



Highlights and Happenings

Fall 2018

Dear Friend,

Hello Fall! We welcomed the season on September 20th with our signature fall event, the 14th Annual Fall Conference, "Age Well with HESSCO Day." We couldn't have been more pleased with the turn-out and community partnership. The weather's cooperation was icing on the cake. Fall is also prime time for community days and fall fairs and we are pleased to be participating in events such as Norwood Day, Plainville Day and the Neponset Valley Alzheimer's Walk.

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 Friendship Cafes. Get out of the house, meet some neighbors, and have a nutritious meal. HESSCO provides Friendship Cafes Monday through Friday in Canton, Dedham, Foxboro, Medfield, Millis, Plainville, Sharon, Walpole, Westwood and Wrentham. We also host a number of social group meals which cater to the various populations we serve, such as Asian luncheons, Indian luncheons, LGBT luncheons as well as dinner and breakfast clubs. For more information on Friendship Cafes, [visit our website](#). We welcome you to join us today.





Age Well with HESSCO Day 2018

The rain let up on September 20th, just in time for our guests to arrive at Lake Pearl Luciano's for HESSCO's 14th Annual Fall 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 us for this informative, relaxing and enjoyable day.

Presenting Sponsor, [Dedham Savings](#), was among the 46 professional organizations and service providers who took part in an exposition offering valuable information, resources, giveaways and wonderful raffle prizes to caregivers and seniors. Flu shots, the Elder Dental Program, and Enhance Fitness demonstrations and diabetes screenings by the Hockomock YMCA were featured in the "Wellness Room." Participants were also treated to chair massage and satin hands pampering treatments in the "Relaxation Room" overlooking the beautiful courtyard.

This year's program, **"Navigating the Continuum of Care: Age Well...With Information and Resources to Be Prepared Before, During and After a Health Care Crisis,"** aimed to provide conference participants with some concrete information and strategies that can be implemented immediately to better prepare for the "system." We invited three panels of speakers; professionals who work in this

community to speak first hand as to what to expect and how to best advocate for yourself in various scenarios.

Guided Meditation sessions facilitated by Soni Sayana and a Men's Caregiver Support Group facilitated by Mike O'Donnell, BSW, Norwood Adult Day Health were options during the break-out session. Nearly 300 individuals attended the event. Thank you to all of our [sponsors](#), speakers, volunteers and participants who joined together to make this event the huge success it was. We can't wait until next year!

Medicare Open Enrollment

Medicare's open enrollment period is October 15th to December 7th. Any changes made during open enrollment go into effect January 1, 2019. It is important that you review your coverage every year. Plan premiums, formularies and co-pay costs change.

Let the SHINE program help. **Serving the Health Insurance Needs of Everyone** is a free health insurance information, counseling and assistance benefit available to all Massachusetts residents and their caregivers. SHINE counselors look to find coverage that meets your needs at the lowest cost.



To be connected with a SHINE counselor, contact your local senior center or call HESSCO 781-784-4944. Download a [SHINE Pre-Enrollment](#) form so you can receive information about the best Medicare drug plan for you in 2019.

Emergency Preparedness



We've become conditioned to changing the batteries in our smoke and CO2 detectors twice a year when we change the clocks for Daylight Savings Time. Perhaps we could also get in the habit of refreshing our "Emergency Kits" at the same time? Everyone should have such a kit to be prepared in the face of an emergency. We are in the midst of peak hurricane season, and winter is right around the corner. Below is a helpful Emergency Kit Checklist:

- Three days of nonperishable/ non-cook food, water (1 gallon per day per person), and medication.
- Flashlight, battery operated radio, extra batteries
- First aid kit, cash, cell phone and charger
- ID cards, information (Dr., meds, allergies), family/friends contacts, Health Care Proxy, toothbrush/toothpaste, blanket and washcloth
- Clothes and baby or pet supplies if you need them

Beginning this week, a two-pack of Emergency Meals will be delivered to all of HESSCO's Home Delivered Meals consumers. These meals are shelf-stable and

should be saved for when the home delivered meals program experiences an unplanned closure. For any questions or concerns about your emergency meals, call HESSCO Nutrition Department at 781-784-4944.

Walk to End Alzheimer's

Thank you for supporting Team HESSCO in our participation in the 2018 Neponset Valley Walk to End Alzheimer's in Foxborough. As a team, HESSCO is half way to raising its \$6,000 goal for the Alzheimer's Association. There is still time to help [DONATE NOW](#).



Your donation makes a difference. The Alzheimer's Association works every day to:

- Provide care and support to affected families through education, programs and outreach.
- Advance research by funding critical studies and convening and connecting scientists across the world.
- Advocate for the rights and needs of all those facing Alzheimer's disease and other dementias.

Thank you for helping us advance Alzheimer's support, care and research!

Spread the Facts NOT Your Germs



Get vaccinated



Stay home if you're sick



Wash hands frequently



Cover coughs/sneezes



Avoid touching your nose, mouth & eyes

#FLUSEASON

Have You Gotten Your Flu Shot?

The Centers for Disease Control and Prevention (CDC) recommends routine annual influenza vaccination for all persons aged six months or over who do not have contraindications. The flu can cause serious illness, hospitalization, and death, particularly among older adults, very young children, pregnant women, and those with certain chronic medical conditions. The best way to prevent flu and its potentially serious complications is getting a flu vaccine. For more information about this year's strain of the flu and where to receive your vaccination, visit the [CDC website](#).

Memorial Donations

Thank you to the families who have requested memorial donations be made to HESSCO in their loved ones' names. We appreciate your show of support of our mission by your desire to have your loved ones be remembered in this manner. Your memorial gifts help us to ensure continued access to our programs and services for those in need.

See what's happening on our social sites:

