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# HESSCO

Care. Support. Solutions.

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Summer 2015

## HIGHLIGHTS and HAPPENINGS

Dear

It's hard to believe summer is already upon us. The summer solstice has come and gone, and staff at HESSCO honored "The Longest Day" by taking the Purple Pledge to raise awareness of Alzheimer's Disease and related disorders. The duration of "The Longest Day" symbolizes the challenging journey of those living with the disease.



HESSCO staff pictured wearing purple in honor of "The Longest Day"

Summertime BBQs have already begun at some of our meal sites. In collaboration with the Councils on Aging, we have hosted BBQs at our supportive housing site at Hixon Farm in Sharon and during our monthly LGBT luncheon at the Sharon Adult Center. Both of these events were well attended and we look forward to hosting future BBQs at many of our other meal sites. HESSCO will also once again be participating in the Farmers' Market Nutrition Program which is always a great way to provide seniors with fresh, local produce throughout the summer.

On behalf of all the staff at HESSCO, I hope you have a wonderful summer!

Sincerely,

*Mary Jean McDermott*

Executive Director, HESSCO

## Save the Date!

### 11th Annual Caregiver Day of Resources and Relaxation



We are pleased to announce that

#### **HESSCO's 11<sup>th</sup> Annual Caregiver Day of R&R**

*(Resources and Relaxation)* is scheduled at beautiful Lake Pearl Luciano's in Wrentham on Thursday, September 24, 2015.

In 2014, one hundred aging services network providers, representing over fifty organizations participated in our Caregiver Conference. Each year, attendance has grown and this year we expect over one hundred caregivers to join us.

The focus of the day is Technology in Caregiving. The scheduled keynote speaker is Lisa D'Ambrosio, PhD, a research scientist at the MIT Age Lab. Her presentation "**Technology in Caregiving - An Overview**" will inform caregivers on how technology (adaptive equipment, telehealth monitoring, smartphone apps and online resources) can support them in their role. As we do every year, we will be offering pampering treatments in our trademark Relaxation-Room, and a variety of breakout sessions throughout the day.

A limited number of sponsorship opportunities remain. For more information, please [Visit our website](#)

Caregiver Day of R&R  
 Summer BBQ's  
 Farmer's Market  
 New Senior Center  
 Labeling Project Grant  
 Upcoming Events  
 Ombudsman Training  
 Donations  
 Employment Opportunities  
 Thank you  
 Website

### Upcoming Events

**July 9** - Chinese Luncheon at Sharon COA

**July 15** - BBQ at Millis COA

**July 15** - BBQ at Canton COA

**July 20** - LGBT Picnic at Sharon COA

**July 21** - New Volunteer Orientation at HESSCO

**July 23** - Foxboro/ Wrentham BBQ at Foxboro COA

**July 22** - Caregiver 101 at HESSCO

**July 28** - Indian Luncheon at Sharon COA

**July 29** - Foxboro Senior Supper at Foxboro COA

**August 20** - New Volunteer



A caregiver at last year's Day of R&R receives a hand massage in our trademark Relaxation-Room.



Orientation at HESSCO

**August 26** - Caregiver 101 at HESSCO

### Save the Date

**September 8** - HESSCO Volunteer Recognition Dinner

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

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

## Summertime is BBQ Time!

Summer is in full swing at our meal sites. In collaboration with the local Councils on Aging, HESSCO has begun to host BBQs at several of our meal sites. The traditional menu of hamburgers, hotdogs and sides is always a big draw for participants. Attending one of the BBQs is a fun, delicious way to get out and meet up with some old and new friends. Be sure to check out the listing of scheduled BBQs in the upcoming events section of this newsletter.



Hamburgers and hotdogs are served up at the Hixon Farm BBQ in Sharon



Participants enjoy themselves at a recent LGBT BBQ at the Sharon Adult Center

## Volunteer Opportunities

HESSCO is seeking volunteers for our Ombudsman and Money Management Programs.

The Ombudsman Program advocates for quality care and quality of life in nursing homes and rest homes to ensure residents' rights are protected. Ombudsmen identify, investigate and resolve complaints by or on behalf of facility residents.

HESSCO will be holding an Ombudsman Certification Training in September. Becoming an Ombudsman

## Farmers' Market Nutrition Program



HESSCO is participating in the Farmers' Market Nutrition Program which provides eligible elders with coupons to purchase fresh fruits and vegetables at local farmers' markets. For those who are unable to get to farmer's markets to shop for themselves, fresh produce will be delivered through the Meals on Wheels Program at HESSCO. Eligible recipients in each program will receive \$25 worth of coupons or \$25 in locally grown produce from MA farmers. The Councils on Aging in each of the towns we cover will oversee the distribution of the coupons. Call your local Senior Center for more details; [click here](#) for contact information.

## Congratulations Canton Council on Aging!



Canton seniors, the staff of Canton Council on Aging, and HESSCO have a lot to celebrate! The new Canton Senior Center which houses HESSCO's Canton nutrition site opened its doors at 500 Pleasant Street with a ribbon-cutting ceremony and party on June 5<sup>th</sup>. The new center is bright, handicapped-accessible and on a single level.

Jayne Davis, HESSCO Nutrition Program Director, said, "Diane Tynan and her staff at the Canton COA have been

can be a very rewarding experience. For more information, please contact Susan Morrison, Ombudsman Program Director, at 781-784-4944.

The Money Management Program recruits, trains and supervises volunteers to serve as Bill Payers and Representative Payees, matching them carefully with consumers in need. Most of these consumers have difficulty paying their bills due to poor eyesight or paralysis, feeling overwhelmed by the process, or were dependent on a spouse or relative who has passed away. For more information, please contact Carrie Curreri, Money Management Program Manager, at 781-784-4944.

## Looking for the Perfect Gift?



The gift of *caring* is always the perfect fit. Your tax-deductible gift will enable elders in our community to receive nutritious noontime meals. [Donate now](#)

more than welcoming to the HESSCO Nutrition Program. With assistance from the COA, the transition of the Meals on Wheels Program has been seamless. The state of the art commercial kitchen will allow us to provide daily home delivered meals to approximately 40 seniors and weekly luncheon specials in the new dining room. Easy access to the kitchen has made it more efficient for volunteer drivers to pick up and drop off their transport bags. We were thrilled to be included in the entire process of the renovation of the building and to be part of the Senior Center."

Congratulations to all!

## **HESSCO's Nutrition Department Awarded grant for Labeling Project**

Thank you to the Trustees of the Dedham Institution for Savings Charitable Foundation for approving our grant request for \$5000 to fund the Nutrition Department's Meal Labeling Project. This funding will allow us to improve customer service and enhance quality of care for our consumers by affixing a large label to the top of the meal package, which provides detailed HESSCO contact information, the meal description, calories and sodium values of the meal contents, the food expiration date to prevent food-borne illness and heating instructions.

The funds will support 500 consumers receiving 130,000 meals over the next year. Thank you to the Dedham Institution for Savings for the many levels of support they provide to HESSCO and our consumers!

## **Join our Team**

HESSCO is hiring! Come join our dynamic team in service to consumers in South Norfolk County.

For a listing of current employment opportunities, please [visit our website](#) or call 781-784-4944 for more information.

## **Thank you to our Home Delivered Meals Supporters!**



## **Visit our Website and Like us on Facebook!**

Community members, consumers, caregivers and volunteers can stay connected with HESSCO highlights and happenings by visiting our website [www.HESSCO.org](http://www.HESSCO.org). Users can find links to current meals, calendar of events and commonly asked questions. Follow us on Facebook for updates, helpful information and interesting articles.



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

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HESSCO is the Aging Services Access Point (ASAP) and Area Agency on Aging (AAA) for South Norfolk County.

As a member of the MetroWest Aging and Disability Resource Consortium (ADRC), a partnership among agencies that provide information, support and services to individuals of all ages living with a disability, HESSCO strives to ensure a "no wrong door" experience for all.

Visit our Website:

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

General e-mail inquiries:

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