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October 21, 2004

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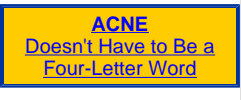
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THE NEWS STATION

Tuesday, May 4 5:29pm By Jill Garrett

Visiting Angels Help Caregivers & Loved Ones Adjust to Life Changes

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16 Web Links

- [Alzheimer's Association](#)
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There's a new service that could help improve the health of caregivers, those looking out for the health of family members.

In some areas the demand for home services to look after the elderly or sick, is greater than the supply. That can leave family caregivers with little time to themselves.

In Monroe County a new service helping meet the demand. At this home in Middle Smithfield Township - a daughter gets out in the afternoon, when a woman has arrived to help her mother.

"How you been feeling today? You feel fine? I see you wave at me today," Darlene says to Erna Small who is curled up under her comforter this morning.

Darlene is a "Visiting Angel" that gives Diana Nichols some peace of mind.

Nicols is Erna's daughter and caregiver. What was it like before hiring the Visiting Angels? "It's really difficult, as time went on, I felt that I really could not leave her when I had to go out and run errands. It just became apparent to me that she had problems while I was gone."

What does a Visiting Angel do?

"I clean up, I wash dishes, let the cat go outside, and come back inside. Get them something to eat. I don't mind. I think it's beautiful to help people out. I love helping people," Darlene insists.

Erna small suffers from Alzheimer's disease. A condition that can demand a lot of attention.

Two women brought the Visiting Angels Living Assistance Services to the Poconos.

Michele Szumera, Visiting Angels, "From light housekeeping, all the way up to helping them into bed at night, or maybe taking a shower, or bath things of that nature, running errands. We take them to the doctor, anything they need."

Lucia Evans, Visiting Angels, "I've been in the healthcare field for quite a few years now, and I think that the elderly need more care, and better care. I enjoy doing and helping people, and that's the field I've always wanted to be in ever since I was little."

Test your Health IQ!

- ideal weight?
- depressed?
- enough protein?

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A Healthy Heart

Be smart. Simple changes can cut your risk of heart disease enormously.

Diana Nichols figures the service helps her health as well as her mother's.

"It's a lot out of you. It's a lot of mental strain, to constantly think for 2 people. Think ahead of her, I want to keep her out of a nursing home, and thanks to visiting angels, I know that I'll be able to do that, as long as possible."

Visiting Angels is a business. So you pay for the service. Customers get to pick the angels who visit the home.

It should be noted, the Visiting Angels offers many of the same services provided by your county Agency on Aging. The counties charge according to income.

[Back and Neck Pain?](#)
Suffering from lower back pain? Try our spine wizard!

[Get the Facts](#)
Free Alzheimer's tips & info by mail!

[Depression Quiz](#)
Identify potential depression and anxiety symptoms.

16 Latest Health News

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