



# HESSCO

Care. Support. Solutions.

*Highlights and Happenings* *Fall 2016*

Dear Friend,

Fall is in the air at HESSCO. We kicked off the season on September 22nd with our 12th Annual Fall Conference "Age Well with HESSCO,"



and the celebration continued at our Annual Volunteer Appreciation Dinner and Celebration at the Four Points Sheraton on October 4th. We've also been active out in the community at various fall fairs and events.

As the seasons change and the temperatures become cooler, consider going out for lunch. Join us for a noon time meal at one of our congregate meal sites. Get out of the house, meet some neighbors, and have a nutritious meal. HESSCO provides congregate meals

Monday through Friday in Canton, Dedham, Foxboro, Medfield, Millis, Plainville, Sharon, Walpole, Westwood and Wrentham. We also host a number of special meal programs such as Asian luncheons, Indian luncheons, LGBT luncheons as well as dinner and breakfast clubs. We welcome you to join us today.

Sincerely,  
Mary Jean McDermott, Executive Director

**AGE WELL with HESSCO a Big Success**

The first day of fall, September 22nd, couldn't have been more beautiful for HESSCO's 12th Annual Fall

**Don't Wait  
Until it's too Late!**

**Medicare Open  
Enrollment is  
Oct. 15th - Dec. 7th**

Medicare plans change every year. Review your options today. SHINE (Serving the Health Information Needs of Everyone) can help. SHINE counselors provide counseling and assistance to Medicare beneficiaries and their families free of charge. Contact HESSCO at (781) 784-4944 to be connected with a counselor or contact your local Council on Aging.

**Thank you to our  
Sponsors!**

**AGE WELL  
with HESSCO  
Presented by**



**Platinum Sponsor**



Conference "Age Well with HESSCO Day" (formerly HESSCO's Caregiver Day of Resources & Relaxation).

Caregivers, seniors, family members and everyone interested in learning more about Aging Well were invited to join in for this fun, relaxing and enjoyable day.

Presenting Sponsor, Dedham Savings, and Platinum Sponsor, Senior Whole Health, were among the 40 professional organizations and service providers that took part in an exposition offering valuable information, resources, giveaways and wonderful raffle prizes to caregivers and seniors. A Wellness Room featuring health screenings, flu shots, SHINE counseling (Medicare options), Medication Reviews and Options Counseling (information and assistance in connecting with appropriate resources) was offered. Participants were also treated to chair massages, reflexology and satin hands pampering treatments in the Relaxation Room overlooking the beautiful courtyard.

Speaker sessions throughout the day included such topics as Healthy Cooking for Healthy Brain presented by Kim Smith, Corporate Director of Dining Experience for Senior Living Residences, Medicare and Open Enrollment presented by Peggy McDonough, HESSCO SHINE Program Director, Medication and Falls presented by Donna Bartlett, Clinical Pharmacist, Mass College of Pharmacy and Health Sciences (MCPHS), and Exercise and Aging Well by Caitlin Gibbs, Director of Health Innovation, Hockomock Area YMCA. A fashion show featuring adaptive clothing and a Men's Caregiver Support Group facilitated by Mike O'Donnell, BSW, Norwood Adult Day Health were also offered. Nearly 300 individuals attended the event.

Thank you to all of our sponsors, speakers,

### Gold Sponsors

- AbbottCare
- Anodyne Homemaker Services
- BAYADA Home Health Care
- Brigham & Women's / Mass General Health Care Center
- Cornerstone at Canton
- Maples Rehabilitation and Nursing Center
- Norwood Hospital
- Optimal Home Health Care, LLC
- Pond Home
- Right at Home
- Salmon VNA & Hospice
- Wingate at Sharon, Wingate at Norton and Wingate Residences at Norton

### Silver Sponsors

- Benchmark Senior Living on Clapboardtree
- Bridges by Epoch at Westwood
- Charm Medical Supply
- Deutsches Altenheim
- Ellis Nursing and Rehab Center
- Hellenic Nursing and Rehab Center
- Home Instead Senior Care
- HopeHealth
- Kindred Highgate & Kindred Harrington House
- New Pond Village
- Nurse Advocate Partners
- Philips Lifeline
- Plan of Massachusetts and Rhode Island
- Steward Home Care & Hospice
- Sunrise of Norwood
- The Arbors at Stoughton
- Traditions of Dedham

volunteers and participants who joined together to make this event the huge success it was. We can't wait until next year!

### Congratulations and Thank You Volunteers



10 Years of Service Award Recipients pose with their certificates

We had a wonderful time celebrating our volunteers at HESSCO's Annual Volunteer Recognition Dinner and Celebration. About 300 people were in attendance on October 4th at Four Points by Sheraton in Norwood for music, dinner, service awards and door prizes. Awards were presented to volunteers for five, ten, fifteen, twenty and twenty-five years of service.

We have so much to celebrate: over 600 volunteers, over 130,000 meals delivered each year, almost 4,000 hours of health insurance counseling, over 2,000 visits to nursing and rest homes and so much more! We are so proud of our amazing volunteers. Without their selflessness and dedication, we never could deliver the level of service that we do. We thank them all!

### Innovative Program Uses Music to Maximize Long Term Memory and Communication

Walpole Area VNA

### Bronze Sponsors

Next Monitoring, Inc.  
Community Rehab Care  
Circle of Care Services  
Golden Living Center -  
Attleboro & Norwood  
Spaulding  
Rehabilitation  
Network/Partners  
HealthCare at Home  
Community VNA  
Rubin, Hay & Gould,  
P.C.  
Home Healthsmith  
Old Colony Hospice &  
Palliative Care  
Caregiver Homes of  
Massachusetts  
Real Living Realty  
Group

### Volunteers Needed

#### Meals on Wheels

Volunteer drivers are currently needed in Dedham, Norwood, Canton and Millis to deliver "Meals on Wheels" to elders who have difficulty making their own. Drivers spend approximately one hour a week from 11:00 AM to 12:00 PM delivering meals. Kitchen help is also needed. You can choose the one day of the week that works best for you.

For more information, please contact Debbie Fradkin at 781-784-4944 or [email here](#).

Team HESSCO  
Thanks You

HESSCO is excited to have received a short-term grant from the Executive Office of Elder Affairs to support care for individuals with Alzheimer's disease or dementia. Through this funding, HESSCO is accessing two nationally recognized approaches to Alzheimer's care and support. HESSCO will use music to maximize long term memory and communication, a model developed through Alive Inside (<http://aliveinside.org/>).



HESSCO has purchased headsets through the Alive Inside Foundation that can play a personalized playlist of an individual's favorite music. Studies show that after listening to the music, both mood and communication abilities have improved. The second model is to develop a Memory Care Notebook adapted from the Best Friends Approach to Alzheimer's Care (<http://bestfriendsapproach.com/>). The Memory Care Notebook provides important information to direct care workers as well as family and friends caring for an individual with Alzheimer's or dementia. HESSCO has a team member available to help clients and their families use these approaches in their home. In addition, HESSCO has teamed with the Home Care Aide Council to provide training on Alzheimer's and Dementia Care to direct care workers who currently support HESSCO clients in their homes. Through these programs, HESSCO continues with its commitment to bring evidence-based, supportive care to its consumers and families. If you have any questions about these programs, please contact Carrie Curreri at [CCurreri@hessco.org](mailto:CCurreri@hessco.org).



Thank you for supporting Team HESSCO in our participation in the 2016 Walk to End Alzheimer's Neponset Valley Walk in Foxborough.

### Stay Connected

Stay connected with us by visiting our [Website](#). Find links to current meals, calendar of events and commonly asked questions. Follow us on [Facebook](#) for updates, helpful information and interesting articles.

### What's on the Menu?



[Click Here](#) for a current listing of the monthly Meals on Wheels menu. You can also view a listing of regular congregate meal sites by [Clicking Here](#).

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Aging Services Access Point (ASAP)

Area Agency on Aging (AAA)

Member, MetroWest Aging and Disability Resource Consortium (ADRC)