nursing assistant or home health aide and would like to work for us. Enrollment is open so don't wait! Sign up today and secure your future with a rewarding career in home health care with one of the area's only in-home health care companies that won the Boston Globe's Top Places to Work Award!

## *Your Country of Origin*

We have caregivers whose country of origin is in a wonderful exotic part of the world. We'd love to feature your country of origin so feel free to send us the name of where you're originally from and we'll feature it in our next newsletter.

