



HESSCO

Care. Support. Solutions.

Highlights and Happenings

Spring 2016

Dear Friend,

HESSCO kicked off the spring season with our 5th Annual St. Patrick's 5K.



Thank you to all of the runners, sponsors, spectators and supporters who made the event a huge success. The annual 5K coincides with the national March for Meals Campaign which mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build support through public events, partnerships, volunteer recruitment and fundraising. As part of the campaign, elected officials and other public figures are invited to be "Community Champions" to deliver meals, speak out for seniors and raise awareness for the power of Meals on Wheels. Thank you to our 2016 Community Champions: Representative Louis Kafka, Representative Paul McMurtry, Senator Mike Rush, Walpole Recreation Department Director Patrick Shields, Walpole COA Director Courtney Riley, Senator Jim Timilty and Senator Richard Ross. For many seniors, home delivered meals are the difference needed to maintain their dignity and independence at home. Volunteer drivers not only provide a nutritious meal, but an important safety check as well as a friendly visit.

Save the Date!

12th ANNUAL HESSCO CONFERENCE

**AGE WELL
with HESSCO**

Thursday, Sept 22, 2016
Lake Pearl Luciano's
9:00 AM - 2:00 PM

- Breakfast and Lunch Included
- Door prizes
- Pampering Treatments
- Rest & Relaxation
- Vendor Expo
- Giveaways
- Info & Resources
- Educational Speakers
- Explore Innovative Ideas
- Interactive Activities
- Tools & Techniques for

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 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. The 2016 theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages. For additional resources on Older Americans Month, [Click Here](#).

Happy Spring,

Sincerely,
Mary Jean McDermott
Executive Director

Honoring Choices



Honoring Choices Massachusetts partner organizations are helping adults, 18 years old and older, to make a personal health care plan and put their plan into action. As the state liaison for National Health Care Decisions Day, Honoring Choices is providing free downloadable information and Massachusetts planning tools for consumers and care providers across the Commonwealth. A good place to start is by choosing a Health Care Agent in a Health Care Proxy and giving your Agent information about the care you want in a Personal Directive. For more information: [Click Here](#)

Happy Volunteer Appreciation Month

Caregivers

- Beautiful Location

Thank you to our
MM5K 2016
Sponsors

Presenting Sponsor



Finish Line Sponsor



Platinum Sponsors



Dedham Savings
your bank



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



The staff at HESSCO would like to wish all of our wonderful volunteers a happy Volunteer Appreciation Month.

Our appreciation for you and all the things you do grows and

grows...

Thank you!!!

Caregiver Corner
Memory Cafés

The challenges of living with memory loss can sever social connections at a time when it is needed the most.



Memory Café

gatherings are one way people with memory loss and their companions are coming together to make new friendships and support one another. If you have not visited a Memory Café, you may not know what to expect. For helpful information on what Memory Cafés are and are not, plus a listing of local Memory Cafés, please [Visit our Blog.](#)

HESSCO Celebrates 5 Years



Senior Aerospace Metal
Bellows
Whole Foods

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

Bronze Sponsors

East Commerce
Solutions, Inc.
EPOCH Senior
Healthcare of Sharon
Friends of Foxboro

Saturday, March 19th was a beautiful sunny morning for the running of the 5th Annual Mick Morgan's St. Patrick's 5K to benefit HESSCO. Despite the cool temperatures, over 700 runners, spectators and supporters turned out for the event. This is HESSCO's largest fundraiser, and it was a big success all around, raising over \$45,000 for HESSCO programs and services. As a special thank you to the participants who have run the race all five years, 5-Year Race Veterans received a commemorative 5th Annual MM5K for HESSCO knit cap. We are proud that we continue to attract new runners each and every year, but we are also humbled by our returning participants, those who have stuck by our sides since the beginning. They have been true supporters of our cause and have come out to show their support on some lovely March mornings, and some less than lovely March mornings. We are so thankful for their ongoing support of HESSCO and of March for Meals. We hope they can use their hats to keep warm as they train for our race year after year!

Join the HESSCO Team

Are you looking for a job change? Come join a team dedicated to helping consumers and families find the care and services they need to *Age Well* in the community.

For more information about current job opportunities at HESSCO, [Click Here](#).

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!

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.

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Aging Services Access Point (ASAP)

Area Agency on Aging (AAA)

