

## FEATURES

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**OCES ASPIRES TO WELCOME EVERYONE WITHOUT EXCEPTION. WHETHER YOU ARE LOOKING FOR HELP OR ARE INTERESTED IN HELPING OTHERS, WE ARE HERE TO SUPPORT YOU.**



## April is Volunteer Appreciation Month Being Generous with Empathy by Courtney Krajeski

The pandemic has been a struggle for all of us, but one positive thing that has emerged is the desire to help others. Over the past year, we have seen many in need of volunteer support and with that need came a surprising call to action. As the nation started working remotely people began to recognize that they had the opportunity to give more of themselves to their friends and neighbors. Meals on Wheels is one of the programs with the largest increase in need of help from others. As more and more older adults faced food insecurities there was a surge in the number of meals being sent out into the community and with that uptick came the need for volunteer support to distribute the meals. The residents of Plymouth County did not disappoint us. Volunteers of all ages stepped up to heed the call. From retirees looking for a reason to get out of the house, to high school students looking to gain course credit. Mother Earth may have put us on a time out, but we were forced to step back in order to see what really matters, the spirit of our community.

This time in history has allowed us to see how possible the impossible can be simply by asking for help. Whether recruiting volunteers within the community or asking OCES staff to jump in, we have seen that there is always someone willing to assist. Volunteers fill a vital need in providing services, but the emotional benefits are just as impactful. By giving of one's self we gain a greater sense of our community. We also share compassion for others especially in times like these. We prove that we are not alone. This impact is felt and seen on both side of the task. Meal recipients look forward to a quick conversation from the drivers and gain an understanding that they are thought of and cared for. With that same action the volunteers gain a sense of purpose and fulfillment. They are needed, appreciated, and recognized for their contributions.

The businesses and organizations that rely on volunteer support have been forced to think creatively in order to continue to provide services while being mindful of the heightened safety concerns of those they serve. This need has allowed many to think outside the box to come up with solutions that will benefit programs well into the future. It has opened opportunities that may not have been considered previously.

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### Being Generous with Empathy

Meals on Wheels has implemented contactless deliveries which allows nutritional support to be given, human connection to be fostered, and healthy guidelines to be followed. It is the volunteers that help strengthen and improve these programs that benefit communities. By sharing our personal time, skills, and hearts, we can continue to impress upon others the significance of compassion and achieve great things.

To learn more about volunteer opportunities email Courtney at [ckrajeski@ocesma.org](mailto:ckrajeski@ocesma.org)

### VOLUNTEER APPRECIATION MONTH



Thank you to ALL Volunteers!!

### Vaccination Clinics

OCES was onsite to assist Wareham Housing Authority at their Redwood Park vaccination clinic held March 24, 2021. The Wareham Housing Authority held a COVID-19 first dose vaccination clinic at Redwood Park Housing, 34 Church Avenue, to provide homebound and most vulnerable residents access to the vaccine. Wareham EMS administered the vaccine, assisted by 20 OCES volunteers and staff who processed consent forms and provided general support. A total of 50 residents were vaccinated that day.

According to residents Lucy (age 88), who received the vaccine alongside her husband Harold, "We're just plain lucky! Harold will be celebrating his 90th birthday later this month and we're overjoyed with the possibility of celebrating this milestone with our family now that we have received the vaccine."

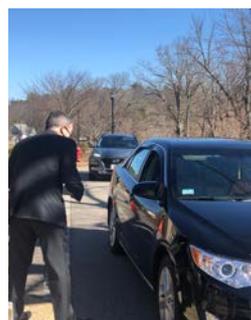
"Without having the vaccine brought to them, many residents would not have opted to receive the vaccine due to distance, transportation issues and difficulties navigating the website to register," said Nicole Long, CEO of OCES. "OCES is working with local housing authorities, offering assistance onsite at vaccination clinics throughout our service area."



### March for Meals

On March 30, 2021, Senator Timilty, Senator Brady, Representative Sullivan & Representative Orrall handed out Grab & Go Meals to older adults at the local Councils on Aging in East Bridgewater and Lakeville to celebrate OCES' March for Meals Campaign. March for Meals is intended to increase awareness of the necessity of the Meals on Wheels Program and the individuals that this program supports. As the need for meals increases, we look to our Senators and Representatives for support!

**#marchformeals**



## MAUREEN HENNESSY



Maureen Hennessy, Human Resources Director of the agency, is retiring after more than six years. She is a Pembroke, MA resident, was in charge of the Human Resources Department and Building and Office Management. She was a member of many committees both internally and externally such as the OCES Activities Committee, Employee and Management Training and Education, and staff liaison to the OCES Board of Directors on the Personnel Committee. She always advocated for OCES employees and was a strong supporter of our mission.

During retirement, Maureen hopes to travel and enjoy more time with friends and family. "I was very proud to work at OCES. It is a very special agency with a very important mission. I hope it will continue to grow and help more and more consumers."

## Family Caregiver Highlights!

The Family Caregiver Support Program (FCSP) works with caregivers in the community to help them in many different ways as they move along in their caregiving journey.

The program works closely with OCES Care Managers to ensure that we are able to reach all who may need our help. A recent referral the FCSP received highlights how this collaboration can benefit both the caregiver and the consumer. This referral was for a 70 year old man who was the sole caregiver for his 92 year old mother who has Alzheimer's. The Homecare Program had services in to assist the consumer and hospice was providing respite to the caregiver through a grant program. The OCES Care Manager reached out to FCSP to see if the caregiver could receive short term respite as the time being given by the hospice grant had run out and the new grant would not start again for a couple of months. FCSP was able to use funds to provide this caregiver with respite and the homecare department was able to temporarily increase their hours which together gave the caregiver time to take care of his own medical needs as well as time to recharge his own batteries. This self-care time is so important/necessary in order to be able to continue with the very difficult job of being a caregiver. ***If you would like more information on the Family Caregiver Support Program please call OCES @ 508-584-1561.***



## First Steps for New Caregivers

It's easy to become overwhelmed as a new caregiver. Here are some steps that can help:

- Identify yourself as a caregiver
- Get a good diagnosis—from a specialist or geriatrician if necessary—of your loved one's health condition
- Learn what specific skills you might need to care for someone with this diagnosis (Caring for someone with Frontotemporal dementia, for example, is different from caring for someone with chronic heart disease)
- Talk about finances and healthcare wishes
- Complete legal paperwork, e.g., Powers of Attorney, Advance Directives
- Bring family and friends together to discuss care
- Keep them up to date on the current situation
- Identify resources, both personal and in the community
- Find support for yourself and your loved one
- Remember, you are not alone

*By Donna Schempp, LCSW*

## Upcoming Virtual Events

### NUTRITION PROGRAM PRESENTS

#### VIRTUAL MOVING HEELS FOR MEALS ON WHEELS

If you're looking to get healthy and start moving your body, we invite you to join us in raising funds for the essential Nutrition Program.

MONTH OF MAY

### PROTECTIVE SERVICES PRESENTS

#### HOARDING 101

A workshop to support issues related to Hoarding. This workshop will educate professionals seeking to learn more about Hoarding challenges.

MAY 20, 2020  
THURSDAY  
10:00 AM - 12:00 PM

### HEALTHY LIVING PROGRAM PRESENTS

#### DIABETES SELF-MANAGEMENT

- Learn how to manage daily challenges
- Manage tasks with a weekly action plan
- Learn to focus on physical activity
- Learn healthy eating habits and menu planning

MAY 19, 2021 - JUNE 30, 2021  
WEDNESDAYS  
1:00 PM - 3:30PM

### HEALTHY LIVING PROGRAM PRESENTS

#### A MATTER OF BALANCE

A workshop specifically designed for older adults to increase their physical activity level and to help reduce their fear of falling.

APRIL 20, 2021 - MAY 27, 2021  
TUESDAY & THURSDAY  
1:00 PM - 3:00 PM

To find out more about our programs, please email [info@ocesma.org](mailto:info@ocesma.org)



### Contact Us

Give us a call for more information about our services

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