



Fall 2023

Maria's Corner



With Summer winding down, and parents and students already getting into the 'back to school' mode, I thought I'd reflect a little on this past summer and the amazing work my caregivers and staff have done.

Our caregivers have a myriad of choices when it comes to the type of job they choose. Our caregivers choose to dedicate their time to care

for another individual, and in this case someone who is most likely a senior and cannot take care of themselves. The patience, kindness, nurturing and heartfelt love they show clients never ceases to astound me.

So many of our clients tell me they feel like their caregiver is one of the family. There is a certain amount of trust between clients and their caregivers. I am so proud of our caregivers that they effortlessly establish that trust so they can quickly begin providing in home health care services from skilled nursing needs like medication management and diabetic teaching to everyday homemaking activities like grocery shopping, house cleaning, grooming, assisting with bathing, meal planning, cooking and more.

To my staff in both the Weymouth and Needham offices, I couldn't keep the operations going without your constant hard work and dedication.

All I can say is as a business owner, I could not be more pleased and more blessed to have such an amazing group of people to represent my company. From the bottom of my heart, I thank you!

Maria Burke, RN



Boston Globe Gold Badge! *We Won - Again!*

Thanks to the efforts of our amazing caregivers and staff for completing this year's Top Places To Work survey by third party Energage Survey Company, the results are in and Celtic Angels Home Health Care has won a Gold Badge! We've surpassed hundreds of other home health care companies in the region who competed for this annual award. But mums the word until the Boston Globe officially announces it in October. Meanwhile, congratulations to the caregivers and staff! You are truly amazing.

Featured Awards



Launching A New Podcast Series

I'll be launching a podcast series this fall to address common issues families face when their loved ones transition from independent living to a stage where they need home care. I'll also have guest podcasters so stay tuned!

More to come...

A Fallen Leaf
IS NOTHING MORE
THAN A
SUMMER'S WAVE
Goodbye





5 Fall Activities Seniors Can Safely Enjoy

Fall is a wonderful time of year. The days are still long, there's always something going on, and because the kids are getting back to school, you may see less of your grandkids, you may have more time on your hands. Since the weather is beginning to get a little cooler, keep in mind, outdoor activities are so healthy and enjoyable.

1. Having a Picnic

Eating outdoors in the fall is peaceful and relaxing. It's also a perfect choice for seniors because picnics are easy to adapt to your needs. You can have a picnic at a local park, on the beach, or right in your backyard.



So, choose foods that are suitable for your diet, spread out a blanket or set up chairs in the location of your choice, and enjoy! Picnic close to dawn or dusk if you want to enjoy the cooler, crisper weather.



2. Gardening

Fall gardening is another activity that is easily adapted to your needs. You can garden directly in your soil, use raised beds, try container gardening, or even make an herb garden on your windowsill indoors.

In addition to the obvious perk of getting to enjoy the fresh produce you've grown; gardening also provides a myriad of benefits for seniors. Gardening lowers stress levels, improves strength and mobility, and even has a preventative effect against osteoporosis.

3. Birdwatching

Many seniors find birdwatching to be a lovely fall activity. And it's a great way to enjoy nature, regardless of your level of mobility. For example, care partners for seniors on bed rest can place a birdfeeder where it is visible from a window. Wheelchair users can enjoy the birds in their neighborhood with the help of their care partners. And seniors who are able to walk can take advantage of parks and trails to look for their favorite species.

Birdwatching also helps lower stress levels and sharpen your mind. Plus, it's a great way to get some exercise in. Even lifting your binoculars helps strengthen your muscles!



4. Spending time in the Water

Most of us have fond memories of spending late summer/early fall swimming when the water is usually at its warmest temperatures, exploring streams, or walking along the beach. And the good news is, most seniors can still enjoy the water in some form!



If you have a nearby beach, it can be lovely to sit at the edge of the water and let the waves lap your toes. Swimming is an excellent form of exercise. And aquatic therapy is quite beneficial for seniors. Alternatively, seniors with limited mobility can also enjoy dipping their feet into a small pool or even having an indoor rubber duck race inside a plastic bin.

5. Enjoying a Fall Fair

There's a good reason local fall fairs and festivals have remained popular for centuries—they're tons of fun!

Most local cities and towns host them and all you have to do is look in your local paper or online resource and you'll find a listing of them.

Whatever activities you choose this fall, remember you still need to protect yourself. Always wear sunscreen and proper clothing when you're outside. And be sure to stay hydrated!

Need assistance participating in fall activities? The care partners at Celtic Angels are happy to help! Contact us [here](#) to get started! *Top Workplaces National Award in Health Care Industry!!*



Caregiver Photo Contest

We asked our caregivers and staff to send us a photo of themselves doing something they enjoy or just an image of themselves for us to enter into a raffle for a \$50 gift card and here are some of the amazing photo shots we received:



Celtic Angels Caregiver Val Meadows in Italy "I love to spend vacation with my sisters".



Caregiver Baker Mujuzi looking sharp!



Caregiver Jane Castagnozzi loves walking the beach and looking for sea glass and heart shaped stones.

BE KIND
BE BRAVE
BE TRUE
BE HAPPY
BE YOU



Caregiver Sonia Gomes Galvao.



We have a little surprise to tell you early this winter but we can't let the cat out of the bag just yet. Meanwhile, someone very special to us is scheduled to be featured and here's just a snapshot:

Kate O'Sullivan

I have an amazing life!



In 1955, at the age of 18, I emigrated from Ireland. My skill set was limited, I started working in clerical-based roles, such as filing and working at a conveyor belt. In 1964, I was offered a position at MIT, where I continued to work until retirement. After retirement, at the age of 79, I met Joe, Maria's husband, who offered me a receptionist position at Celtic Angels, which ultimately led me to my current position.

My role at the Celtic Angels is vast, working to promote high morale among the caregivers, clients and all the Celtic Angels family, I send birthday, thank you, and sympathy cards to our caregivers, clients and staff to remind them how special they are to us. Working with the caregivers on Maria's behalf has given me a profound sense of meaning and purpose. I LOVE MY JOB. I could have never imagined being so fulfilled and appreciated at this stage in my life. I couldn't be more grateful to Maria and her staff for allowing me to be a member of the team and carrying out Celtic Angels' mission. I am 86 after all AND sober 43 years. I have an amazing life!

Look for Our News Ads

We've launched a series of new advertising and you can catch them in various publications in the region including the Hometown Weekly in MetroWest, Irish Pastoral Council Newsletter and the South Shore Senior News.



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