



HESSCO

Care. Support. Solutions.

Highlights and Happenings

Winter 2015

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,

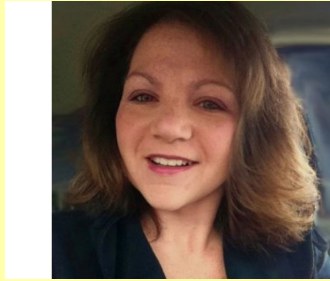
Thank you to our
Friends at Abundant
Table

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

Mary Jean McDermott
Executive Director

HESSCO Welcomes new Family Caregiver Specialist to Team



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!

Emergency Meals



This is a monumental year for HESSCO and its annual 5K. Year number five! As such, we are looking for your help to really make an impact and reach our goal of raising over \$50,000. A beautiful race route, fun venue, awesome long sleeve tech T-shirts and a spirited St. Patrick's Day celebration are just some of the reasons this race has become so popular...OUR favorite reason is that all proceeds from this race go directly to support HESSCO programs and services!

You can support this year's 5K by running, walking, sponsoring the race and/or setting up a fundraising page. Spread the word!

Check out our [Registration Page](#).

Ombudsman Training

The next Ombudsman volunteer 3-day training program is scheduled for Jan 20, 21 and 22. Ombudsmen work



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.

HESSCO Staff Nominated for Prestigious Cathe Madden Award

Hessco is pleased to announce that Chelsea Nelson, Supportive Services Coordinator for the Supportive Housing Site at Hixson Farm in Sharon, was recently nominated for the Home Care Aide Council's Cathe Madden Award.



Nominees for this award, honoring the memory of a Care Manager, demonstrate "extraordinary enthusiasm, innovation, and commitment to the job". Vendor agency Anodyne nominated Chelsea citing her ability to gain client's trust and provide needed support, and going above and beyond as a champion for her clients. Anodyne

to protect residents' rights, advocate for positive changes to the long-term care system, and serve as a voice for nursing and rest home residents. For more information on the Ombudsman program, please contact Susan Morrison, Ombudsman Program Director at 781-784-4944 or smorrison@hessco.org.

HESSCO Specialists to Present at "Our Partners in Health" Program at Sharon Public Library

Tara Flanigan, Family Caregiver Specialist and Patricia Gavin, Transitions Coordinator, will share Habilitation Therapy's innovative treatment approach for individuals with memory loss at an upcoming series at Sharon Public Library on Dec. 8, Jan. 7, and Jan. 28. [Read More](#)

Stay Connected

Stay connected with us by visiting our [Website](#). Find links to current meals, calendar of events and commonly asked questions. Follow us on [Facebook](#) for updates, helpful information and interesting articles.

HESSCO Proudly

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 being 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](#)

Supports March for Meals



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Aging Services Access Point (ASAP)

Area Agency on Aging (AAA)

Member, MetroWest Aging and Disability Resource Consortium (ADRC)