



# Winter 2021-2022

## Maria's Corner

With the holiday season upon us and 2021 nearing an end, now is a great time to reflect on your achievements. I cannot say it enough - how thankful I am for our caregivers' continued commitment and dedication to their clients through the COVID pandemic.

So, all of you reading this, please take a moment, acknowledge your accomplishments this past year and take a moment to appreciate yourself for the special person you are.

Very truly yours,

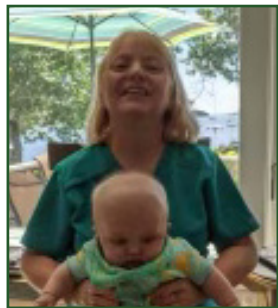
Maria Burke, RN, Owner



Maria Burke, RN, Owner

## Angel of the Month, Needham Office

This month we're celebrating Josephine Conneeley, HHA. She has been voted our "Angel of the Month" for our Needham office and will receive \$100 gift card. Josephine embodies our core values which focus on compassion, hard work and trustworthiness. Josephine has always treated her clients with enormous care, sensitivity, and deep respect. She truly understands that people want to be heard and listened to and Josephine makes the time to do just that with her patients. She has received many accolades from her patients and her patient's family members for her continued efforts but that's not why Josephine does this job. She does it because she loves it! Let's all congratulate Josephine for winning this month's "Angel of the Month"!



Josephine Conneeley



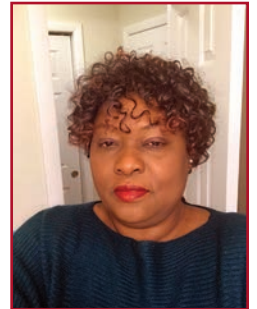
## We Won! Again!

For the second year in a row, Celtic Angels Home Health Care has won one of the state's most coveted Employer Awards – **The Boston Globe's Top Places to Work Award**. Not only that, Celtic Angels Home Health Care won the Gold Badge this Year in 2 Categories!! Compared to all the Boston and surrounding in home health care and health care related companies that competed in these categories, Celtic Angels Home Health Care won the Gold Badge in the Employee Well Being category and the Professional Development category. The survey results showed that our caregivers had a 70% engagement rate in the survey. So, a very big **Thank You** to all of you who participated.

## Angel of the Month, Weymouth Office

Madeleine Aubourg is a CNA and is our "Angel of the Month" for our Weymouth Office. She will receive a \$100 gift certificate as well. She too possesses all our core values including hard work, trustworthiness, high quality care for her patients, intuitiveness, and dedication to her career.

"I've been working at Celtic Angels for about three years now, and it is such a good place to work. Throughout all the years I have been working here, it has been such an amazing experience. When I first started working here, I was immediately swept under the wings by the rest of the staff members as they treated me like we were all a big happy family. The best part about my job as a caregiver is seeing my client. As soon as I step in, my client never fails to put a bright smile on my face. She always greets me with "Where have you been?" as she is so eager to start the rest of her day with me. I enjoy singing and dancing for my client and she laughs. My client, who I loved so dearly, recently passed away. She was truly the light of my world. She painted vibrant colors into the atmosphere. She was just so very special. Although she is gone now, she continues to inspire me to make many more moments like the ones she has given me with the many more people I will continue to meet in the future. The environment at Celtic Angels Home Health Care is so warm and inviting, and working here is such a rewarding experience."



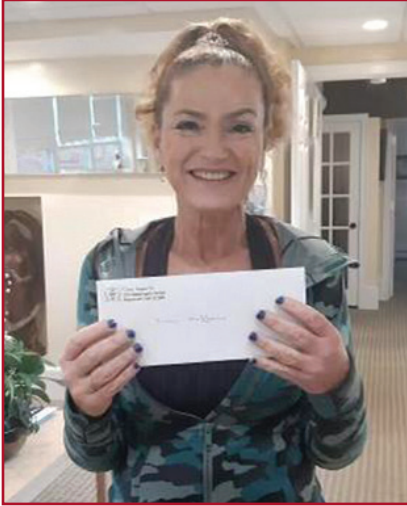
Madeleine Aubourg



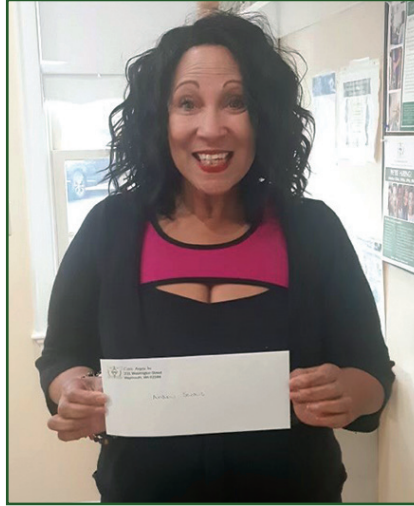


## Raffle Winners Announced!

We wanted to do something a little extra special for all the caregivers and staff who took the time out of their very busy day and filled out the Energage survey that became the data used in the Boston Globe's Top Places To Work survey. Our very own Kate O'Sullivan created beautiful certificates and organized a raffle for 1st, 2nd and 3rd place winners. First place winner received \$250; 2nd prize \$150 and 3rd \$100. Her and owner Maria Burke held a live raffle where they drew the names of the winners and posted them on the Celtic Angels Home Health Care social media sites. Congratulations to winners Susan Hoffman, CNA, Queenie Santos, HHA and Anthony Kiyaga, CNA.



Susan Hoffman



Queenie Santos



Anthony Kiyaga



## Protecting Your Beloved Senior Post-Covid: 5 Things to Consider

By Maria Burke, RN

COVID has fundamentally changed the way we think about caring for our seniors. After witnessing the consequences of infection spreading unchecked through assisted living facilities, many families decided to care for seniors at home. Now that vaccines are available, families often wonder how to transition to post-COVID life while continuing to protect their senior loved ones. While each individual's needs are unique and will vary accordingly, here are five things to consider when protecting your beloved senior post-COVID.



**I. Check the Spread** - We've come a long way since COVID first appeared. Vaccines are now widely available in the US, and some treatments have been developed to help combat COVID, but in many areas of the country, COVID case are still high and with the variant, some areas have seen an uptick. Although vaccines are highly effective, breakthrough cases do occur, and seniors are more likely to suffer with more severity. If you live in a community with a high number of cases, you'll need to take that into account. Some families may opt to wait for case numbers to drop, while others are comfortable rejoining activities while continuing to take precautions.

*continued on pg 3*



continued from pg 2

**2. Keep Masking** - One of the positive side-effects of the COVID pandemic was an almost nonexistent flu season. That's been attributed to the efforts we were taking to prevent COVID, like social distancing and wearing masks. Since choosing to continue wearing a mask makes it less likely that your beloved senior will contract either COVID or another potentially serious illness like the flu, it's wise to do so. Additionally, the CDC recommends that all adults wear masks indoors and advises that those with compromised immune systems take extra precautions.

**3. Get Boosters** - We have learned that vaccines aren't as effective in people whose immune systems are compromised by things like cancer, organ transplants, and certain medications. If your senior's immune system isn't working as well as it should, a third shot may be needed. In addition, the CDC recommends that all seniors get booster shots six months after their second dose.

**4. Enjoy the Outdoors** - Many diseases spread during winter because we spend more time indoors and have less fresh air flowing into our homes and buildings. Whenever possible, enjoy activities outdoors. Your senior will have a chance to stay active and break up the monotony of spending so much time at home, while being less likely to pick up an infection. Even a short walk around the neighborhood or backyard will help.

**5. Address Your Senior's Needs** - Every person has his or her own unique needs. Think about what your loved one needs most. Has he or she experienced isolation, been less active, or had to give up cherished hobbies? Think about the ways you can help. Have discussions with friends and family members your senior may be missing. If everyone has been vaccinated and agrees to take precautions, perhaps you can resume visits in a way that makes everyone comfortable. If your senior needs more activity, try starting a daily walk, going birdwatching, or arranging activities with a small group of friends. And if your senior has been missing hobbies, reach out to facilities to ask about precautions being taken to protect seniors. Perhaps your loved one can resume old activities, or maybe you can help your loved one find a new hobby.



Times are still challenging, but we hope better days are ahead. Keep the above considerations in mind to protect your senior post-COVID. We at Celtic Angels Home Health Care are here to help.



## A Little More About Liz



Elizabeth O'Sullivan

Elizabeth O'Sullivan, Administrative Assistant is usually the first person you'll meet as you enter our Weymouth office location. She's also the first point of contact when someone calls the main number. She always greets clients, staff and visitors with a friendly smile. Her responsibilities include managing the office's data entry activities and office supply ordering. She formerly worked at General Dynamics in the Marine Operations department as administrative assistant to the Vice President. She has been with Celtic Angels Home Health Care for more than 3 years. Next time you're visiting our Weymouth office, say hello to Liz.

## Connecting With Our Caregivers

We are working hard to better connect with all our caregivers and we'd love your feedback. Many of you have already logged into our private caregiver portal. But many have yet to so we're wondering how we can prompt more of you to look into the website private portal. Please email [Kacy@celticangelsinc.com](mailto:Kacy@celticangelsinc.com) with any ideas or comments you have. Thanks so much!



Celtic Angels, Inc.  
231 Washington Street  
Weymouth, MA 02188

## Not Out of the Woods

Although so many of us have been vaccinated, there are still people who have opted not to be for religious or health care reasons. In addition, the CDC is reporting a spike in 'break through' cases where people who have been vaccinated are still the contracting COVID-19 virus. Because of these factors, it is still important to practice all the basic safety COVID-19 risk prevention protocols including social distancing when in public areas; wearing a mask in public places regardless of whether you are vaccinated and stay home if you are feeling unwell. Make sure you notify your doctor or health care provider if you are feeling any COVID-19 symptoms and be sure to isolate so that you don't inadvertently expose any family members or loved ones to the virus.

Boston Globe Caring for Loved Ones issue – Ad and article; October 17th issue received?



Focusing on the  
**CARE**  
in home  
health care!

231 Washington Street  
Weymouth, MA 02188  
781-331-0062

60 Dedham Ave., Ste 150  
Needham, MA 02492  
781-662-8700

### Celtic Angels Home Health Care

*Hi. I'm Milo. The Celtic Angels Mascot.*

*Our clients seem to love us but don't take my word for it.*

*Read this:*

Dear Maria, Your CNA Kelly has been taking care of all my cleaning, cooking, grocery shopping, traveling to and from doctor's appointments for me for more than a year now. She is a kind and caring person and my family is so happy and have such a sense of comfort and peace of mind because they are sure I am in excellent hands. Thanks so much! Sincerely, Susan C.



[www.celticangelsinc.com](http://www.celticangelsinc.com)

### Look for Our New Ad

We have a new ad in several church bulletins including Sacred Heart Church and Our Lady Help of Christians Church bulletins. You'll also see the new ad in the Pilot Catholic News.