



HESSCO
Care. Support. Solutions.

Highlights and Happenings

Winter 2017

Dear Friend,

Happy Holidays from all of us at HESSCO and thank you for all you do 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. 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.

[CLICK HERE](#) to make an online donation. Your support makes the difference.

Best wishes for a wonderful holiday season and a healthy and happy new year!

Celebrating 40 Years

HESSCO's 2017 Annual Meeting held at Four Points by Sheraton on

November 30th was another festive celebration of the direct care workers who go above and beyond the call of duty, the staff who were recognized for their years with the agency, and the community partners who support our mission. The Annual Meeting held true to form by sharing this year's collection of warm, personal stories of the care and commitment demonstrated by the homemakers and home health aides who provide the direct care in the homes of our consumers. It was a little extra special this year, however, as 2017 marks HESSCO's 40th year of providing Care, Support and Solutions in South Norfolk County.

A presentation entitled, "The Evolution of Care; Transforming Lives for 40 Years," given by Patty Pomerlou, Director of Home Care, and Sheryl Leary, Director of Planning and Community Development, reflected on how much has changed in the field of elder care as well as within the agency. When first established in 1977, HESSCO (known then as King Philip Elder Services) consisted of only homemaking services and two congregate meal sites. Today, with a talented staff of over 70 full and part time employees and over 700 active volunteers, HESSCO proudly offers 40 different services.

As we look ahead to the next 10 years, HESSCO's goal is to ensure that we are positioned to provide the care that meets the needs of our community members. We will continue to look for creative ways to deliver services in home care; using technology, developing partnerships with housing, and collaborating with partners across the care spectrum.

At the Annual Meeting, four HESSCO staff members received recognition awards for their years of service with the agency: Kathy Langenhorst and Jenny Lindamood for five years; and Gilda Chanonhouse and Alicia Pelote for 10 years.

The following individuals were awarded for their outstanding service as a Homemaker/HHA/PC: Zahra Farah, Home Instead Senior Care; Sarah Small, Active Home Health Care; Viler Baskin, Greater Boston Home Health Care; Adalgisa Viera, Greater Boston Home Health Care; Lisa Wiseman, Associated Home Care; Jean Peterson, Best of Care; Mary Rochon, Care Resolutions; Olga Supranovich, Friendly Care; Serina Sherman, Associated Home Care; Keila Russillo, Medical Resources Home Health Care; Lisa Vacchino, Bayada Home Health Care; Jill Issaka, Bayada Home Health Care; Ligia Mitchell, Specialty Home Care; Maureen Hesketh, Anodyne Homemaker Services.

HESSCO Board of Directors member, Jamie Brennar-Gutner, was awarded the Individual Community Commitment Award, and the Hockomock Area YMCA received the Agency Community Commitment Award. The prestigious Jean Paul Pride In Performance Award was presented to Care Manager, Pamela Goldstein.

Congratulations to all of the award recipients! We could not deliver the level of service we so proudly provide our consumers without your commitment and pride in your work. Thank you all for another successful year!

Please [visit our website](#) to view photo gallery from the event.



Patty Pomerlou, HESSCO's Director of Home Care, with Pamela Goldstein, recipient of the Jean Paul Pride in Performance Award



Caitlin Gibbs, Hockomock Area YMCA's Director of Health Innovation, and Mary Jean McDermott, HESSCO's Executive Director

Holiday Meals

A special thank you to Maria Hall, Food



Service Director, at Walpole High School who once again graciously offered their facility and vendor services in order to cook Thanksgiving and Christmas dinners for a group of HESSCO consumers who were identified by staff as likely to be spending the holidays alone. Thanks to Maria and her readiness to help out, along with a handful of exceptional

volunteers, HESSCO has a means of ensuring that these consumers will not go without on these holidays. Additionally, as part of its Annual Holiday Giving Project, HESSCO staff donated funds to provide small gift items to be delivered to these consumers along with the holiday meals. Thanks to all of these efforts, 170 elders who might otherwise be alone on the holidays, will receive a hearty meal, a friendly visit and a small gift. Thank you all for your kindness.



Registration is Now Open!

The 7th Annual Mick Morgan's St. Patrick's 5K to benefit HESSCO will take place on Saturday morning, March 10, 2018. Sponsorship Opportunities will be sent out soon.

Have ideas on how to make this year's race the best one yet? We are looking for creative individuals who would like to join the race committee and help out with the planning. For more information, contact Debbie Fradkin at 781-784-4944 or dfradkin@hessco.org.

REGISTER NOW!



Bringing Holiday Cheer

The Millis Crafty Ladies are at it again! Our wonderful Crafty Ladies completed these adorable gingerbread men, mini stockings and goody bags during their December crafting meetings. The gifts were then delivered to our Millis home delivered meals consumers along with their noon time meals. These gifts surely brought smiles to many faces

Thank you, Crafty Ladies, for your all your talent and kindness!

Weather Related Cancellations

It's officially winter, and with that, is sure to come snow, ice and poor driving conditions. In the event of an impending storm, HESSCO nutrition department staff will make every effort to arrange for an extra frozen meal to be sent to consumers ahead of time.



Emergency, shelf stable meals have also been delivered to all home delivered meals clients in the event that meals cannot be delivered.

In several towns, our meal sites are located within the town's senior center. In these cases, if the schools are closed, so are the senior centers. In the towns where the meal sites are located outside of the town's senior center, the HESSCO Nutrition Program Director, with the assistance of the public works department, will make the decision as to whether or not road conditions are safe enough for volunteers to deliver meals.

Volunteers and consumers will be notified of cancellations; however, the information can also be found on our [website](#).

Eldercare Q&A January 2018 Closing the Food Stamp "SNAP Gap"

Q: Are a lot of eligible elders not getting food stamps?

A. Yes. More than 40% of low-income elders eligible for the federal Supplemental Nutrition Assistance Program (SNAP), commonly known as "food stamps," are not on the program.

SNAP provides food and nutritional benefits to one out of every nine people in Massachusetts, including elders and people with disabilities. A recent study by Mass General Hospital found that participation in SNAP reduced annual health care costs by \$1,400 per person per year. Seniors with poor nutrition are at greater risk for health conditions like chronic heart disease, depression, diabetes, and asthma. Another study showed that access to SNAP benefits reduces the likelihood of admission to a nursing home by 23%. [READ MORE](#)

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