



# HESSCO

Care. Support. Solutions.

## Highlights and Happenings Summer 2016

Dear Friend,

Summer has officially arrived. The summer solstice has come and gone, and staff at HESSCO honored "The Longest Day" by taking the Purple Pledge to raise awareness of Alzheimer's Disease and related disorders. The duration of "The Longest Day" symbolizes the challenging journey of those living with the disease.



Summertime BBQs have already begun at some of our meal sites. In collaboration with the Councils on Aging, BBQs will be held throughout the summer months at many of our meal sites. We are also looking forward to the return of Senior Suppers in Foxboro and the introduction of Senior Suppers in Canton. Visit the [HESSCO on-line calendar of events](#) for dates and additional details.

HESSCO will once again be participating in the Massachusetts Farmers' Market Nutrition Program for Elders which is a great way to provide seniors with fresh, local produce throughout the summer. The program provides low-income elders with coupons to purchase fresh fruit and vegetables at local farmers' markets. HESSCO collaborates with local Councils on Aging for the distribution of coupons. Another great benefit of the Farmers' Market Program is fresh fruits and vegetables will be provided to eligible HESSCO

### 12th Annual HESSCO Fall Event

**AGE WELL  
with HESSCO**  
presented by



A day for caregivers, seniors and anyone interested in learning more about *Aging Well*

**Thursday, Sept 22, 2016**  
**Lake Pearl Luciano's**  
**9:00 AM - 2:00 PM**

- Beautiful Location
- Breakfast and Lunch Included
- Educational Speakers
- Pampering Treatments
- Vendor Expo with info & resources Giveaways
- Wellness Screenings
- Tools & Techniques for Caregivers

Registration Information  
Coming Soon

Limited Sponsorship opportunities available  
[Click Here for Details](#)

home delivered meals recipients. For more information on this program, contact Jayne Davis, HESSCO Nutrition Program Director, 781-784-4944 or contact your local [Council on Aging](#).

On behalf of all the staff at HESSCO, I hope you have a wonderful summer.

Sincerely,  
Mary Jean McDermott, Executive Director

Caregiver Corner  
A Letter From Sarah Foss, Family Caregiver Specialist

As the new Family Caregiver Specialist at HESSCO, I would like to take the opportunity to introduce myself to you all. Please feel free to contact me for a more personal introduction.



I recently completed my Master's in Social Work and I am excited to start my journey as Family Caregiver Specialist. It is my goal to support, empower and advocate for Family Caregivers on the individual and community level. I can provide one-on-one consults for family caregivers to discuss strengths, challenges, resources and plans for services. These consults can be conducted via e-mail, phone or in-person. I will also be offering caregiver community trainings and will be present for community meetings. Look out for more information and programming in the future.

In the meantime, contact me if you have any questions, concerns, suggestions or caregiver support needs. I can be reached at [sfoss@hessco.org](mailto:sfoss@hessco.org) or 781-784-4944. I look forward to hearing from you!

Warmly,  
Sarah Foss, MSW, Family Caregiver Specialist

Stand United Against Elder Abuse

Volunteers Needed

**Meals on Wheels**

Volunteer drivers are currently needed in Medfield and Dedham 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 noon delivering meals. You can choose the one day of the week that works best for you.

**Money Management**

Volunteers are also needed at this time in our Money Management Program. Bill Payer volunteers help prepare a monthly budget; help the consumer balance his or her checkbook and reconcile bank statements; assist the consumer with organizing and then paying bills; and help write checks for the consumer's signature.

Please consider volunteering for these worthwhile causes. For more information, please contact Debbie Fradkin at 781-784-4944 or [email here](#).

Congratulations!

Congratulations to HESSCO Nurse Manager, Betsy Nazar, for completing the Alzheimer's Association Dementia Basics and Related Behaviors certification training. The training consisted of many interactive

# Prevent Elder Abuse

World Elder Abuse Awareness Day was recognized on June 15th. Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported.

HESSCO is the local agency designated by the Massachusetts Executive Office of Elder Affairs to receive reports, investigate and work with persons over 60 who may be the victim of physical abuse, emotional abuse, sexual abuse, neglect, self-neglect or financial exploitation. Elders who live in private homes, elder housing, or assisted living facilities, or who are victimized by someone with whom they have an ongoing personal relationship, are eligible for assistance from Protective Services.

Reports of suspected abuse can be filed by contacting HESSCO from 9 a.m. until 5 p.m., Monday through Friday. During non-business hours and holidays, reports can be filed with the Elder Abuse Hotline at (800) 922-2275. The identity of a reporter is never disclosed unless the case is referred to the District Attorney for criminal prosecution.

## Supportive Housing Program Recognized



(pictured from L to R) Jane Desberg, Sharon Housing Authority Executive Director; Lisa Audette, MassNAHRO President, Chelsea Nelson, HESSCO Supportive Services Coordinator;

activities focused on person-centered care, the changes that happen to thinking skills as dementia progresses, how those changes impact behavior, and how to understand behavior as communication.

## Thank you Project 351



Project 351, an innovative statewide youth-driven service organization, recently selected HESSCO and Foxboro COA to be the recipients of one of their spring service projects benefiting local seniors.

Project 351 unites an 8th grade Ambassador from every city and town in Massachusetts for a transformative year of leadership development, enrichment, and impact. Through unique service opportunities, Ambassadors gain valuable skills, create positive change in communities, build a statewide network of values-aligned peers, and unite the Commonwealth in common purpose.

The 351 Ambassador shopped for garden fresh vegetables at

The Sharon Housing Authority has been named "2016 Outstanding Agency" by the Massachusetts Chapter of National Association of Housing & Redevelopment Officials (NAHRO) for their Supportive Housing Program for its innovation and ability to enhance the lives of residents. The award was presented to the Sharon Housing Authority at the NAHRO Annual Conference at The Sea Crest in Falmouth on May 23rd.

The Sharon Housing Authority and HESSCO entered into a partnership in December 2014 made possible through a grant from the EOE. The introduction of the Supportive Housing Program allows HESSCO to have a full-time Supportive Service Coordinator (SSC) on site to enhance independent living for seniors and persons living with disabilities. The SSC is available to answer questions, assess situations, develop, implement and manage care plans, connect residents with resources, and organize social activities. The Supportive Housing Program assists residents to age in place and to make lifestyle changes that help improve the quality of their lives. Social activities are offered to residents in the newly renovated Hixon Farm Community Building. Self-serve breakfasts are available daily. Residents are also offered monthly luncheons, including a monthly Chinese lunch and summer barbecues. The service provider agency, Anodyne Homemaking Services Corporation, provides 24 hour coverage and has staff on site from 7:00 am to 7:00 pm.

### 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](#).

Fresh Truck and packaged 400 fresh food bags with the ingredients for summer salads. They also compiled "Care and Compassion" bags which consisted of hand sanitizer, tissues, lip balm and framed inspirational quotes. Through coordination with Foxboro COA and HESSCO, the care and food packages were then distributed to seniors in Foxboro, Plainville and Wrentham at the HESSCO congregate meal sites and through the home delivered meals program.

### 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.

visit our website - [www.hessco.org](http://www.hessco.org)  
general email inquiries - [info@hessco.org](mailto:info@hessco.org)

Aging Services Access Point (ASAP)  
Area Agency on Aging (AAA)  
Member, MetroWest Aging and Disability Resource Consortium (ADRC)