



## Highlights and Happenings

Spring 2019

Dear HESSCO Friends,

Although it was a fairly mild winter, we were nonetheless delighted to welcome spring, and we did so in style at our annual 5K.

Saturday, March 16th was an incredible day all around - the sun was shining brightly and the energy in the largest crowd we've ever hosted was infectious. Thank you to all the runners, volunteers, sponsors and staff at Mick Morgan's who helped make the 8th Annual St. Patrick's 5K for HESSCO another successful one. Over 800 runners, spectators and supporters turned out for the event which brought in over \$58,000 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 and 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 May 20th.

Also in May, we will be celebrating Older Americans Month. The 2019 theme is "Connect, Create, Contribute." Communities that encourage the contributions of older adults are stronger. By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. For additional resources on Older Americans Month, [Click Here](#).

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## April is Health Care Decisions Month

National Healthcare Decisions Month exists to inspire, educate and empower the public and providers about the importance of advance care planning. For everyone.

Honoring Choices of Massachusetts' Who's Your Agent?® Program makes it easy to create and update your health care plan. One simple question- "Who's Your Agent?" can open the door to early and meaningful health care planning discussions to get good care all through your life.

### [Download Getting Started Tool Kit](#)

This do-it-yourself tool kit helps you to:

1. Choose a trusted person to be your Health Care Agent (Agent). Appoint your Agent in a Health Care Proxy.  
\* Not sure who to choose yet? "No Agent - No Problem!" Just start with Step 2.
2. Talk with your family about your care choices. Write down your choices in a Personal Directive (Living Will);
3. Talk with your care providers to match care to your choices. Use the 5 Things to Talk About with Your Care Providers discussion guide to put your plan into action.

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## Thank you to our Sponsors! 8th Annual St. Patrick's 5K to Benefit HESSCO

**Finish Line Sponsor:** Central Auto Team

**Platinum Sponsors:** Anodyne Homemaking Services Corp; Dedham Savings; Douglas A. King Builders, Inc.; Friendly Care, inc.; Lamar Advertising; Pawtucket Credit Union; Pond Home; Wegman's; WROR; Zalkin Law Firm, PC

**Gold Sponsors:** AbbottCare; Bateman Community Living; BAYADA Home Health Care; Charlwell House; Finish at the 50; Friends of Foxboro Seniors; Home Instead Senior Care; Senior Aerospace Metal Bellows; Tufts Health Plan; Walpole Co-operative Bank; Wizard Computer Services, Inc; Victoria Haven / Thomas Upham House - Rehabilitation Associates

**Silver Sponsors:** Advanced Home Care Services; All-At-Home Healthcare; Ameriprise Financial Services, Inc; Apothecare; Bank of Canton; Best of Care, Inc; Brigham & Women's / Mass General Healthcare Center; Canton Trophies & Awards; Dedham Healthcare; Emerson Auto Service Corp; Gillooly Funeral Home; Greater Boston Home Health Care Services, Inc.; Industrial Communications; Koopman Lumber & Hardware; Lyssa Phillips, Senior Real Estate Specialist; Marathon Sports; Medical Resources Home Health, Part of Elara Caring Network; Multicultural Home

Care; New Outlook Homecare; Norwood Adult Day Health Center; Norwood Bank; Norwood Hospital; Pipefitters Local 537; QRGA, LLP- Certified Public Accountants; Rea-Craft Press, Inc.; Rockland Trust; Samuel, Sayward & Baler LLC; Scituate Boat Works; Sharon Credit Union; Sunrise Assisted Living in Norwood; The Arbors at Stoughton; The Doolittle Home; United Healthcare; Wash World

**Bronze Sponsors:** Charles River Running; Natale Company & SafetyCare; Hockomock Area YMCA, Invensys Foxboro Branch; Natale Company & Safety Care; Norfolk Community Federal Credit Union

THANK YOU - Your partnership makes the difference!



King Philip Cheerleaders display the Finish Line banner at annual 5K

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## **Save the Date!** **Age Well with HESSCO Day**

The 15th Annual HESSCO Fall Conference, *formerly HESSCO's Caregiver Day of Resources and Relaxation*, has been scheduled for

**Thursday, September 19, 2019**  
**9:00 - 2:30 at Lake Pearl Wrentham.**

Stay tuned for more information about this special event for caregivers, family members, seniors and everyone interested in learning more about *Aging Well*.

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## Thank You to Our March for Meals Community Champions

*Joanne Tierney from Secretary William Galvin's Office  
Norfolk County Sheriff Jerome McDermott  
Senator Becca Rausch  
Senator Paul Feeney  
Senator Shawn Dooley  
Representative Denise Garlick  
Senator Walter Timilty*

These "Community Champions" took time out of their busy schedules to provide a special visit to Meals on Wheels recipients last month. Their visits help to raise awareness for this vital program. 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 and a friendly visit.



Senator Becca Rausch and a volunteer deliver meals in Norfolk



Norfolk County Sheriff Jerome McDermott and Sharon volunteers get ready to go out on a route.

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### Social Security Alerts Public about Telephone Impersonation Scheme

The Social Security Administration (SSA) and its Office of the Inspector General (OIG) launched a joint Public Service Announcement (PSA) campaign addressing a nationwide telephone impersonation scheme. Social Security and the OIG continue to receive reports from across the country about fraudulent phone calls from people falsely claiming to be Social Security employees. Calls can even "spoof" Social Security's national customer service number as the incoming number on the caller ID. The new PSAs will air on TV and radio stations across the country to alert the public to remain vigilant against potential fraud.

[READ MORE](#)

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