



**HESSCO**  
Care. Support. Solutions.

Special Edition

March for Meals 2016

HESSCO to hold 5th Annual Mick Morgan's St. Patrick's 5K in Celebration of March for Meals

14th Annual March for Meals



HESSCO is once again partnering with Mick Morgan's Irish Pub for the 5th Annual Mick Morgan's St. Patrick's 5K. This event, which is scheduled for Saturday, March 19th is HESSCO's largest fundraiser and coincides with the national **March for Meals** Campaign - a perfect opportunity to shed light on HESSCO's Nutrition Program. With the assistance of over 500 volunteers (made up of individuals and groups who "adopt" routes), HESSCO packages and delivers an average of 130,000 home delivered meals each year and serves an additional 30,000 meals annually in dining room settings. Volunteer drivers not only deliver a hot, nutritious meal, but they provide a wellness check and a friendly visit. For many, this is the difference needed to maintain their dignity and independence at home.

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long. The 14th annual March for Meals campaign is led by Meals on Wheels Association of America (MOWAA) and gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support

Race registration begins at 8:00 AM on Saturday March 19th with a 9:00 AM start. Pre-race day bib, runners'

bag and T-shirt pick up is scheduled for Friday March 18th from 4:00 - 8:00 PM. Pre-registration is available on line or by mail. The cost of pre-registration is a non-refundable \$30. Walk-in registration is \$35. Attractive, long sleeve performance tech T-shirts are included in the registration fee for the first 500 paid registrants. The race route starts at Mick Morgan's Irish Pub, route 1 on the Sharon/Walpole line, up Baker Street into Walpole and back to finish at Mick Morgan's. There will be awards for the best overall male, overall female, and fastest team. Medals will also be awarded to the top three male and female best times in seven different age categories. The race has strong community support and corporate sponsorship. There will be a cash raffle, entertainment, refreshments, a visit by the New England Patriots Mascot - Pat Patriot, and an after party on site.

All proceeds from this race will be used to support HESSCO to 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. For more information on our 5th Annual MM5K for HESSCO, [Visit our website](#), call 781-784-4944 or [LIKE our race page on Facebook](#). To register for the MM5K for HESSCO [Click Here](#).

Let's Hear it for our Community Champions



During the month of March, Meals on Wheels programs across the country invite elected officials, local celebrities and other prominent figures to deliver meals, speak out for seniors and raise awareness for the power of Meals on Wheels. A big Thank You goes out to the elected officials who have already accepted our invitation

homebound seniors in a variety of ways to make America stronger and healthier.

Look who'll be  
Marching for Meals  
With us on March 19th!



Pat Patriot, New England Patriots larger-than-life mascot, will be joining us at the 5th Annual MM5K4HESSCO! He'll be there to sign autographs and pose for pictures, while cheering on our runners. Just another reason to come on out on March 19th and March for Meals!

Thank you to our 2016 MM5K Sponsors!

Presenting Sponsor



Finish Line Sponsor



Platinum Sponsors



to deliver meals in the month of March: Representative William Galvin, Representative Louis Kafka, Representative Paul McMurtry, Senator Michael Rush, Senator Richard Ross and Senator Jim Timilty. Let's hear it for this year's Community Champions!!!



## Why March for Meals?



## Gold Sponsors

American Aerial Equipment  
 Anodyne Homemaker Services Corp  
 Bateman Senior Meals  
 Charles D. Sheehy, Inc.  
 Charlwell House  
 Golden Living Center - Norwood  
 Pipefitters Local 537  
 Senior Aerospace Metal Bellows  
 Whole Foods

## Nutrition Program at HESSCO

The Nutrition program at HESSCO is comprised of three features: Home delivered meals, congregate meals served in a dining room setting, and nutrition counseling.

For more information on HESSCO's nutrition program, or to view the current meals menu, [Click here](#).

## Silver Sponsors

Best of Care  
 Bridges by Epoch at Westwood  
 Charm Medical Supply  
 Doc Shredding Corp.  
 Emerson Auto Service Corp.  
 Frank Lamparelli Oil Co., Inc.  
 Greater Boston Home Health Care Services, Inc.  
 Home Instead Senior Care  
 Honey Dew Mansfield  
 HR Knowledge, Inc.  
 Kindred at Home  
 Koopman Lumber & Hardware  
 Marathon Sports  
 Needham Bank  
 Norwood Bank  
 Norwood Hospital  
 Rea-Craft Press, Inc.  
 Rockland Trust  
 Serenity Hill Nursing Center  
 Sharon Credit Union  
 Sports Authority  
 Sunrise at Norwood

## Are you a 5-Year Race Veteran?



MM5K4HESSCO started back in 2012. It's five years later and we've grown leaps and bounds...from a mere fundraising idea to an event that has drawn upwards of 800 people. We are proud that we continue to attract new runners each and every

year, but we are also humbled by our returning participants, those of you who have stuck by our sides since the beginning. You have been true supporters of our cause and have come out to show your support on



some lovely March mornings, and some "less than lovely" March mornings. As a special thank you to our 5-year Race Veterans, you will receive a commemorative *5th Annual MM5K for HESSCO* knit cap to keep you warm as you train for our road race year after year. Thank you for your ongoing support of HESSCO and March for Meals! Can't wait to see you on the 19th!

There is a limited supply of our commemorative knit caps - they can also be acquired by contributing \$100 or more to our fundraising campaign (make an individual donation or raise funds to donate). Thank you for your support!

### Stay Connected

Stay connected with us by visiting our [Website](#). Find links to current meals, calendar of events and commonly asked questions. Follow us on [Facebook](#) for updates, helpful information and interesting articles.

The Arbors at Stoughton  
Walpole Co-operative Bank  
Wizard Computer Services  
Zalkin Law Firm, PC

### Bronze Sponsors

Friends of Foxboro Seniors  
Norwood Adult Day Health Center,  
Mansfield Adult Day Health Center  
& Community VNA Private Care  
Walpole Area VNA

***Thank you for your ongoing  
support of HESSCO and March  
for Meals!***

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Aging Services Access Point (ASAP)

Area Agency on Aging (AAA)

Member, MetroWest Aging and Disability Resource Consortium (ADRC)