

FEATURES

Be Prepared, Stay Safe in Winter

PAGE 1

Holiday Joy

PAGE 2

Caregiver

PAGE 3

Thank You!

PAGE 4

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.



Be Prepared to Stay Safe and Healthy in Winter

Source: CDC.gov

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and vehicles. Prepare for power outages and outdoor activity. Check on older adults. Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.



Prepare Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- **Winterize your home.**
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- **Check your heating systems.**
 - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Have a safe alternate heating source and alternate fuels available.
- **If you do not have a working smoke detector, install one.** Test batteries monthly and replace them twice a year.
- **Prevent carbon monoxide (CO) poisoning emergencies.**
 - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.
 - Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

To learn more about winter safety visit

<https://www.cdc.gov/nceh/features/winterweather/index.html>

OCES LONGEVITY AWARDS:

Congratulations to the following staff for their commitment and dedication to OCES:

10 Years

- Linda Reid
- Allie Strangis
- Armindo Rocha

15 Years

- Brenda Carrens
- Marie Rateau
- Dawn Kelly
- Maribeth Waldron

20 Years

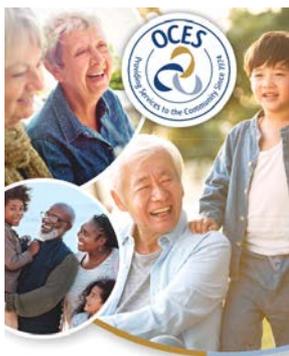
- Maria Janvier
- Teresa Kinnierly

25 Years

- Diana DiGiorgi

35 Years

- Nancy Warfield



2021 | Annual Report

CHECK OUT OCES' ANNUAL REPORT

Did you know OCES publishes an Annual Report? Find the Annual Report at www.oces.org/oces-annual-report-2021/

Holiday Joy to local Older Adults



OCES staff participated in a Giving Back Opportunity again this Holiday Season. This year we partnered with 3M and the Plymouth and Bristol County Suicide Prevention Coalitions to send holiday cards to the residents of Baypointe Center in Brockton and Benchmark Senior Living in Plymouth. For many the Holiday time can be a lonely time of year and this was a great opportunity to spread some Holiday Cheer. Cards written in multiple languages were delivered to the residents on December 18th.

Thank you Covanta for Wareham Holiday Meals

Special holiday meals were provided to 175 older adults at the Wareham Council on Aging (COA) and at Agawam Village and Redwood Park Housing Authority locations on Thursday, December 23rd.

OCES thanks Covanta and their staff for providing these special holiday meals and also volunteering to deliver them alongside OCES to older adult consumers in our Nutrition program.

“Food insecurity is an important issue facing many older adults. We are grateful to Covanta and their amazing team for their generous donation and delivery of holiday meals that helps make the season even more special,” said Nicole Long, Chief Executive Officer at OCES.



Missy Dziczek, Wareham COA Director

Holiday Meals Abington and Grab & Go Meals Whitman



GIVING TUESDAY

OCES extends a sincere "Thank You" to all who contributed towards our 2021 #GivingTuesday Campaign. This year we had great success and raised over \$13,000 to support our Emergency Fund Program. Thank you again for making OCES your charity of choice as we continue to make a difference in the lives of those in the communities we serve.



WILL YOU OUTLIVE YOUR SAVINGS?

Did you know? One of the greatest fears that retirees have is outliving their savings. Concern over having enough money from Social Security, pension (if applicable), and savings (including a 401(k) or IRA) to last a lifetime is not uncommon. For planning and budgeting tips read more in our monthly article <https://www.ocesma.org/wp-content/uploads/7-OCES-Jan-2022-WEBSITE-Outliving-your-savings-1.pdf>

What could you do with the gift of time?

We know as a caregiver your days are packed with responsibilities. Would having an extra pair of hands help free you up to invest a little more time in yourself? Could you make it to that doctor's appointment you've been meaning to get to, or sit in a park and read a book, catch up with a loved one, or just take a break?

No-cost respite care could be just what you've been looking for.

Contact OCES' Family Caregiver Support Program at 508-584-1561 for more details.



Around the Clock Caregiving

Tips for caring for a loved one at home from real caregivers.

Connect to the Caregiver Community at <https://www.caregiveraction.org/community>

Reflecting on Your Caregiving Journey

Caregivers are often so focused on the daily tasks of caregiving that they rarely have time to reflect on their role as a caregiver and how it changes over time. For many, caregiving is a multi-year journey and one that can start to feel overwhelming. Regular reflection can help caregivers change their mindset and transform their caregiving experience. At your leisure, watch a 56 minute video with Dr. Lakelyn Hogan as she talks with author and caregiving consultant Dr. Aaron Blight to learn:

- How to check assumptions about caregiving.
- Ways to identify opportunities to improve the situation.
- Methods of reflection that can help individuals learn about themselves and improve their caregiving experience

Watch the prerecorded live chat:

<https://www.helpforalzheimersfamilies.com/community-voices/live-chat-webinars/reflecting-caregiving-journey/>

If you would like to learn about OCES' Family Caregiver Support Program please call OCES at 508-584-1561.



Visit Brockton Stop & Shop to Support OCES in January!

Every \$10.99 Bloomin' 4 Good Bouquet sold at our local Stop & Shop location this month will send us a **\$1 donation**

Reflection on 2021! Thank You!

While we were excited and eager to welcome 2022, we also reflect on our 2021 accomplishments. In 2021, OCES helped administer 692 vaccines, delivered 513,716 meals, and supported over 22,000 Consumers. This was time for creativity to address safety concerns for all individuals including the most vulnerable older adults. New programs were implemented such as Grab & Go meals to help keep Older Adults safe while addressing food insecurity. With change all around us, local communities remained committed. As a nonprofit organization we rely heavily on community support, volunteers, donors, providers, staff and you. OCES **THANKS YOU** for your continued support!!



Happy New Year!

OCES: PROVIDING SERVICES TO THE COMMUNITY SINCE 1974

SIGN UP TO RECEIVE OUR NEWSLETTER BY EMAIL AT [OCESMA.ORG/NEWSLETTERS](https://www.ocesma.org/newsletters)

Q1 2022 NEWSLETTER



Contact Us

Give us a call for more information about our services

OCES

144 Main Street
Brockton, MA 02301
(508) 584-1561
ocesinfo@ocesma.org

Visit us on the web at
www.ocesma.org