



Maria's Corner

Happy Summer my dear readers.

This issue, I'd like to provide an answer to a question I often get asked by my clients: *Can I pick my own caregiver?*

The answer is: absolutely yes. At Celtic Angels Home Health Care, we believe that trust, comfort, and personal connection are essential in delivering the highest quality care. That's why we encourage our clients – and their families – to take an active role in choosing the right caregiver for their needs.

During our intake process, we not only assess the client's medical and personal care requirements, but we also take time to understand their personality, communication style, cultural background, and even preferences around things like conversation,



and hobbies. Our goal is to match each client with a caregiver who doesn't just meet their clinical needs, but who also becomes a trusted companion.

Of course, we also understand that chemistry matters. If for any reason the fit doesn't feel quite right, we're always here to make a change—quickly, respectfully, and without fuss. We have an extraordinary team of caregivers, and our scheduling coordinators work with heart and precision to make sure every match feels right.

If you or a loved one are beginning services or thinking about making a change, please don't hesitate to call our office. We're here to listen, to help, and to make sure you feel seen and supported every step of the way.

Wishing you a beautiful, peaceful summer.

With love,
Maria Burke, RN
Founder & President
Celtic Angels Home Health Care



Hear From One of Our Caregivers

Check out our video on **YouTube** featuring Celtic Angels Caregiver Sara Andrade who talks about her work experience at Celtic Angels and how she encourages anyone who is interested in becoming a caregiver to consider this company!





Kicking Goals On and Off the Field: Darren Burke Leads with Heart

At Celtic Angels Home Health Care, compassion, dedication, and service run in the family. And nowhere is that more evident than in the life of Darren Burke—son of founder Maria Burke, RN—who brings that same heart-centered leadership to the soccer field.

Darren manages and coaches a local youth soccer team that's quickly become known not just for its skill, but for its sportsmanship, unity, and community spirit. Under Darren's guidance, these young athletes are learning more than just how to pass, shoot, and score—they're learning resilience, teamwork, and how to lift each other up.

"We talk a lot about respect, consistency, and showing up for one another," Darren says. "It's about building confidence, learning to lead, and knowing you always have a team behind you."

These values, deeply rooted in his upbringing and shaped by Maria's example, echo the very principles that guide Celtic Angels: caring for one another, staying strong as a team, and always striving to be your best—whether you're on the field or walking into a client's home.

We're proud of Darren not only for his leadership in sport, but also for being a role model for the next generation—showing that excellence and kindness go hand in hand.

Go team!



Hearts That Give: The Charitable Work of Celtic Angels



At Celtic Angels Home Health Care, caregiving doesn't stop at the doorstep. It extends into the community, the region, and the hearts of those in need. Giving back has always been a cornerstone of Maria Burke's vision, and through the years, the staff at Celtic Angels has quietly but powerfully supported numerous charitable organizations doing life-changing work.

From local food pantries and senior centers to global health missions and nonprofits supporting children and families in crisis, the Celtic Angels team believes in sharing their blessings with others. This commitment is not just financial—it's personal. Many staff members volunteer time, resources, and talents to causes close to their hearts.

Among the organizations supported in recent years:

- **The Irish Pastoral Centre of Boston** – Supporting immigrant families and seniors with services, community, and care.
- **St. Vincent de Paul Society** – Offering direct assistance to those in financial hardship.
- **The Alzheimer's Association** – Funding research, education, and support for families affected by dementia.
- **Local Women's Shelters and Outreach Programs** – Providing essentials and a fresh start for women and children in need.



"We have always believed that giving is a natural extension of caring," says Maria. "As caregivers, we witness firsthand how a small act of kindness can change a person's day – or their life."

Whether it's sponsoring a fundraising event, quietly delivering a holiday meal, or simply offering prayer and encouragement to those in crisis, Celtic Angels lives up to its name. The impact may not always make headlines – but it is felt in countless lives touched by their grace.

"When we give from the heart, we're not just offering help – we're honoring the divine in one another. True care is a spiritual act."

– Maria Burke, RN
Founder, Celtic Angels Home Health Care





Building Excellence in Care: Celtic Angels' Caregiver Training Program



In this photo, you'll see our newest graduates proudly holding their certificates—ready to step into their calling as caregivers. Whether you're just starting out or looking for a meaningful second career, our training program is a gateway to making a real difference in people's lives.

The program is led by experienced nurses and care managers who understand both the clinical and emotional aspects of home care. Over the course of several weeks, participants learn everything from proper documentation and infection control to communication skills, personal care techniques, and how to provide companionship with dignity and grace.

But beyond the textbooks and techniques, what makes this training special is the supportive, family-like environment. Many of our trainees go on to become cherished members of the Celtic Angels team – bringing compassion, professionalism, and warmth into the homes of those who need it most.

***"It's not just about learning how to care.
It's about learning how to care with heart."***

– Maria Burke, RN, Founder of Celtic Angels

If you or someone you know is interested in becoming a CNA or HHA, we'd love to talk with you. Call our office: 781-331-0062 or visit us at:
<https://www.indeed.com/cmp/Celtic-Angels-Inc./jobs>

Together, we're building a community of caregivers – one heart at a time



Graduates of our most recent caregiver training session beam with pride as they receive their certificates of accomplishment. We're so proud of each and every one of them!



Summer Safety for Seniors: Tips to Stay Cool, Comfortable, and Connected

Summer on the South Shore and in Greater Boston brings sunshine, fresh air, and plenty of reasons to get outdoors – but for seniors, it also means taking a few extra precautions to stay safe and healthy during the warmer months.

At Celtic Angels Home Health Care, we're always looking out for the well-being of our clients and their families. Here are a few helpful tips to keep in mind:

Hydration is essential

Older adults are more susceptible to dehydration, so be sure to drink water consistently throughout the day – even if you're not feeling thirsty.

Dress smart

Light-colored, breathable clothing and a wide-brimmed hat can go a long way in protecting your skin and regulating body temperature.

Avoid peak heat hours

Plan any outdoor activities – like a walk or gardening – during the cooler times of day, such as early morning or early evening.

Keep your living space cool

Fans, shaded windows, and air conditioning (even if just in one room) can make all the difference. If your home gets too warm, consider visiting a local senior center or library for a cool break.



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Don't forget sunscreen and bug spray

UV protection is vital, even on cloudy days. And if you're enjoying time near the water or in the garden, a bit of insect repellent keeps mosquitoes and ticks at bay.



Check in regularly

If you're a caregiver, be sure to check in more often during hot stretches. And for seniors living alone, daily check-ins – whether from a loved one or a Celtic Angels caregiver – can provide peace of mind.

Remember, enjoying summer safely is all about being proactive. If you or a loved one needs support at home this season, our team is here to help.





**INTERESTED IN A CAREER
THAT MAKES A DIFFERENCE?**



***Celtic Angels
is now enrolling for our next
CNA/HHA training session!***

 Call 781-331-0062 or
 Visit www.celticangelsinc.com
to learn more.

