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
Don't Wait Until it's too Late!

Medicare Open Enrollment is Oct. 15th - Dec. 7th

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

Neponset Valley Walk to End Alzheimer's

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

Thank You to our Caregiver Conference Sponsors!

Afternoon Program Sponsor

Morning Program Sponsor
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.

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!

Fun Times in Foxboro!

Patriot Wives visit HESSCO Meal Site and surprise resident Mary Souza for her 100th
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!!!
on Facebook for updates, helpful information and interesting articles.

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