

CELTIC ANGELS INC.

Personalized Home Health Care

Fall 2013



CELTIC HEARTS



Maria's Corner

Greetings to everyone,

It's hard to believe that already the summer has passed and we are full swing into the fall season. It makes me realize that one of the most precious gifts we have is time.

Life is so busy and as caregivers we somehow can get caught up in the never ending to do list. We forget to take the time to breathe and just be.

I hope that every one of us experienced the friendship and love of either a family member or friend that always makes the time for you. No matter how busy they are.

A dear friend of mine, Dr. Dave Gabrielli, passed away suddenly on Tuesday. There was no time for my good byes. My dear friend Dave was a gift. He was always so generous with his time and lived in the moment. He had such a loving energy and always went out of his way to help family and friends. His passing has really made me reflect on the fact that one never knows when is the last time you will see a family member or a loved one. It makes me appreciate the moment and live every day as if it's my last day on earth.

I would like to wish everyone a wonderful fall season and share one of my favorite quotes, "Every day is a gift that's why we call it the present."

Best Wishes.

Maria Burke, RN



Did you know?

Fall, also known as autumn in some countries, begins the day when the sun crosses the celestial equator. In 2013 this will be September 22nd and continues until December 21st 2013.

In fall the trees sap stops rising. In other words, they go into hibernation so their leaves change color

As a result of the days shortening in the fall, the sun doesn't stay in the sky for as long. Due to this lack of sunshine, the leaves no longer maintain support for themselves, so the leaves become weak and fall to the ground.

A Piece of Ireland

The Cliffs of Moher are located at the South edge of the Burren in County Clare, Ireland. The cliffs stand 214m (702ft) for 8km (5miles) along the Atlantic Coast of Co. Clare in the west of Ireland.

The first evidence of mankind at The Cliffs of Moher was in the 1st Century BC fort that stood until the early 19th Century. The old Irish word 'Mothar' means ruined fort and it is this that gives the cliffs their name.

From the Cliffs, on a clear day, one can see the Aran Islands and Galway Bay, as well as the Maumturks and Twelve Pins mountain, which ranges to the north in Co. Galway.

The cliffs receive almost one million visitors a year. You are advised to dress warmly when visiting the Cliffs of Moher because of the cool Atlantic winds blowing in off the ocean.

Angel of the Month



Carol Nee, CNA

One of the most touching times I have had as a caregiver was very recently. I was taking care of a man in his 90's. Every time I walked through the door he would say, "there's my girl" and give me a big smile. He was the nicest man. The last time I was there, was on a Thursday, he was gravely ill and he said to me, "you are just a nice person, thank you for all you've done." Those are the moments that make me glad I do what I do. Unfortunately he passed away on the following Monday and I didn't get to see him again, but it's nice to know I may have made a difference.

It is so refreshing working for Celtic Angels. All the Angels I have met are nice, caring and loving people. It's so satisfying to go home at the end of the day and know you have helped someone and hopefully made their day a little easier.

Fun Facts

Pie first appeared in Britain in the 12th Century, usually spelt 'pye' and containing meat ie. Minced pies.

Fruit pies did not appear until the 16th Century.

Apples are:

- great for your heart
- great diet food
- helpful for fighting colds, viruses and cancer, due to the high levels of Vitamin C.
- a particularly good food for diabetics

Fall Recipe

Ingredients:

- 200g shortcrust pastry
- 2 medium cooking apples
- 3-4 tsp sugar
- 4-5 cloves
- 1 egg, beaten (to glaze)

Apple Tart



Equipment:

Sieve, mixing bowl, teaspoon, palette knife, flour dredger, rolling pin, chopping board, sharp knife, apple corer, pastry brush, fork, ovenproof plate/dish.

Method:

Preheat oven to 450° F

Make pastry and chill in refrigerator.

Divide pastry in two. Roll out each half and place one half on a plate. Return to refrigerator.

Peel, core and slice apples. Place on pastry. Sprinkle with sugar and cloves.

Brush edge of pastry with water and cover with second round of pastry, pressing well together.

Trim and decorate. Prick with a fork.

Brush with beaten egg and bake in a hot oven at 450° F for 10 minutes. Reduce heat to 350° F to finish cooking for 30 minutes.

Serve with whipped cream, ice cream or custard.

Health Tip



There are many tips that you can use to protect yourself from possible harms of the season change. It is a good idea to include more fruit and vegetables into your diet as they are great sources of vitamins and minerals. It is extremely important to strengthen our immune system in the fall season.

Vitamin A - liver, green vegetables, carrot, apricot, egg

Vitamin C - rosehip, parsley, green paper, kale, cauliflower, lemon, oranges, grapefruit

Vitamin E – soybean oil, vegetable oil, seed oils

Calcium – milk, dairy products

Magnesium – almond, walnut, swiss chard, soybeans, spinach, pumpkin/sunflower seeds

Quote of the Season

*“ The Best and
Most Beautiful
Things of this
World Can't be
Seen or
Touched!
They Must be
Felt by the
Heart”*

Inspiration

Cranky Old Man



*What do you see nurses? What do you see?
What are you thinking when you're looking at me?
A cranky old man, not very wise,
Uncertain of habit with faraway eyes?
Who dribbles his food and makes no reply.
When you say in a loud voice 'I do wish you'd try!'
Who seems not to notice the things that you do.
And forever is losing A sock or shoe?
Who, resisting or not lets you do as you will,
With bathing and feeding The long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse . . you're not looking at me.
I'll tell you who I am As I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of Ten with a father and mother,
Brothers and sisters who love one another
A young boy of Sixteen with wings on his feet
Dreaming that soon now a lover he'll meet.
A groom soon at Twenty my heart gives a leap.
Remembering, the vows that I promised to keep.
At Twenty-Five, now I have young of my own.
Who need me to guide And a secure happy home.
A man of Thirty My young now grown fast,*

*Bound to each other With ties that should last.
At Forty, my young sons . . . have grown and are gone,
But my woman is beside me to see I don't mourn.
At Fifty, once more, Babies play 'round my knee,
Again, we know children My loved one and me.
Dark days are upon me My wife is now dead.
I look at the future I shudder with dread.
For my young are all rearing young of their own.
And I think of the years And the love that I've known.
I'm now an old man and nature is cruel.
It's jest to make old age look like a fool.
The body, it crumbles grace and vigour, depart.
There is now a stone where I once had a heart.
But inside this old carcass A young man still dwells,
And now and again my battered heart swells
I remember the joys I remember the pain.
And I'm loving and living life over again.
I think of the years, all too few gone too fast.
And accept the stark fact that nothing can last.
So open your eyes, people open and see.
Not a cranky old man.
Look closer see ME!!*

Anonymous

Submitted by Greta Farrell, HHA

PHOTO GALLERY IN-SERVICE TRAINING



Celtic Angels Caregiver Team



VITAL SIGNS



Diane Hebert & Carol Nee



Kathy Muse, Director of Education



Alina Cabaj & Julia Downing



Mary Shiel & Nancy Folan

Qualifications: RN, MSN, SANE

Experience: Allied Health Instructor at Weymouth High School
Certified CPR Trainer

Kathy has been a Nurse for 12 years. Celtic Angels would like to welcome Kathy to our team. We all look forward to learning from Kathy.



Mary Dowd & Mary Williams