

# Caregiver Connection

## ANGEL COMPANIONS

◆  
March 2026



As we step into a new month, we are reminded that caregiving is built on connection. Connection to the people we serve, to the traditions that shaped us, and to one another as a team.

In this issue, you will meet a young caregiver making a meaningful impact, hear reflections from fellow caregivers about the values that guide their work, celebrate a few birthdays, and review an important safety update.



### Caregiver Spotlight

★  
★  
★  
★  
★  
*Randall*  
★  
★  
★

At 19 years old, Randall Burke Jr. is already making a meaningful impact. He has been caring for a client who recently lost his wife and is experiencing memory challenges. In a season filled with change and grief, Randall has become a steady presence in the home. He helps with the dogs, keeps routines moving, and spends time simply being there when the days feel heavy.

His investment goes beyond the schedule. He builds trust and treats his client with deep respect. Randall is a powerful example of how compassion shows up across generations. We are proud to have him on our team.



## Office Gossip

We have been celebrating birthday season at the office! **Jill** marked her birthday on February 11 and, true to tradition, celebrated with King cake. It is a sweet nod to her mom, who always made one for her growing up.

**Kaitlin** celebrated on March 1, and her favorite is a properly made, fresh pound cake or caramel cake. Her dad used to bake her a pound cake every year and now claims he no longer has the recipe. We are not convinced.

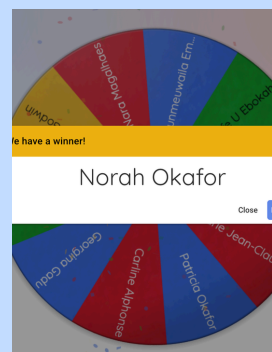
If you enjoy a slice of cake this month, consider it a small celebration in their honor or in honor of any of the caregivers also celebrating this month!

## Caregiver Voices

Congrats to **Norah** for winning last month's raffle and telling us how family or cultural traditions shape the way she cares for others.

Caregiving is not just a skill set. It is often rooted in how we were raised, the values we were taught, and the rituals that defined home.

We had to give extra space in this newsletter to share some of your beautiful stories. We hope you enjoy reading them as much as we did!



### **Norah O.:**

As an Igbo woman born and raised in Northern Nigeria, caring for the elderly is not just a profession for me it is a lifelong cultural calling.

In Igbo culture, elders are deeply honored. We are raised to believe that older people carry wisdom and deserve patience, dignity, and gentle care. When my grandmother passed away, I was sent to live with my grandfather. It was a cultural belief that caring for him would bring blessings and long life. I took care of him until he passed, helping with his daily needs, keeping him company, and learning from his stories.

That experience shaped my heart. I learned that elderly care is not just about physical assistance. It is about presence, respect, listening, and preserving someone's dignity in their most vulnerable years.

Growing up in Northern Nigeria also strengthened my values of humility, proper greetings, and honoring elders regardless of background. These traditions taught me that no elder should ever feel abandoned or invisible.

Today, in my caregiving role in America, I treat every client as I treated my grandfather with patience, compassion, and deep respect. For me, caregiving is more than a job. It is a continuation of the cultural values that raised me: honor, responsibility, and love for those who came before us.

### **Georgina G.:**

In my culture we have respect for the elderly. Any child can be disciplined by any adult. We are trained to love respect and care for them. You see an elder carrying a load, you take it from them and help them to wherever they were going.

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**Marie J.:**

In my culture caring for the elderly is always something that we just do. Living with with different generations shows us the need to be understanding and show compassion to those around us. I care for my patients as I would for my mother and how I hope my children would care for me.

**Usinefe E.:**

Urhobo culture deeply emphasizes communal responsibility, respect, and moral accountability. In this tradition, caring for others is not just a personal choice but a shared obligation tied to family and community identity. The extended family system teaches that everyone looks out for one another, creating a mindset of collective support and protection. Hospitality is highly valued, meaning people are welcomed, fed, and made to feel safe. Respect for elders reinforces discipline, humility, and guidance, while cultural expectations—especially for men—highlight providing, protecting, and maintaining integrity. Overall, Urhobo traditions shape a strong sense of duty to care for others through action, stability, and responsibility rather than just words.

**Josiah M.:**

Since I come from Uganda, we live communally and people are willing to help when there's a sick member in the community. They can cook, do laundry feed and transport the sick to hospital. Some people can temporarily relocate to the sick person's house to care for them if there's no family to care for them. They are willing to leave their homes to care for the sick.

We also have traditional healers who easily come up with herbal medicine as an alternative way to treat the patient. This is usually done as a first line of treatment before the patient is taken to hospital.

Even in the event of losing a sick person, the community comes together to contribute to the funeral expenses in order to give a decent send off to the member of the community. The tradition of togetherness is emphasized in community.

There's also a spirit of showing humanity commonly called 'Ubuntu' it's about showing compassion to the people who are suffering in the community. This is through things like visiting the sick or comforting the bereaved.

**Patricia O.:**

Where I come from families take care of their aged parents or relations. We do not have many nursing homes or they are not affordable to many people. So family members are nurtured to take such care. Children remain longer with their parents and cultivate that family ties and love and have more family bonding. Again our religious beliefs which emphasizes kindness and love to people as everyone is a creature of God.

**Nara M.:**

I was raised to always respect elders, no matter who they are. I believe every older adult deserves dignity, patience, and kindness.

**Carline A.:**

In my culture, we strongly believe in taking care of our elders. Respecting and supporting them is an important value that is taught from a young age. In my faith, I also believe that what you do to others will be given back to you, so I try to treat everyone with kindness and compassion. Because of this, I have developed a great deal of patience when caring for my patients and make sure to treat them with dignity and understanding, just as I would with the elders in my own family.

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## Share Your Story

Enter to Win a \$10 via Zelle!

This month, tell us...

**What is the funniest thing a client has ever said to you?**

**Deadline: March 31**

<https://forms.gle/n8RzAMvJhBdNGvzj8>



## New Driver Safety Policy Now in Effect

At Angel Companions, your safety matters. Because many of you drive as part of your role, we have implemented a formal Driver Safety Policy to help protect you, your clients, and everyone on the road.

This policy applies anytime you are driving for company business, whether in your own vehicle or a client's vehicle.

Key reminders:

- Valid driver's license required at all times
- Proof of personal auto insurance must be submitted annually
- Seat belts are mandatory
- No handheld phone use while driving
- All accidents must be reported immediately to your supervisor
- Driving under the influence of drugs or alcohol will result in termination

If you have questions, reach out to us at the office!

## Caregiver Referrals

Do you know someone who would make a wonderful caregiver? Now is the perfect time to refer them.

Angel Companions is offering \$100 for every successful caregiver referral.

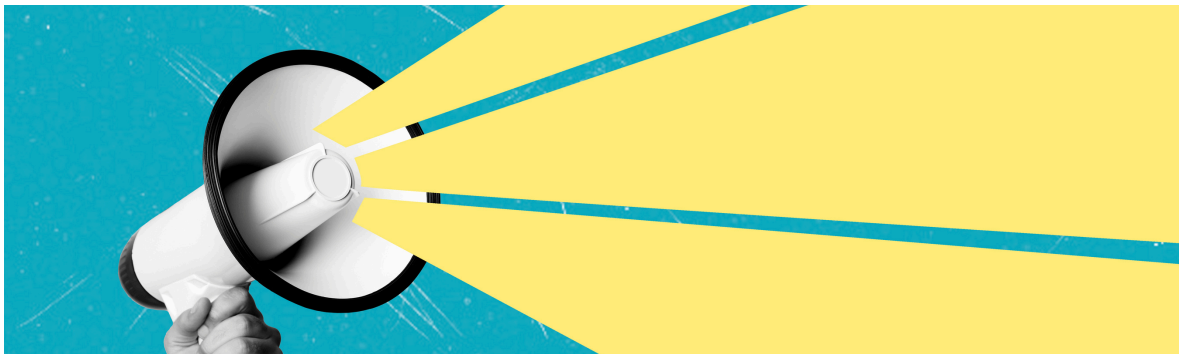
To qualify, referrals must:

- Be licensed CNAs
- Come in for an interview
- If hired, work with us for at least 40 hours
- Remain in good standing

Once these requirements are met, you receive your \$100 thank-you bonus.

Caregivers like you are the heart of Angel Companions. Referrals help us bring more compassionate people into our team, and we are grateful for every recommendation you share.





## **Communicate with the Office**

Please stay in close communication with the office. Notify us promptly of any schedule changes, concerns about a client's wellbeing, or emergencies. Angel Companions is committed to matching clients with caregivers who deliver exceptional care through professionalism, respect, attentiveness, and reliability. Following these guidelines helps us maintain strong relationships with our clients and with you.

## **LET'S CELEBRATE!**



### **Angelversaries**

Nunu G. | 18 Years  
Milliam M. | 14 Years  
Minty K. | 9 Years  
Irwin W. | 3 Years  
CherryAnn S. | 2 Years  
Japonica W. | 2 Years  
Lauri C. | 2 Years  
Eulette F. | 1 Year



### **Birthdays**

3/3 - Esther W.  
3/5 - Lizzie N.  
3/5 - Delphine F.  
3/5 - Eulette F.  
3/6 - Usinefe E.  
3/7 - "Ms.G"  
3/8 - Irwin W.  
3/12 - Kimberly C.  
3/16 - Priscilla M.  
3/19 - Ericka H.  
3/26 - Marsha C.  
3/30 - Norah O.

## **Alzheimer's In the Media**

Neuroscientist Lisa Mosconi talks with longevity expert, Dr. Peter Attia, about how nutrition, hormones and lifestyle directly impact brain health, especially for women. They explore how menopause affects the brain, why Alzheimer's risk is higher in women, and what current research says about prevention. The conversation offers practical insights on protecting cognitive health through diet, metabolic care and early intervention strategies.

**Learn more here:** <https://peterattiamd.com/lisamosconi/>



## Protect Your Mental Health with WeConnect



Access Code:

**ANGEL**

Caregiving requires a lot from you. WeConnect is one way we help support the person behind the role. With resources you can access anytime from your phone, you can find encouragement and steady guidance when you need it most.

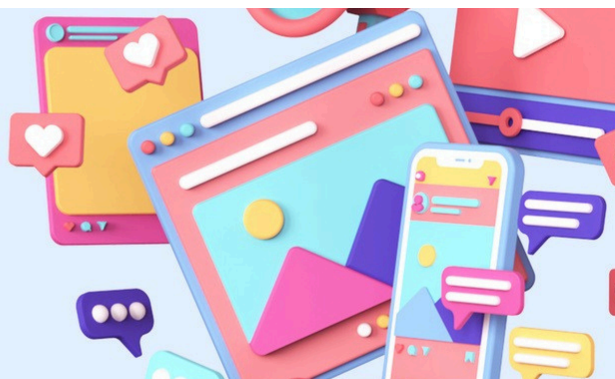
Get started:

- Scan the QR code in this newsletter
- Download the free WeConnect app

Get started:

- Scan the QR code or if you are already on your phone, just tap the code!

 **Follow Angel Companions for Tips, Stories & Updates!**



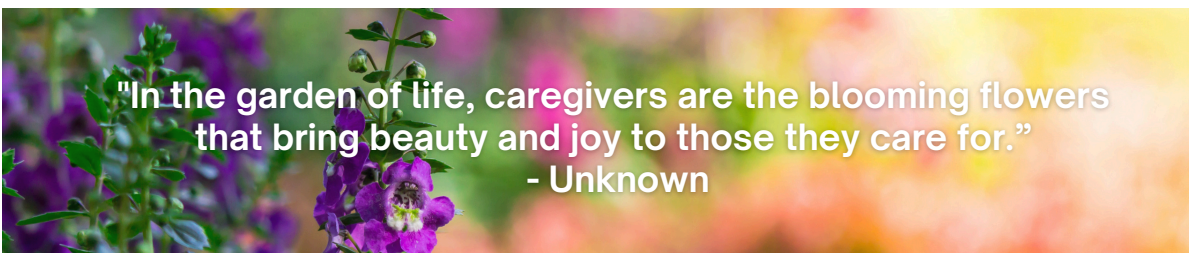
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 **Quote of the Month**



*Thank you for reading!*