



Highlights and Happenings

Summer 2018

Dear Friend,

June is here! On the summer solstice, the staff at HESSCO will join the Alzheimer's Association in recognizing the "Longest Day" to raise awareness and funds. The duration of "The Longest Day" symbolizes the challenging journey of those living with the disease. Each staff person who makes a donation to the Alzheimer's Association will be given a flower pot to decorate and seeds to plant as a symbol of our support and "seeds of hope" for those affected.

The start of the summer season has been a busy one. June is Pride Month and HESSCO is celebrating with a special "Pizza Party & Movie;" a showing of the documentary film "Reel in the Closet," by Stu Maddux at the Lake Side Café at the Sharon Adult Center and at the new Meeting House Supper Club in Medfield.

We look forward to summer BBQ's and participating in the Massachusetts Farmers' Market Nutrition Program for Elders 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 consumers.

Over the summer we will continue planning our annual fall conference, Age Well with HESSCO Day, scheduled for Thursday, September 20, 2018. We hope you will join us for another relaxing, fun and informative day at Lake Pearl Luciano's.

Happy 4th of July and we hope you have an enjoyable, relaxing summer!





Save the Date! #Give 65

Save the date! The third-annual GIVE65 Event - a program of Home Instead Senior Care Foundation - officially kicks off July 10 and runs through July 12. HESSCO is so excited to have the opportunity to receive up to \$5,000 in matching funds from Home Instead Senior Care Foundation to help pay for Emergency and Holiday Meals for our consumers. All

participating nonprofit organizations like ours are working to raise funds online in support of seniors in our community.

Stay tuned for more details on how you can help support seniors!



Age Well with HESSCO Day

Annual Fall Conference (Formerly Caregiver Day of R&R)

THURSDAY, September 20, 2018
Lake Pearl Luciano's, Wrentham

Sponsorships Available

[Click Here for More Information](#)

PRIDE Month

June is Pride Month and HESSCO is celebrating with a special "Pizza Party & Movie," a showing of the documentary film "Reel in the Closet," by Stu Maddux at the Lake Side Café at the Sharon Adult Center and at the new Meeting House Supper Club in Medfield. The Lake Side Café's celebration is scheduled for Monday, June 18th, 4:00 PM - 6:00 PM at the Sharon Adult Center, 219 Massapoag Ave, Sharon.



In collaboration with the LGBT Aging Project and the First Parish Church in Medfield, HESSCO launched The Meeting House Supper Club to coincide with this Pride Celebration. Twenty LGBT seniors, friends and allies congregated for pizza, a movie and some camaraderie at the First Parish Unitarian Church in Medfield on Monday, June 4th. The event was a huge success and received very positive reviews from those who were in attendance. Jayne Davis, HESSCO Nutrition Program Director, said, "It was great! There were a couple of folks who had previously come to the Lake Side Café in Sharon, but had difficulty attending regularly due to the distance from their home in Dover. The Lakeside Café at the Sharon Adult Center has been holding monthly luncheons, bi-annual T-dances and other celebrations for nine years. Launching another (LGBT) program in Medfield gives folks who are already in our network another option as well as introduces the program to a whole new group of seniors." The Supper Club will be held the first Monday of each month from 4-6 PM. This project will provide socialization, health and wellness programs, and long term services and support to the older LGBT community. There is a suggested voluntary donation of \$3.00 per person for seniors over 60 and \$5.00 charge for anyone under the age of 60. Support for this event is provided in part by the Metro West Health Foundation. For more information, please contact Jayne Davis at HESSCO at 781-784-4944 or jdavis@hessco.org.



Patriot Wives Make a Special Visit

Thank you to New England Patriot wives Alyssa Cannon (Marcus #61), Shawna Tobin (Matt #64), Shahrzad Slater (Matt #18), Cloe Niklus (Troy #86), Danielle Burkhead (Rex #34) and Mary Richards (Jordan #37) and the Patriots Women's Association for volunteering their time earlier this month to pay a special visit to the HESSCO Foxboro Meal Site at The Rodman Room at Carl Annon Court. With 49 beautiful, bright red, Gerbera daisy centerpieces in hand (donated by the Kraft family and the New England Patriots Foundation), the women spent the morning individually signing cards, handing out the centerpieces, serving lunch and socializing with dozens of the residents at Carl Annon Court, many of whom showed up at the Meal Site donning their Pats' gear and huge smiles, ready to meet some of the players' wives and get their pictures taken. Thank you so much to all involved - you brightened so many seniors' day!

End Elder Abuse

World Elder Abuse Awareness Day is 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 screen 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. Initial reports of suspected abuse can be filed by calling (800) 922-2275 seven days a week 24 hours a day.



BEAT THE HEAT:

Extreme Heat

Heat related deaths are preventable

With summertime comes extreme temperatures. Please take a moment to review [THESE IMPORTANT REMINDERS](#) about staying safe in extreme heat and please take a moment to check in on elderly relatives and neighbors when the temperatures rise.

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Thank you in advance for your support. We appreciate it more than you know.

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