



## Highlights and Happenings

Spring 2018

Dear Friend,

Although it doesn't look much like it outside, we have officially sprung forward to spring.

HESSCO kicked off the spring season with yet another successful 5K. Saturday, March 10th was an incredible day all around. Thank you to all the runners, volunteers, sponsors and staff at Mick Morgan's who helped make the 7th 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 600 runners, spectators and supporters turned out for the event which brought in over \$47,000 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. 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.

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. We are looking forward to celebrating them at our Annual Volunteer Recognition Dinner on April 18th.

Jumping ahead to May, we will be celebrating Older Americans Month. The 2018 theme, "Engage at Every Age," emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional

well-being and celebrates the many ways older adults make a difference in our communities. For additional resources on Older Americans Month, [Click Here](#).

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## Pizza & Proxy Party

In honor of Healthcare Decisions Month, please join us for pizza and learn how to choose a Health Care Agent in a Health Care Proxy.

We'll review the free "Getting Started Tool Kit" which includes:

- MA Health Care Proxy to choose an Agent
- MA Personal Directive, to give your Agent & family instructions for the care you want
- "5 Things to Talk About With Your Care Providers", a handy discussion guide.

**Hosted by:** HESSCO and the Norwood Council on Aging

**Date/Time:** Thursday, April 26th 6:00 - 7:00 PM

**Place:** Norwood Senior Center, 275 Prospect Street, Norwood, MA 02062

**Free**

To RSVP contact Sheryl Leary at HESSCO, 781-784-4944 or [EMAIL](#)

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## 7th Annual St. Patrick's 5K to Benefit HESSCO Thank you to our Sponsors!

**Finish Line Sponsor:** Central Auto Team

**Platinum Sponsors:** ADJ Group, Inc.; Anodyne Homemaking Services Corp, Dedham Savings; Douglas A. King Builders, Inc., Lamar Advertising; Pawtucket Credit Union, Wegman's; Zalkin Law Firm, PC; 105.7 WROR

**Gold Sponsors:** AbbottCare; Associated Home Care and Amedisys Company; Bateman Community Living; BAYADA Home Health Care; Charles D. Sheehy, Inc.; Charlwell House; Friendly Care, Inc; Friends of Foxboro Seniors; Orangetheory Fitness - Walpole; Victoria Haven / Thomas Upham House - Rehabilitation Associates; Senior Aerospace Metal Bellows; Wizard Computer Services, Inc.

**Silver Sponsors:** Accelerated Performance Rehabilitation; Bank of Canton; Brigham & Women's / Mass General Healthcare Center; Canton Trophies & Awards; Community VNA Hospice Care; Emerson Auto Service Corp; Gillooly Funeral Home; Greater Boston Home Health Care Services, Inc.; Home Instead Senior Care; Industrial Communications; Koopman Lumber & Hardware; Marathon Sports; Medical Resources Home Health; Middlesex Savings Bank; New Outlook Homecare; Norwood Bank; Norwood Hospital; Pipefitters Local 537; Pond Home; QRGA, LLP- Certified Public Accountants; Rea-Craft Press, Inc.; Rockland Trust; Scituate Boat Works; Sharon Credit Union; Sunrise Assisted Living in Norwood; The Arbors at

**Bronze Sponsors:** Best of Care; Brian F. Mahoney, Attorney At Law; Branches of North Attleboro; Hockomock Area YMCA; Natale Company & Safety Care; National Telecom Systems; O'Sullivan & Connolly P.C.; Samuel, Sayward & Baler LLC; Senior Whole Health; Vision Care Specialists

THANK YOU - Your partnership makes the difference!



The runners took their mark for the 9:00 AM start .



A group of gymnasts from O'Leary's Gymnastics wowed the crowd with their skills.



## 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 living with Alzheimer's or related dementias!*

**Where:**

Foxboro Council on Aging & Human Services  
75 Central St, Foxborough, MA 02035

**When:**

Wednesday afternoons 2:00PM-4:00PM  
May 9<sup>th</sup> through June 13<sup>th</sup>

**To Register or for More Information:**

Shannon at HESSCO Elder Services: 781-784-4944 x 238  
Barbie at South Shore Elder Services: 781-848-3939 x 354

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## Mental Health First Aid Training

As a result of a generous grant by CHNA-7, HESSCO is pleased to be able to offer another free Mental Health First Aid training. This training is an 8-hour course that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps an individual to learn to identify, understand, and respond to signs of mental illness and substance use disorders.

**Date:** Friday, April 6, 2018

**Location:** Village Green Apartments - Clubhouse, 71 Messenger Street, Plainville

**Time:** 9:00 AM - 5:00 PM

For more information or to RSVP, contact Sheryl Leary at 781-784-4944 or [SLeary@HESSCO.org](mailto:SLeary@HESSCO.org)

This program is funded by CHNA-7 and coordinated by HESSCO.

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— WE LOVE OUR —  
**VOLUNTEERS**



photo courtesy: [www.metrofamchicago.wordpress.com](http://www.metrofamchicago.wordpress.com)

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