



**HESSCO**  
Care. Support. Solutions.

*Celebrating  
40 Years!*

## *Highlights and Happenings*

*Fall 2017*

Dear Friend,

Fall is in the air at HESSCO. We kicked off the season on September 28th with our 13th Annual Fall Conference "Age Well with HESSCO Day." We've also been active out in the community at various fall fairs and events.

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 2017

September 28th was another beautiful fall day at Lake Pearl Luciano's for HESSCO's 13th 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 in for this fun, relaxing and enjoyable day.

Presenting Sponsor, [Dedham Savings](#), and Platinum Sponsor, [Whitney Place at Sharon / Salmon VNA & Hospice](#), were among the 45 professional organizations and service providers that took part in an exposition offering valuable information, resources, giveaways and wonderful raffle prizes to caregivers and seniors. A Wellness Room featuring health screenings, flu shots, SHINE counseling (Medicare options), Medication Reviews and Options Counseling (information and assistance in connecting with appropriate resources) was offered. Participants were also treated to chair massage and satin hands pampering treatments in the Relaxation Room overlooking the beautiful courtyard.

Bruce Frankel, a nationally- known activist in the field of positive aging, set the framework for the day with his presentation, "The Spy Who Uncovered the Secret of Aging Well: The Art and Science of Living Smart After 50." He was followed by a panel presentation which tapped into the topics of volunteerism and caring of oneself as a caregiver. Caitlin Gibbs, Director of Health Innovation, Hockomock Area YMCA, provided an overview of the YMCA's Diabetes Prevention Program and other evidence-based health intervention programs focused on changing health behaviors. Caitlin closed with an introduction to a low-impact exercise class geared toward seniors. 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 also offered. 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!

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## 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, 2018. 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 2018.

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## The Savvy Caregiver Program

The Savvy Caregiver Program is a *FREE* six-session training for family and friends who are active caregivers, caring for those with Alzheimer's or related dementias. The Program will be offered at Norwood Council on Aging, Wednesday afternoons from 1:00 - 3:00 starting October 11th. To register or for more information, contact Shannon Collins, Family Caregiver Program Specialist, 781-784-4944 or [SCollins@hessco.org](mailto:SCollins@hessco.org). To view program flyer, [CLICK HERE](#).

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## Attention Volunteers - We're Making a Move!

One of our favorite events, The Annual Volunteer Recognition and Appreciation Dinner, is making a move from the fall to the spring. With the recent growth of our other fall event, Age Well with HESSCO Day, and with April being Volunteer Appreciation Month, we feel spring would be a perfect time to hold this celebration.

We truly appreciate all you do for HESSCO and our consumers and look forward to being able to acknowledge and celebrate your hard work and dedication in April. Thank you for all you do all year long!

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## Falls Prevention Challenge

HESSCO is committed as an agency to addressing falls prevention and awareness with our consumers, but how about our staff?! September 22nd was National Falls Prevention Awareness Day, all HESSCO employees were encouraged to join a challenge - to complete two minutes of balance exercises per foot per day for three weeks. Anyone who completes the 15 days will



receive a prize as well as find that their balance has most likely improved. Challenge yourself to see your own results. #FPAD2017

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## Walk to End Alzheimer's

Thank you for supporting Team HESSCO in our participation in the 2017 Neponset Valley Walk to End Alzheimer's in Foxborough. As a team, HESSCO raised over \$4,200 for the Alzheimer's Association. [DONATE NOW](#)

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



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## 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 will help us to ensure continued access to our programs and services for those in need.

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