



Highlights and Happenings

Summer 2019

Dear Friend,

What beautiful summer-like weather we have been having - finally!

June is Alzheimer's and Brain Awareness Month, and on or around the summer solstice-the longest day of the year-businesses, towns, teams, and individuals all over the country are coming together to help end Alzheimer's. Here at HESSCO, we will be recognizing "The Longest Day" by "going purple" and reading aloud messages of hope that we are collecting throughout the month. Looking ahead, please save the date for the 2019 Walk to End Alzheimer's at Patriot Place - Saturday, September 14th.



June is also Pride Month and we would like to remind our friends that HESSCO offers *The Meeting House Lunch Club* in Medfield and *The Lakeside Cafe* in Sharon, monthly gatherings for LGBT seniors, friends and allies. Please visit our [online calendar of events](#) for dates and times.

We look forward to summer BBQ's and participating in the Massachusetts Farmers' Market Nutrition Program for Elders to provide seniors with fresh, local produce throughout the summer. The program provides low-income elders with coupons to purchase fresh fruit and vegetables at local farmers' markets. HESSCO collaborates with local Councils on Aging for the distribution of coupons. Another great benefit of the Farmers' Market Program is fresh fruits and vegetables will be provided to eligible HESSCO consumers.

Over the summer we will continue planning our annual fall conference, *Age Well with HESSCO Day*, scheduled for Thursday, September 19, 2019. We hope you will join us for another relaxing, fun and informative day at Lake Pearl, Wrentham.

Happy 4th of July and we hope you have an enjoyable, relaxing summer!

Join us on the Red Carpet

RED CARPET EVENT
VIDEO SERIES PREMIER
Proudly Presented by The Eldercare Alliance of
NEPONSET RIVER REGIONAL CHAMBER

Follow the story of a family dealing with hard and important decisions that come with the aging process.

Aging With Dignity

5:30-6:15 Drinks and appetizers
6:15-7:00 Video Screening
7:00-7:30 Questions and Networking

Thursday, June 13th 5:30—7:30
Whitney Place
675 South Main Street, Sharon

WHITNEY PLACE
AMERICAN LIVING, REHABILITATION & SALMON

Register Online—www.nrrchamber.com

Aging with Dignity, is a seven-part video series created by Westwood Media Center and the Elder Care Alliance of the Neponset River Regional Chamber. The videos follow the story of a family dealing with hard and important decisions that come with the aging process. The project was a collaborative effort and took over a year to complete. Sheryl Leary, HESSCO's Director of Planning and Community Development and chairperson of the Elder Care Alliance commented, "We are very proud of the finished product and look forward to sharing it as a resource." For more information on *Aging with Dignity* or The Elder Care Alliance, Sheryl Leary can be reached at 781-784-4944.

We hope you will join us on the red carpet! [REGISTER HERE](#)



Save the Date! #Give 65

Save the date! The fourth-annual GIVE65 Event - a program of Home Instead Senior Care Foundation - officially kicks off July 10th and runs through July 12th. HESSCO is so excited to have the opportunity to receive up to \$5,000 in matching funds

as well as bonus awards from Home Instead Senior Care Foundation to help pay for Emergency and Holiday Meals for our consumers. All participating nonprofit organizations like ours are working to raise funds online in support of seniors in our community.

Stay tuned for more details on how you can help support seniors!



- Beautiful Location
- Continental Breakfast & Lunch Included
- Door Prizes & Giveaways
- Rest & Relaxation Room with Pampering Treatments
- Wellness Room with Health Screenings
- Information and Resources
- Educational Speakers
- Explore Innovative Ideas
- Tools and Techniques for Caregivers
- Sponsorships Available

Age Well with HESSCO Day

Annual Fall Conference (Formerly Caregiver Day of R&R)

THURSDAY, September 19, 2019
Lake Pearl Wrentham

Sponsorships Available

[Click Here for More Information](#)

Volunteers are the Heart of Our Organization

Thank you to all the volunteers and staff who joined us on the evening of May 20th at Four Points by Sheraton for HESSCO's Annual Volunteer Dinner and Celebration. Volunteers are not only, "The Heart of our Organization," they are the face, the eyes, the ears and the legs. We are so honored that you have chosen to volunteer for HESSCO.



Dedham Meal Site volunteers were all smiles at the Volunteer Appreciation

New Initiative - Medical Nutrition Therapy

Medical Nutrition Therapy, often abbreviated as MNT, is an evidence-based medical approach to treating certain chronic conditions through the use of an individually-tailored nutrition plan. This nutrition plan is ordered and approved by a primary care physician and implemented by a Registered Dietitian.

We are thrilled to be able to offer MNT to area seniors through HESSCO's Nutrition Program. Registered Dietitian Stephanie Caljouw will be holding regular office hours in the community:

- 1st Monday of each month, 9:30 - 12:00 noon, Westwood COA
- 3rd Wednesday of each month, 9:00 - 10:00, Norfolk COA
- Office hours soon to be added at Millis and Medfield COAs

Appointments are required. Please call the respective Council on Aging to schedule. This program is supported by funds from the MetroWest Health Foundation and Beth Israel Deaconess Hospital Needham.

End Elder Abuse



REPORT ELDER ABUSE

1-800-922-2275

Operating **7** days a week **24** hours a day.

World Elder Abuse Awareness Day is recognized on June 15th. Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported.

HESSCO is the local agency designated by the Massachusetts Executive Office of Elder Affairs to screen reports, investigate and work with persons over 60 who may be the victim of physical abuse, emotional abuse, sexual abuse, neglect, self-neglect or financial exploitation. Initial reports of suspected abuse can be filed by calling (800) 922-2275 seven days a week 24 hours a day.

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See what's happening on our social sites:

