



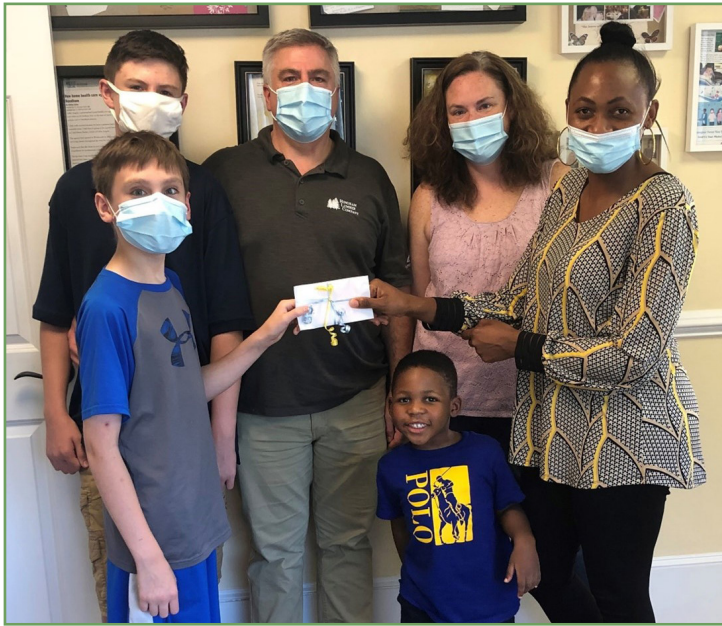
Fall 2021

Maria's Corner

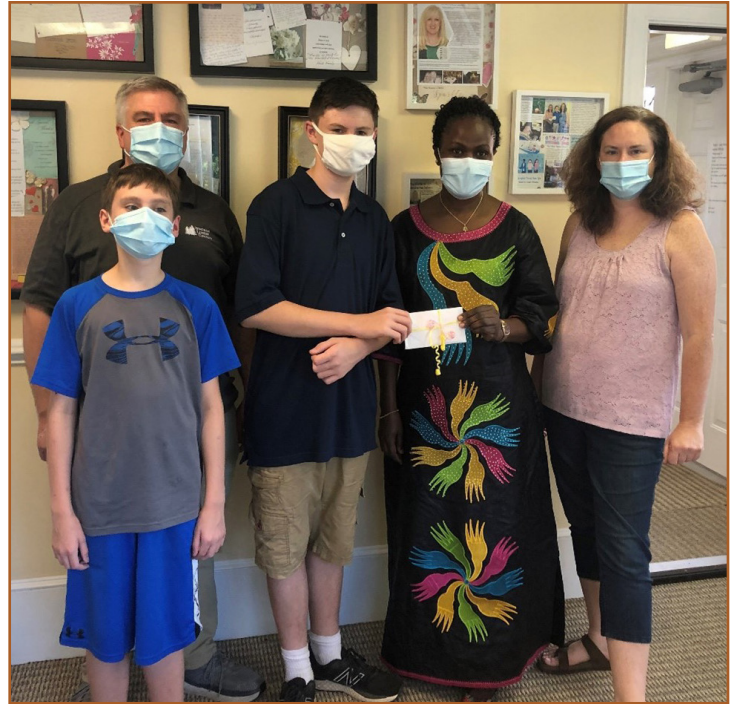
This fall, we're featuring several of our very special caregivers and their amazing talents. We hope you'll enjoy this issue. And, if you have someone special that you'd like us to feature, please email or text me and I'll be happy to include them in our next issue!

Happy Fall!

Maria Burke, RN



Linda Aswe Tasang, Celtic Angel Home Health Care CNA, far right



Monica Nantage, Celtic Angel Home Health Care CNA, second from far right - received the scholarship and is going to Regis College for her master's degree in Social Work.

The family of the late Bridget Gallagher, who's dream it was to become a nurse, has set up a scholarship fund for deserving health care workers in memory of their mother. Mrs. Gallagher spent a lifetime devoted to the care of her own family and it is her legacy that homecare workers are able to pursue their rewarding careers. Gallagher family members Kathy, Tom, Jack, and Andy present each Celtic Angels Home Health Care caregiver shown here with a \$500 check donation to each caregiver.

Should You or Your Loved One Get Tested for High Cholesterol? Liver Panels? Lipids? Glucose?

We've added testing information about that and more on our website.
Visit it today at <https://celticangelsinc.com/testing-resources>
and get the right information.





Angel of the Month

We're featuring our own enterprising Celtic Angels' certified nursing assistant, Mary Flattery. Mary and her husband Patrick live in West Roxbury and have three grown children.

Mary joined Celtic Angels in 2007 after meeting Maria Burke shortly after she formed Celtic Angels. Mary worked nights in order to support her husband's day job and to care for their children. "Maria accommodated me to work nights which I appreciated so much because my husband worked days and we had three children. This allowed me to be there for the milestones in my children's life. All three have carved out good futures for themselves".

Mary has enjoyed all the clients she's met over the years. The opportunity to hear their life journeys and their professional encounters with the people and places they visited all over the world really struck a chord with Mary.

Mary grew up on a farm in County Galway, Ireland where her love of nature blossomed. She had always wanted to start her own flower business and enrolled and completed a professional florist training class learning how to run her own business. With her son Justin's help, her website, maryslovelyflowers.com was up and running."

My daughter Kelsey, son Kyle and husband Patrick also supported me through the process ".

Mary's Lovely Flowers is an online only business. All the designs are her own and she will create what you would like by simply contacting her on her website.

Mary loves to share the joy and beautiful smiles she sees when her clients receive bouquets of flowers. With Mary's Lovely Flowers she's now able to support people in times of happiness, sorrow, and joy. As Ralph Waldo Emerson said "the earth laughs in flowers".

Thank you, Mary!



Discount Coupons! \$\$\$

Who doesn't love to get a discount? Well we're gathering a list of local businesses that will offer our Celtic Angels discounted coupons on their goods and services. If you have a particular shop, store or service provider you'd like us to ask for discounted coupons, send us an email at kacy@celticangelsinc.com and we'll be sure and include them in a special gift coming your way soon.



We seem to be reverting back to pre-vaccination protocols in many areas and that means dining in at a restaurant is still a scary thought for many seniors. Mask mandates are now being reinstated, you don't know who has been vaccinated, and the Delta variant has been spreading across the country.

It's completely understandable if you or your loved ones are not yet ready to dine in. But that doesn't mean you can't have fun, enjoyable meals together. Here are five amazing cooking adventures you can have at home.

1. Make a Special Dinner



Sometimes, one of the things we love about going out to eat is that it feels a little special because it's different from our normal routine. And sometimes, it just feels fancier, too.

But you don't need to have an award-winning chef in your kitchen for a fancy dinner. Just choose a day when you have a little extra time to devote to cooking and make a meal that you don't normally have.

Put some effort into making the food look nice when it's served. Use pretty plates and add garnishes. If your lights are on dimmers, lower the lights and enjoy the ambiance.

2. Share Recipes

Often, our strongest childhood memories involve food. We all probably remember cooking or baking something our mother or grandmother made but haven't tried in a long time. Why not take this time while we're back home and in the kitchen to take out those old recipes with a friend or family member or caregiver and cook or bake that special something that you loved so much from yesteryears.

Or why not use this opportunity to share recipes like we used to do? After all, that's how family recipes live on, being passed from one generation to another. This is a great time to cook together with your neighbors or consider learning how to make your family's traditional recipes. You could even create a family cookbook!

3. Bake Cookies

Is there anything better than a soft, warm cookie that's fresh out of the oven? Baking cookies is a wonderful activity for the whole family. Or something to do with you and your caregiver.

Everyone can select a favorite to make, and cookies are simple enough that children can get in on the fun.

And don't forget about decorating! You can make holiday-themed cookies, or just decorate for the fun of it! Fall is just around the corner, and you can pick autumn themes. If your family likes a little competition, have a decorating contest. Alternatively, write sweet messages and exchange the cookies.





4. Have a Cookout

Late summer and early fall is the perfect time for a backyard barbeque. Cook your favorite foods and add some picnic fare, too. You may be surprised at how much traditional cookout/picnic foods have changed throughout the years.

Ask your senior loved one about his or her favorite foods and incorporate them into your cookout. Add some music and lawn games for a really special experience.



5. Have an Ice Cream Social



People have enjoyed ice cream socials for centuries and you can keep up the tradition, even if you aren't able to leave home just yet. Simply gather a variety of ice cream flavors and toppings and set them out on a table.

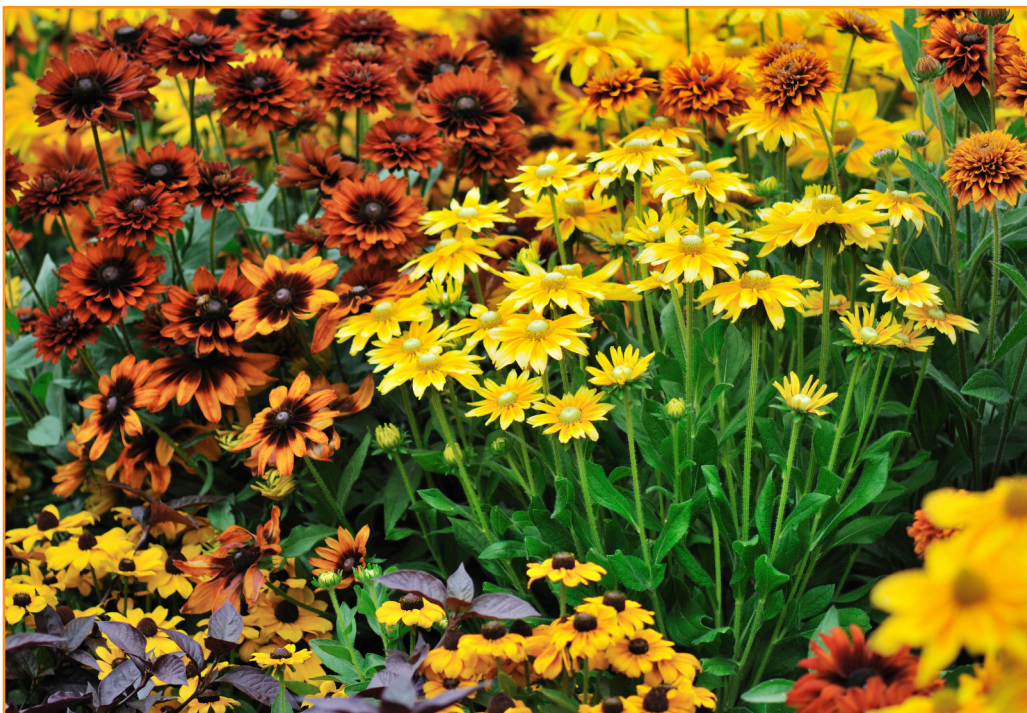
Everyone takes a bowl or cup and fills it with the ice cream and toppings of his or her choice. It's a perfect way to end a hot summer or early fall day and a perfect opportunity to share some lighthearted conversation as a family.

Needing to wait a little longer to dine in doesn't mean seniors can't enjoy mealtimes. You can have amazing cooking adventures right from the comfort of your home. Cooking is a wonderful way to bring the whole family together and make lasting memories.

Need some help bringing your next cooking adventure to life? We're happy to lend an extra set of hands. Learn more about our services by call our offices at 781-331-0062.

Vaccination State Mandate

Now that the state is mandating home health care workers get vaccinated, you may have questions. Well, we have answers. Give us a call and we'll guide you through by answering your questions and dispelling any myths about the vaccine.





CELTIC ANGELS
HOME HEALTH CARE

COVID-19 VACCINE Q&A

**Do You Have
Concerns About
The Vaccine?**

- You Can't Get COVID From the Vaccine
- The Vaccine Is Not A Live Virus
- You May Get Mild Symptoms

Symptoms May Be Pain, Redness, Swelling Where the Shot was; Headache, Nausea and in rare cases vomiting, or swollen lymph nodes

Call Us Today at 781-331-0062. We'll Answer All Your Vaccine Questions.

COVID-19
VACCINATION
SIGN UP TODAY!

Happy
Thanks Giving



**Don't forget
to enroll in
Regis College
and get a discount
on your tuition!**

**Questions on
how to enroll?
Call us at
781-331-0062
and we'll walk you
through the process.**



REGIS

A CATHOLIC UNIVERSITY IN GREATER BOSTON

We're offering our caregivers and staff a discount on tuition at Regis College in Weston, MA. The discount can be applied towards any course you choose including Regis College's nationally recognized nursing education program which offers all levels from undergraduate to doctoral students.

Caregivers and staff who choose to enroll will have an opportunity to practice in Regis College's state-of-the-art simulation labs before going to clinicals in hospitals and healthcare facilities, or in this case, into private homes, where they take the hands-on experiences from the classroom and apply it in real-world situations. Regis College offers on-campus as well as online options.

We're so pleased to provide this opportunity to our caregivers and staff!

Maria Burke, RN, Owner.

