



# Spring 2022

## Maria's Corner



### 7 New Hobbies

#### Beloved Seniors Can Enjoy at Home

Many seniors currently need to stay at home, both because of the warmer weather isn't here yet and because we are once again dealing with an uptick in COVID-19 cases in the community. But that doesn't mean seniors are destined for long days of boredom! Here are seven new hobbies all seniors can enjoy at home.



#### 1. Writing

Writing is an excellent new activity for seniors to take up, and one study even found that spending time writing can help reduce brain shrinkage and memory decline! So why not work on a memoir, fill a journal with poetry, or record family recipes to pass down to your grandchildren?

If you're helping a senior with this activity, look for books that include writing prompts. Your mom, dad, grandmother or grandad will enjoy answering questions and recording life stories, and the book can be given to family members as a cherished heirloom.

#### 2. Art

Art is enjoyable and allows for personal expression. Many seniors find arts, such as painting or any type of crafts to be therapeutic, and it's something that can be shared with loved ones. There are a variety of mediums available, so you can find something that suits your interest and can be adapted for physical

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## Angel of the Month

**Susan Hoffman, CNA, Weymouth Office**

I grew up in Stoughton. My dad was carpenter. In his spare time, he was a fisherman and owned a boat. I have such fond memories of those days. We moved to Scituate, and I've lived there ever since.

I enrolled in Quincy College and studied early childhood education. I landed a job working for the Head Start program full time. When I got pregnant, I wanted to stay home and raise my children so I switched jobs and



started teaching aerobic classes at the YMCA so I could take my children to work with me.



It was important to me that my children have a quality education so I took a waitressing job in order to make extra money so they could enroll in private school. Something my father said to me always stuck: "if you do something do it 100%; even if you something do it correctly." He said even

if you're bagging groceries, do it the best you can.

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limitations. Consider scrapbooking, painting, drawing, coloring in adult coloring books, sculpting with clay, or choose one of the many crafting kits designed for seniors.

### **3. Learn an Instrument**

It's never too late to learn to play an instrument! And with the many online classes available now, you can do it right from your own home. Why not give piano, keyboard, guitar, or ukelele a try? You'll keep your brain sharp by learning a new skill, and you'll make beautiful music, too!

### **4. Bird Watching**

Bird watching may not be one of the first things that come to mind when thinking of hobbies to do from home, but if you have space available to put bird feeders outdoors, this can be a very enjoyable hobby to take up! Ideally, place the feeders where they are visible from a window near a comfortable chair. Then, you'll have birds coming right to you! Enjoy watching different species as the weather changes, and see how many you can identify. Remember, if mobility and weather conditions are a problem, have someone else fill the feeders.

### **5. Dancing**

You don't have to go out to enjoy dancing! Now, you can learn a new dance through a video or streaming service. Or just turn on your favorite music and dance in your living room! And besides being tons of fun, dancing helps you balance, stay in shape, reduce risk of falling, and even lower your risk of dementia!

### **6. Puzzles**

Puzzles are enjoyable and keep our brains working. And there are so many kinds available! Have fun putting jigsaw puzzles together, solve crossword puzzles, or get a book of word searches. Alternatively, try playing online puzzles like Words with Friends or Candy Crush. Mobile apps can be a fun way to solve puzzles while engaging in friendly competition with your friends or family members.



### **7. Yoga**

Yoga and stretching exercises are hobbies that have become increasingly popular for seniors. That's because they can be relaxing and also help you stay fit and flexible. Plus, breathing exercises are great for increasing your lung capacity. And with so many books and online classes available now, you can learn yoga from the comfort of your home.

Staying at home doesn't have to be boring. Take up a new hobby (or seven!) to fill your time with enjoyable activities. And remember, we at Celtic Angels Home Health Care are always here to help. Learn more about our services here.

## **Angel of the Month**

**Wivere Vilbrun, Needham Office**



I really love working for Celtic Angels. I am so thankful that Celtic Angels Home Health care was so helpful with my schedule when I was pregnant. I've never worked for a company that is so accommodating and caring for their employees. I recently had a beautiful baby girl and it's wonderful being a mother. I am really glad to be back working. I love working in the healthcare field and particularly caring for the elderly.







## Angel of the Month

**Susan Hoffman, CNA, Weymouth Office**

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And always treat people the way you want to be treated. He was a wise man and I've tried to live by those words of wisdom throughout my life.

I received my certification in several types of aerobic and exercise classes. I worked hard and started to make a name for myself as a teacher in spin, barre, and Pilates classes. I actually received multiple awards. It was then I realized that teaching became my niche. I really enjoyed it and developed it into a personal passion.

Maria Burke, RN took one of my spinning classes and that's how I met her. She mentioned to me that I would be a natural for someone who would work well with those in nursing homes that need caring, nurturing upbeat people like me. I always took care of other people my whole life so when Maria introduced the idea of becoming a caregiver, it clicked with me. Transitioning from teaching early education to health wasn't that big of a leap. One of my family members was sick so getting into healthcare was timely for me.

Today, I am a certified nursing aide. I've been working for Celtic Angels Home Health Care for more than 2 years and I love it. Celtic Angles gives their clients what they want: a lifestyle of dignity and choice. The company's philosophy is that people are individuals who have different wants and needs. Our job is to meet those individual needs. Many of our clients want to live their lives out in their own home, not in a hospital. We saw this particularly during COVID. We give them that option.

Currently, I'm teaching spin classes in Carver and I really enjoy the variety of teaching and serving as a caregiver at Celtic Angels Home Health Care. My greatest joy in life is being a mom to my 2 daughters. There is nothing more rewarding than seeing them thrive.



## Christal Trumbo, RN, Celtic Angels Home Health Care

For those of you who haven't met, say hi to Christal Trumbo, RN, Celtic Angels Home Health Care's Needham Office Nursing Case Manager. Christal has a long history in health care and deep knowledge in direct client care. She holds a certificate for clinical research from Boston College and a Bachelor of Science in Nursing. She's worked for marque healthcare companies like Johnson and Johnson and her passion continues to be in providing the best possible care to her patients.

Her personal joys in life are her two sons, Christopher, and Lucas. Christopher lives locally and enjoys traveling to Los Angeles to see his brother Lucas. Christal is very focused on health and fitness and recently has taken to the very popular Orange Theory fitness program. She loves the outdoors from the mountains to the seacoast.

*If you're in the Needham office, stop by to say hello!*

## Caregiver Portal Raffle



Log in to the Caregiver Portal and your name will be entered into a raffle to win a \$50 gift card this month! Don't wait. Log in today!





*Congratulations to Scorpion Soccer and Coach/Owner Darren Burke who hosted US Women's Team Champion Christine Lilly at the team's awards banquet.*



## *Alice Hickey Celebrates 102 Years Young!*

Our own amazing client Alice Hickey recently celebrated her 102 birthday! We applaud her for her beautiful ability to always have a smile on her face and present a positive attitude. Here's what Alice had to say to us:

Q: What is your secrete to a long-life Alice?

A: Don't smoke

Q: What advice can you give some of us who are looking to live as long as you?

A: Eat well and treat your body with respect

Q: What other things have you done in later life that have helped you stay young at heart?

A: I keep active. You need to keep moving no matter what.

Q: What are your joys in life?

A: My family. I am so blessed to have a wonderful family and they are local which is great.

Q: Where are you from?

A: I have spent the last 60 years in Quincy near the Milton line. I love the area.

Q: What can you say about the caregivers at Celtic Angels Home Health Care?

A: They are great. They are so caring. They take really good care of me and meet all my needs. I'm so glad to have them.



## *We're Hiring*



***Do you know someone who is retired or looking for a part-time job?***

***If you have a friend or family member that is interested in becoming a Home Health Aide, we are offering a 75-hour course to become a certified HHA. Contact us today!***



Did you know that Celtic Angels Home Health Care is offering scholarships to Celtic Angels caregivers working 36 hours or more per week? This September, those enrolled in college courses in the 'helping profession' will have a chance to be awarded a scholarship towards a degree in occupational therapy, physical therapy, registered nursing, licensed practical nursing, or social work. As a Celtic Angels caregiver, you can apply for a scholarship from Celtic Angels Home Health Care to help defray your tuition at the educational institution where you are currently enrolled. Find out more today! Application forms are available in the Celtic Angels caregiver portal. Apply today!