Dear Friend,

Happy holidays. On behalf of all the staff at HESSCO, thank you for all you do for us all year long. We are grateful for the opportunity to serve our consumers and to have your support in doing so.

As we celebrate our blessings - remember that we can all make a difference and improve the lives of others. HESSCO’s Annual Appeal is underway. I am asking you to please consider making a gift to HESSCO this season. Your tax-deductible donation, whatever the amount, will help us continue our mission of delivering meals to those who have difficulty making their own, providing homemaking and home health aide services to those in need, advocating for residents in nursing facilities, counseling Medicare recipients on health insurance options and protecting our seniors from neglect and abuse. Donate Now

Your support makes the difference. Wishing you a healthy, happy new year.

Sincerely,

Thank you to our Friends at Abundant Table

We would like to extend a special thank you to Abundant Table, Inc., a volunteer-run, community based, non-profit organization serving weekly meals to individuals and families in need. On Thanksgiving, Abundant Table volunteers once again packaged and delivered tasty holiday meals to HESSCO consumers who were in need. And they will do so again on Christmas! We all truly appreciate their kindness and generosity.

5th Annual Mick Morgan's St. Patrick's 5K for HESSCO
HESSCO would like to introduce our new Family Caregiver Specialist, Tara Flannigan, LCSW, MSW, to our staff. Tara is actually a former HESSCO employee; back in 2012 she worked in the Protective Services department, but left for a brief period of time. We are pleased to have her back in her new role.

Tara received her Bachelors of Social Work from the University of Nevada Las Vegas and also holds a Masters of Social Work Degree from the University of New England in Biddeford, Maine. Tara has a background as a clinician within the realm of forensic social work and protective services. Prior to working with the elder population, Tara worked as a licensed social worker with the Las Vegas Clark County Public Defender's office, as well as Clark County's Truancy Court.

As HESSCO's Family Caregiver Specialist, she will focus on applying a strength-based clinical approach when working with caregivers and families. Tara's goal as the Family Caregiver Specialist is to provide caregivers support by utilizing therapeutic interventions, access to resources, training, and by offering outreach to the community.

Please join us in welcoming Tara back to HESSCO!
As of the beginning of November, HESSCO has begun to distribute emergency, shelf stable meals to all home delivered meals clients. There is a total of three planned distributions throughout the upcoming months. The meals should be saved for a day that regular meal delivery cannot take place due to inclement weather. This meal can be stored in a cabinet for three months. In the event of an impending storm, the nutrition staff will make every attempt to deliver a frozen meal in addition to regular meals delivery prior to the storm. However, on days that HESSCO cannot deliver meals and an additional frozen meal has not been provided, these meals can be used as a substitute.

This year’s Emergency Meals program has been made possible by a generous grant from the BJ’s Charitable Foundation.
described Chelsea as "devoted, responsive, tireless and compassionate" and Chelsea was honored along with other nominees at the 45th Annual Home Care Aide Celebration. Congratulations, Chelsea!

10 Tips for Caregivers During the Holiday Season

Holidays bring added commitments, obligations increased demand on finances, increased visits with family/friends, and other additional stressors which can cause caregivers to experience feelings of bring overwhelmed and burnt out. Here are 10 tips to help you not only survive, but thrive this holiday season, as a means to minimize the added stress of the holiday season.

Plan - Individuals who experience the most difficulty with the holiday season are those who have given little thought to the challenges they will encounter.

Read more