



HESSCO
Care. Support. Solutions.

*Celebrating
40 Years!*

Highlights and Happenings

Spring 2017

Dear Friend,

HESSCO kicked off the spring season with yet another successful 5K. Saturday, March 18th was an incredible day all around. Thank you to all the runners, volunteers, sponsors and staff at Mick Morgan's who helped make the 6th Annual Mick Morgan's St. Patrick's 5K for HESSCO another successful one. Despite the cool temperatures and the remnants of that week's snow storm still lining the race route, over 700 runners, spectators and supporters turned out for the event which brought in over \$40,000 for HESSCO programs and services.

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 2017 Community Champions: Representative Louis Kafka, Representative Jay Barrows, Representative Bill Galvin, Walpole Recreation Department Director Patrick Shields, Walpole COA Director Kerri McManama, 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.



Volunteer Wrentham meals driver, Jen Weiblen, and her kids at this year's 5K

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 2017 theme, "Age Out Loud," gives aging a new voice - one that reflects what today's older adults have to say. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today. For additional resources on Older Americans Month, [Click Here](#).



Save the Date!

Dr. Bill Thomas
Changing Aging Tour 2017

THURSDAY, JUNE 15, 2017

SHOWCASE LIVE, FOXBORO, MA

WWW.CHANGINGAGING.ORG

6th Annual St. Patrick's 5K to Benefit HESSCO

Thank you to our Sponsors!

Presenting Sponsor: Mick Morgan's Irish Pub

Finish Line Sponsor: Central Auto Team

Platinum Sponsors: ADJ Group, Inc.; Dedham Savings; Wegman's; Zalkin Law Firm, PC; 105.7 WROR

Gold Sponsors: AbbottCare; Anodyne; Associated Home Care, Inc.; Bateman Senior Meals; BAYADA Home Health Care; Charlwell House; HR Knowledge, Inc.; New Outlook Homecare; Pipefitters Local 537; Senior Aerospace Metal Bellows; Senior Whole Health; Wizard Computer Services, Inc.

Silver Sponsors: Bank of Canton; Brigham & Women's / Mass General Healthcare Center; Dedham Medical Associates; Doc Shredding Corp.; East Commerce Solutions, Inc.; Emerson Auto; Greater Boston Home Health Care Services, Inc.; Home Instead Senior Care; Koopman Lumber & Hardware; Lyssa Phillips Realtor Real Living Realty Group; Marathon Sports; Norwood Bank; Norwood Hospital; Rea-Craft Press, Inc.; Rockland Trust; Samuel, Sayward & Baler LLC; Sharon Credit Union; Sunrise Assisted Living in Norwood; The Arbors at Stoughton; Walpole Cooperative Bank; Wingate at Sharon

Bronze Sponsors: Best of Care; Community VNA; North Easton Savings Bank; Hockomock Area YMCA

THANK YOU - Your partnership makes the difference!



Westwood resident, Christine Doherty, poses with her 1st Place Female trophy following her 22:40 finish.



A group of runners "Straight Outta Foxboro" gather for a quick picture before heading out on the course.

WE LOVE OUR
VOLUNTEERS



NATIONAL VOLUNTEER MONTH

April is Healthcare Decisions Month

In honor of Healthcare Decisions Month, consider making your own health care plan. Everyone over the age of 18 is invited to download the [Getting Started Tool Kit](#) which provides simple step-by-step instructions and free MA documents to make your own plan.

The Tool Kit includes:

- * How To Choose a Health Care Agent - a helpful guide about the role of an Agent;
- * Appoint Your Agent in a Massachusetts Health Care Proxy - a free legal document you can do yourself;
- * Tell Your Agent & Family About the Care You Want- a free Personal Directive (Living Will) document to write down your instructions for care;
- * Talk with Your Doctors & Care Providers- a handy discussion guide "5 Things To Talk about With Your Care Providers" helps you start a discussion and place a copy of your Health Care Proxy in your medical record.



Pictured L to R, Dale Mitchell, Jayne Davis, Lisa Krinsky, Bob Linscott

HESSCO Nutrition Program Director, Jayne Davis, Awarded by the LGBT Aging Project

*On February 22nd, Jayne Davis was presented with the first ever *Kate Thomas Spirit Award* presented by the LGBT Aging Project at the February "Kate's Cafe," a monthly dinner gathering held at Inman Square's Ryle's Jazz Club.

Jayne was recognized for all the advocacy she has done for the LGBT community over the years. Prior to joining HESSCO, Davis was the Nutrition Director at Ethos - the ASAP in Jamaica Plain. While there, she created Boston's *Café Emmanuel* and *Out2Brunch* meal sites for LGBT older adults, which were among the first in the state. When she moved to HESSCO, with the help of the LGBT Aging Project, she established the *Lakeside Café* at the Sharon Council on Aging. Davis said the best part of the work has been getting to know the older adults who attend the meals. "My work with the LGBT older community began 20 years ago, and my greatest gift has been the many friends I have met along the way, who have inspired me to become a better person," said Davis as she accepted the award. "I'm so grateful to have had the opportunity to work with and become friends with so many who are here tonight."

Before her untimely passing in 2014, Kate Thomas, Somerville-Cambridge Elder Services (SCES) Elder Care Advisor, followed her passion for working with LGBT

older adults and founded SCES' LGBT Aging Task Force and the monthly dinner, now known as Kate's Café. "Her legacy is reflective of the kindness and creativity she brought to her work," said current LGBT Aging Task Force Chair Melissa Bryant. Those qualities also inspired the LGBT Aging Project - a nonprofit focused on the rights and needs of LGBT older adults - to create an award in her name, said organization director Lisa Krinsky. "We thought the best way for the Aging Project to remember Kate would be an award, to help us keep that legacy of her energy, her spirit, her love for LGBT aging," said Krinsky. "We wanted to give it to a person who inspires the same feelings and enthusiasm."

Congratulations to Jayne and thank you for all your enthusiastic work within the LGBT community and for HESSCO!

**via Somerville Wicked Local, Somerville, submitted by Somerville Cambridge Elder Services*

Healthy Living Programs Offered



Three Healthy Living Programs are being offered at local Councils on Aging this spring. These multi-week, evidence based programs offer techniques and practical strategies on managing diabetes, your risk of falling, and living with chronic disease.

My Life, My Health Self-Management - beginning Tuesday, April 25th, at Plainville Council on Aging

A Matter of Balance - beginning Tuesday, May 2nd, at Canton Council on Aging

Diabetes Self-Management - beginning Wednesday, April 19th, at Sharon Adult Center.

These programs are made possible by funding from the Older Americans Act as granted by HESSCO, and a grant to the Healthy Living Department at Bay Path Elder Services and the Healthy Living Center of Excellence.

For more information, [visit our website](#).

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