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## HESSCO HIGHLIGHTS and HAPPENINGS

Fall 2015

Dear friend,

We welcome fall with a busy September at HESSCO. Our 11th Annual Caregiver Conference was held yesterday at Lake Pearl Luciano's in Wrentham. A special thank you goes out to Alice Bonner, Secretary of the Executive Office of Elder Affairs, who welcomed the group. The focus of this year's event was technology and keynote speaker, Lisa D'Ambrosio, PhD, a research scientist at MIT Age Lab, set the stage with her overview of how technology can support caregivers in their role. Caregivers then had the choice of six educational breakout sessions which included topics such as "Dementia: Diagnosis and Caregiving Challenges," "Technology in Practice," and a support group for men. Forty area agencies were on hand to answer questions and disseminate information about services and resources. Participants were also invited to sign up for chair massages, satin hands pampering and aromatherapy in the Relaxation Room. Thank you to all of the caregivers who attended the conference, our speakers, vendors and panel presenters for their useful information, and to all of our sponsors for their support. We hope it was a resourceful and relaxing day for all who attended!

Sincerely,

*Mary Jean McDermott*

Executive Director, HESSCO



Alice Bonner, Secretary of the EOE, takes questions from audience members



A conference participant receives a chair massage in the Relaxation Room



An audience member asks a question following the keynote presentation



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

### Medicare Open Enrollment is Oct. 15<sup>th</sup> - Dec. 7<sup>th</sup>

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 attend one of the following scheduled presentations at your local Council on Aging (COA):

- October 15<sup>th</sup> - 2:00 PM - Foxboro COA
- October 21<sup>st</sup> - 1:00 PM - Wrentham COA
- October 22<sup>nd</sup> - 1:00 PM - Plainville COA
- October 29<sup>th</sup> - 1:00 PM - Norwood COA
- November 9<sup>th</sup> - 10:30 AM - Sharon COA
- November 10<sup>th</sup> - 10:00 AM - Millis COA
- November 10<sup>th</sup> - 1:00 PM - Dedham COA



## Annual Volunteer Recognition Dinner and Celebration

### Upcoming Events

#### October 3

- Alzheimer's Walk at Patriot Place

#### October 8 - November 12

- Powerful Tools for Caregivers - Thursdays at Walpole Public Library

**October 15** - SHINE presentation Foxboro COA

**October 22** - SHINE presentation Plainville COA

**October 29** - SHINE presentation Norwood COA

**November 9** - SHINE presentation at Sharon COA



We had a wonderful time celebrating our volunteers at HESSCO's Annual Volunteer Recognition Dinner and Celebration. About 300 people were in attendance on September 8th 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!

**November 10** - SHINE presentation at Millis COA

**November 10** - SHINE presentation Dedham COA

**November 11** - Caregiver 101 at HESSCO

**November 19** - Caregiver 101 at HESSCO

**November 21** - LGBT Tea Dance at Sharon Adult Center

**December 16** - Caregiver 101 at HESSCO

For more information on the above events, visit [our website](#)

**Thank You  
to  
our Caregiver  
Conference  
Sponsors!**

**Afternoon Program  
Sponsor**



**Morning Program  
Sponsor**

## Neponset Valley Walk to End Alzheimer's



Members of the HESSCO team  
at the 2014 walk

The 2015 Neponset Valley Walk to End Alzheimer's will be held on Saturday, October 3<sup>rd</sup> at Patriot Place. Unite in a movement to

reclaim the future for millions. The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds to fight Alzheimer's Disease. Together, we can advance research to treat and prevent Alzheimer's, and provide programs to improve the lives of millions of affected Americans.

Please think about joining the HESSCO team or sponsoring someone on the team. [Click here](#) to visit the HESSCO team page.



## Partner in Caregiving Sponsor

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[Serenity Hill](#)  
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## Take advantage of Congregate and Social Meals this Fall



As the seasons change and the temperatures become more tolerable, you might want to 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!

## Volunteer Opportunities

Our volunteers deliver meals, counsel elders about health benefits, advocate for residents in nursing facilities and serve as the backbone of our organization. Volunteers can also help with fundraising activities.

To volunteer for any of our programs or to learn more about our services, please call

## Fun Times in Foxboro! Patriot Wives visit HESSCO Meal Site and surprise resident Mary Souza for her 100th

(781) 784-4944.



## Memorial and In-honor Gifts



HESSCO staff, volunteers and consumers at our Foxboro meal site were treated to an extra special morning on September 2nd thanks to volunteers from The New England Patriot Charitable Fund! The volunteers, which included some of the players' wives, arrived at 100 N. Carl Anon Court with over 70 vases of beautifully arranged red and white roses and gerbera daisies as a gift for HESSCO home delivered meals recipients. HESSCO volunteer drivers delivered the flowers along with their meal deliveries that day.

The Patriot wives (Kristin LaFell, the wife of Patriots wide receiver Brandon LaFell; Taylor Morris, the wife of Patriots linebacker James Morris; Callie Derby, the wife of Patriots tight end AJ Derby; and Simone Leach, the wife of Patriots defensive back Tavon Wilson) made a personal visit to former, long-time HESSCO volunteer, Mary Souza, in honor of her 100th birthday.

Thank you New England Patriots Charitable Fund for bringing huge smiles to HESSCO staff and volunteers, and a ray of sunshine to our consumers! The flowers were beautiful and we are all very grateful!!!



Loving friends, family and caregivers deserve special recognition. We can help you honor them with a memorial or tribute gift.

Donating has never been easier - it can be done right on line through Network for Good. [Donate now](#)

## Visit our Website and Like us on Facebook!

Community members, consumers, caregivers and volunteers can stay connected with HESSCO highlights and happenings by visiting our website [www.HESSCO.org](http://www.HESSCO.org). Users can find links to current meals, calendar of events and commonly asked questions. Follow us

on Facebook for updates, helpful information and interesting articles.



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Aging Services Access Point (ASAP) t Area Agency on Aging (AAA)  
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