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# HESSCO

Care. Support. Solutions.

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Spring 2015

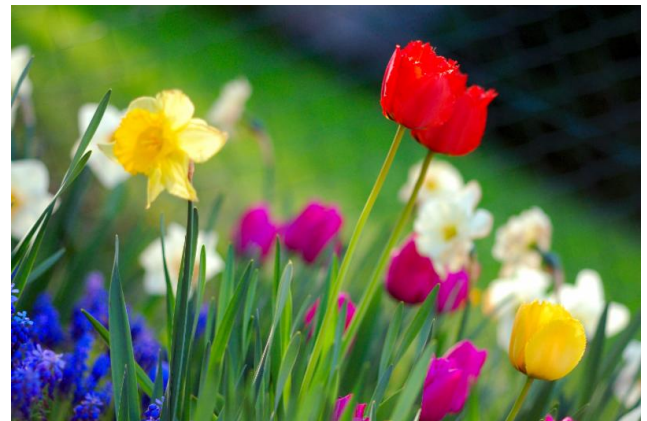
## HIGHLIGHTS and HAPPENINGS

Dear

,

After this record breaking winter season, I am sure we are all ready to put away the snow shovels, open the windows and welcome spring.

HESSCO kicked off the spring season with our 4<sup>th</sup> Annual St. Patrick's 5K to Benefit HESSCO. Despite the mounds of snow remaining on the ground, and the rainy morning March 14<sup>th</sup> delivered, there were smiles all around. Thank you to Mick Morgan's for hosting the event, the numerous sponsors who supported our efforts, the nearly 600 runners who signed up to run, and the dozens of staff and volunteers who donated their time to make the day a big success.



The start of spring also brings with it Volunteer Appreciation month. We are so very fortunate to have such an exceptional group of volunteers who are the backbone of many programs in our organization. Your service makes a difference to each and every HESSCO consumer and helps us to provide the level of service that we so proudly deliver. Thank you for all you do!

This May, we look forward to celebrating Older Americans Month and the 50<sup>th</sup> anniversary of the Older Americans Act of 1965. The 2015 theme is **Get into the Act**. The focus is on how older adults

are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the well being of older adults. Now is the time to **Get into the Act** to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues.

Happy spring!

Sincerely,

*Mary Jean McDermott*

Executive Director, HESSCO

## 4th Annual Mick Morgan's St. Patrick's 5K



Congratulations to all the runners who came out to benefit HESSCO! And, thank you to all of our sponsors who supported the event. All proceeds raised will go toward HESSCO's programs which include home delivered meals, insurance information and counseling, nursing home advocacy, care management, money management, homemaking and much more. Your support is invaluable. Thank you!

### In This Issue

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**Thank you  
Volunteers!**



April is Volunteer Appreciation Month, so we'd like to say THANK YOU to each one of the over 600 volunteers who are the back bone of so many of our agency's programs.

We are always seeking new



volunteers to join our team. A full description of all volunteer opportunities is listed on our website. We have a particularly great need for home delivered meals drivers in Canton, Norwood and Dedham as well as volunteers for our Nursing Home Ombudsman Program.

## Check out our newly re-designed website!



[WWW.HESSCO.org](http://WWW.HESSCO.org) has a new look! With a more user-friendly layout, visitors will more easily find links to all of our programs, ways to support us and volunteer opportunities. Visitors will also have easy access to our calendar of events, meals calendar and news and information on our blog. So, check us out and let us know what you think!

## Looking for the Perfect Mother's Day Gift?



Honor someone special this Mother's Day with a gift to HESSCO. Your gift will enable home bound elders in our community to receive hot, nutritious noontime meals. [Donate Now.](#)



HESSCO will once again be participating in the March for Meals Campaign by inviting local dignitaries to deliver Home Delivered Meals in South Norfolk County in support of home bound and hungry seniors. This year, Senators Joyce, Timilty,

## Staff Spotlight



HESSCO case manager, Chelsea Nelson, has been named Supportive Services Coordinator for our new Supportive Housing Program in Sharon.



The Sharon Housing Authority has partnered with HESSCO to offer a Supportive Housing Program to the residents at Hixson Farm Road. HESSCO has contracted with Anodyne Homemaker Services Corp to be the designated vendor agency and provides 24 hour coverage. The Supportive Housing Initiative was developed by the Executive Office of Elder Affairs (Elder Affairs) and the Department of Housing and Community Development (DHCD) to create an "assisted living like" environment in state funded public elderly/disabled housing. Like traditional assisted living, services are offered on an as needed basis, 24 hours per day. Residents who do not qualify for state funded home care services based on their frailty level and income are able to privately purchase the entire package of supportive services or some of the services based upon their need. Residents who are home care eligible receive all or some of the services at no additional cost.

The Supportive Services Coordinator, Chelsea Nelson, is located on-site during the hours 8:30 AM - 4:00 PM Monday-Friday. Chelsea will provide on-site care management and organize and facilitate activities and social events for residents. For more information about the program or if you are interested in services, please call Chelsea at 781-784-4944.

Tierny, Barrows, Kafka and Ross are scheduled to participate.

March for Meals is a national campaign, initiated by the Meals on Wheels Association of America (MOWAA), which seeks to raise awareness of senior hunger and to encourage action on the part of the local community. Senior nutrition programs across the United States, like HESSCO, promote March for Meals in their local communities through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

### Upcoming Events

- April 10** - New Volunteer Orientation at HESSCO
- April 16** - Canton Volunteer Fair at Canton Library
- April 16** - Caring for the Caregiver at Westwood COA
- April 28** - Powerful Tools for Caregivers at Walpole Library
- April 17** - Sturdy Hospital Volunteer Day at Attleboro Elks
- April 29** - Caregiver 101 at HESSCO
- April 30** - NVCC Flavors of

## Eldercare Q&A

### The Skinny on Eating Fats

**Q:** Is it OK for me to eat some fat, what kind, and how much?

**A:** Yes, the National Institutes of Health (NIH) says it's fine to eat some fats. But it's recommended that you try to reduce your intake of solid fats, and instead use liquid oils, such as olive oil and canola oil, where possible. Although fats generally have a bad reputation, your body actually needs some fats---for energy, for healthy organs, skin, and hair. Fats also help your body

absorb vitamins A, D, E, and K. Fats also provide you with essential fatty acids, which your body can't make on its own. But certain fats can create problems. Fat contains more than twice as many calories as protein or carbohydrates. Eating too many high-fat foods will add excess calories-which leads to weight gain-and excess weight increases your risk of Type 2 diabetes, heart disease, and other health problems. Not all fats are created equal. Some fats are healthier than others. Whenever possible, use products with polyunsaturated and mono unsaturated fats. "Better fats" include vegetable oils that are plant-based, such as soybean, corn, canola, olive, safflower, and sunflower oils. Oils are just fats that are liquid at room temperature, like the vegetable oils used in cooking. You can also find polyunsaturated fat in nuts, seeds, and fish. Walnuts, flaxseed and salmon are examples of foods with polyunsaturated fat. The target is to limit total fats to no more than 35% of your daily calories. For instance, if you eat and drink 2,000 calories daily, no more than 700 of your calories should be from fats. As for "bad fats," you should limit the amount of saturated fats and

*trans* fats you consume. Both of these fats can put you at greater risk for heart disease. You can read the "Nutrition Facts" label on most packaged food to see the amount and types of fat contained in a single serving. The Nutrition Label also will list the number of calories from fat in a serving of packaged foods. For example, a quarter cup serving of whole almonds contains 15 grams of fat, including 1 gram of saturated fat. On the Nutrition Label is a "% of Daily Value" column, which is based on a 2,000calorie per day diet. This diet recommends a daily intake of less than 65 grams of fat, of which less than 20 grams should be from saturated fat. The label says one-quarter cup of almonds has 1 gram of saturated fat, which is 5% of the 20 grams of saturated fat recommended daily. One tablespoon of olive oil has 2 grams of saturated fat, twice the saturated fat found in one tablespoon of canola oil. One cup of whole milk has 5 grams of saturated fat. The Food & Drug Administration is currently updating the Nutrition Facts label. The "calories from fat" listing will no longer be found on the label. "We know that the type of fat is more important than the total amount of fat," an FDA spokesman said. "Total, saturated and *trans* fat will still be required." For people with cardiovascular issues, foods lower in saturated fats, trans fats, cholesterol and sodium are best. Saturated fats are found in red meat, milk products including butter, and palm and coconut oils. Common sources of saturated fat in meals include regular cheese, pizza, grain-based desserts like cookies, cakes, and donuts, and dairy desserts, such as ice cream. Guidelines suggest consuming less than 10% of calories from saturated fats. It's best to eat a mix of nutrient-dense foods every day. Nutrient-dense foods are foods that have a lot of nutrients but relatively few calories. Choose foods that contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats. At the same time, try to avoid "empty calories" - foods and drinks

the Neponset Valley Gala at Demetri's

**May 5** - Powerful Tools for Caregivers at Walpole Library

**May 7** - Dedham Rotary Club presentation at MIT Endicott House

**May 16** - Walpole Day  
<http://hessco.org/hessco-calendar/>

**May 20** - New Volunteer Orientation at HESSCO

**June 6** - Norfolk Community Day

**June 18** - New Volunteer Orientation at HESSCO

**June 24** - Caregiver 101 at HESSCO

**Save the Date -**

**September 24** - 11th Annual Caregiver Day of R&R

For more information on the above events, visit:  
<http://hessco.org/hessco-calendar/>

**Message from  
Norfolk County RSVP  
Program**

If you are over 60 and currently volunteering for

that are high in calories but provide few or no nutrients. Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent -- and look and feel good -- in the years to come. For more tips about healthy eating as you get older, go to the NIH Senior Health website:

<http://nihseniorhealth.gov/eatingwellasyougetolder/faq/faqlist.html#a30>



## Caregiver Corner

### Could Your Loved one Have Delirium?

Delirium, or new mental confusion, is a sudden change in mental status, or sudden confusion, which develops over hours to days. It is different than dementia, such as Alzheimer's Disease, which is a chronic confused state that develops slowly over time.

Did you know that more than half of all hospitalized seniors will develop delirium? It is a common and serious problem and requires prompt medical treatment. Delirium can slow the recovery process and may require more time spent in the hospital. Usually a direct cause can be identified, such as infection, medications, dehydration, alcohol or drug withdrawal, decreased oxygen or untreated pain.

You can be an advocate for your loved one. Describe your loved one's normal mental state and daily activities to nurses and doctors so they will recognize changes in mental status are occurring.

To help avoid confusion in the hospital:

- Bring a complete list of medications to the hospital as well as a "medication information sheet."
- Bring eyeglasses, hearing aids, dentures and familiar objects such as photographs.
- Gentle massage and a warm blanket may be comforting.
- Speak in a calm voice and keep language simple; state one fact at a time.
- Stay with your loved one as much as possible.

Whether you are a family member or a professional, please contact HESSCO for more information on this topic or for a speaker to educate your family or

HESSCO, you may want to consider joining RSVP if you have not already done so.

Fill out an RSVP monthly time sheet to receive mileage reimbursement and additional insurance coverage from home to your primary destination and back. You will also be invited to attend RSVP's yearly volunteer recognition event with thank you gifts and a delicious luncheon. For more information contact Robert Pierson @781-234-3445 or email

[рпиerson@norfolkcounty.org](mailto:рпиerson@norfolkcounty.org)





**Health & Social Services Consortium, Inc.**

One Merchant Street . Sharon, MA 02067

Phone: 781-784-4944

Fax: 781-784-4922



Visit our Website:

[www.hessco.org](http://www.hessco.org)

General e-mail inquiries:

[info@hessco.org](mailto:info@hessco.org)

Newsletter comments and feedback: [newsletter@hessco.org](mailto:newsletter@hessco.org)