



HESSCO

Care. Support. Solutions.

Highlights and Happenings

Winter 2016

Dear Friend,

Happy Holidays from all of us at HESSCO and thank you for all you do all year long. We are grateful for the opportunity to serve our consumers and to have your support in doing so. As we celebrate our blessings - remember that we can all make a difference and improve the lives of others.



HESSCO's Annual Appeal is underway. Please consider making a gift to HESSCO this season. Your tax-deductible donation, whatever the amount, will help us continue our mission of delivering meals to those who have difficulty making their own, providing homemaking and home health aide services to those in need, advocating for residents in nursing facilities, counseling Medicare recipients on health insurance options and protecting our seniors from neglect and abuse.

[CLICK HERE](#) to make an online donation. Your support makes the difference.

Best wishes for a wonderful holiday season surrounded by loved ones, and a healthy and happy new year!

HESSCO Annual Meeting

HESSCO's 39th Annual Meeting was held on Tuesday, December 20th at Four Points by Sheraton in Norwood. It was a lovely morning celebrating dedicated staff and partner agencies. Keynote speaker, Valerie Spain, Life Reimagined Program Director, AARP MA, inspired the audience as she provided a framework to help them "Reimagine" their life.

The following HESSCO staff members received recognition awards for their years of service: (5 Years) Jessica Cook, Carol Hopkins, Laurie Kenyon, Kathy Mandravelis, (10 Years) Tricia Collins, Pat Gavin, Linda Lembo, Marcia Simonds, (15 Years) Rose Norton, Nancy Smith, (20 Years) Judy Rice.

The following individuals were awarded for their outstanding service as a Homemaker/HHA/PC: Sabrina Teixeira, Home Instead Senior Care; Marie Deroulus, Associated Home Care; Sarah Beausoleil, Active Home Care; Aji Foatou Ndure, Bayada; Rose Henry, Right at Home; Bonnie Clark, Best of Care; Jean Samayoa, Active Home Care; Doris Petot-Frere, Greater Boston Home Health Care; Tatiana Guilhenne, Anodyne.

Casey Novacek, Social Worker, Norwood Hospital Gero-Psych Unit, won the Individual Community Commitment Award, and Gloria Davila and her company Perfectly Balanced Life won the Agency Community Commitment Award. There were also two winners of the prestigious Jean Paul Pride In Performance Award this year. HESSCO Nurse Lainie Dodge and HESSCO Case Manager Judith Woods shared this honor.

Congratulations to all of the award recipients! We could not deliver the level of service we so proudly provide our consumers without your commitment and pride in your work. Thank you all for another successful year.

Please [visit our website](#) to view photo gallery from the event.



Gloria Davila, Executive Director,
Perfectly Balanced Life, recipient of the
Agency Community Commitment Award



Case Manager, Judy Rice, receiving recognition for 20 years with the agency from Patty Pomerlou, Home Care Director, and Mary Jean McDermott, Executive Director



Student interns putting together holiday gifts for consumers

Holiday Cheer

A special thank you to Maria Hall, Food Service Director, at Walpole High School who graciously offered their facility and vendor services in order to cook Christmas dinner for a group of HESSCO consumers who were identified by staff as likely to be spending the holiday alone. Thanks to Maria and her readiness to help out, along with a handful of exceptional volunteers, HESSCO has a means of ensuring that

these consumers will not go without on Christmas. Additionally, as part of its Annual Holiday Giving Project, HESSCO staff donated funds to provide small gift items to be delivered to these consumers along with the holiday meals. Thanks to all of these efforts, 130 elders who might otherwise be alone on Christmas, will receive a hearty meal, a friendly visit and a small gift. Thank you all for your kindness.

Registration is Open!

The 6th Annual Mick Morgan's St. Patrick's 5K to benefit HESSCO will take place on Saturday morning, March 18, 2017. Additional information and Sponsorship Opportunities can be found on our [Website](#).



Weather Related Cancellations

It's officially winter, and with that, is sure to come snow, ice and poor driving conditions. In the event of an impending storm, HESSCO nutrition department staff will make every effort to arrange for an extra frozen meal to be sent to consumers ahead of time. Emergency, shelf stable meals have also been delivered to all home delivered meals clients in the event that meals cannot be delivered.



In several towns, our meal sites are located within the town's senior center. In these cases, if the schools are closed, so are the senior centers. In the towns where the meal sites are located outside of the town's senior center, the HESSCO Nutrition Program Director, with the assistance of the public works department, will make the decision as to whether or not road conditions are safe enough for volunteers to deliver meals.

Volunteers and consumers will be notified of cancellations; however, the information can also be found on our [website](#).

Eldercare Q&A January 2017 The Importance of Vaccines for the Elderly

Q: Is it important for seniors to keep up on their vaccines?

A: Yes. A number of diseases which can be prevented with vaccines can cause significant illness, hospitalization, disability, and even death. Older adults are more affected than most people by these diseases. According to the Alliance for Aging Research, more than half of the annual flu-related hospitalizations, and 90% of the annual flu deaths, are in people age 65 or over. Roughly half of the 1 million annual cases of shingles in the U.S. are in people over the age of 60. Even though seniors are hit harder by these illnesses, vaccination rates among the elderly are low. [READ MORE](#)

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