



Angel of the Month: Aminah Nakafeero

We are thrilled to announce Aminah Nakafeero as our Visiting Angels Newton/Canton Angel of the Month for March 2021. Aminah joined our team in November of 2019 and has already made an indelible mark with her intuitive and skillful care of our clients.

Aminah's ability as a caregiver to support our clients, particularly those with dementia, comes naturally. She has a keen sense of observation that she uses to study each person she cares for, including her grandmother, to learn about the effects of dementia and how to attend to their individual needs.

At a young age, Aminah decided she wanted to have a career that involves helping others. She was eighteen when she and her family members took turns helping her grandmother, who was diagnosed with Alzheimer's disease. Aminah carefully observed her grandmother and learned very quickly different ways to support her. Sometime after her grandmother passed, two of her sisters moved to Massachusetts, one of whom is a certified Home Health Aide (HHA). She encouraged Aminah to move here from Uganda to pursue her career as a professional caregiver.

Aminah obtained her HHA certification and began her career assisting a private client with dementia and his wife. She worked for the couple for two years, honing her dementia care skills. When her client passed, a friend of Aminah's sister recommended that she apply to Visiting Angels Newton/Canton.

Aminah has gained a tremendous amount of experience in her time working with people who have dementia. At Visiting Angels, we see that Aminah has knowledge beyond her years because she is patient, an excellent communicator with a positive attitude, and is highly empathetic. These traits help Aminah gauge and adapt her methods while caring for people with memory loss and the behaviors associated with mental decline.

Aminah pays keen attention to her clients and will learn what they used to enjoy. She will sing, dance, play cards with them, whatever activities bring them happiness. Aminah's current client has short-term

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memory loss and requires full ambulatory support. The client is reserved and introverted. Aminah instinctively chooses when she will engage in conversation and when to assist quietly.

“I know it is not them but the disease,” Aminah explained. “It is so important to remember that when working with someone who has dementia. I don’t take anything personally and will step away to give myself and them space if they become agitated. I will gently let them know that what they are saying is not appropriate if a client becomes verbally aggressive. There are times when a client will forget who I am or fear that a stranger is in the house. I identify myself and let them know that I am there to help them feel better as many times as needed.”

Aminah has genuinely enjoyed being a part of our team, working with our case managers and office staff. “I really like working with the case managers because they do not pressure me,” Aminah said. “They work hard to find a client I am compatible with, and they support me. They work around my schedule and make sure I am comfortable.”

Aminah is currently caring for one of RN Case Manager Katherine Jennings’ clients. “Katherine is so knowledgeable and checks in on me often to make sure I have what I need and to guide me through challenges on this case.”

Katherine shared her first impression of Aminah with us. “I first met Aminah when I was running the new caregiver orientation she attended. She was very quiet throughout the presentation, but she fully engaged in the discussions when we began to have an open conversation afterward. She had so much insight and offered many great suggestions about how to care for clients with dementia. The questions she asked during our Q&A portion of the training showed me the depth of her intellect and gave me insight into her personality. It became clear that Aminah has the natural ability to learn, adapt and master new skills quickly.

“Aminah is the perfect example of a caregiver we would all want to support our loved ones,” Katherine continued. “She is intelligent, empathetic, trustworthy, and so dependable. I am delighted to be working with Aminah on this case and thrilled to have her be recognized as our Angel for March 2021.”

When Aminah is not working, she enjoys watching television and movies to unwind. She loves to take time to be with her family and is looking forward to taking a trip to Las Vegas with her sisters in the next year. Aminah is also awaiting the opportunity to “just go out and be around people comfortably again.” She is social and loves the outdoors, so she is eager for a positive and safe return to a less restrictive life.

Aminah will be starting classes at Roxbury Community College soon to pursue her RN degree. We are so delighted for her.

Thank you, Aminah, for your compassion, incredible work ethic, and dedication to our clients. We are honored to award you Angel of the Month, for March 2021. We know that you will continue to be a shining star and make a tremendous difference in the lives of others for years to come.