



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.



2021 World Elder Abuse Awareness by Teresa Kourtz

World Elder Abuse Awareness Day (WEAAD), June 15th, launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations, provides us with opportunities to spread awareness to help end Elder Abuse.

This year for WEAAD, OCES partnered with the Brockton Council on Aging (COA), the Brockton Mayor's Office, the Plymouth Center for Active Living (CAL), the Plymouth County District Attorney's Office, and the Plymouth County Sheriff's Department to launch a lawn sign campaign. The public was encouraged to join OCES and its partners by displaying lawn signs!

On June 15th, Brockton's Mayor Robert Sullivan was lifted by a utility bucket truck to raise banners on Main Street as part of the Annual WEAAD ceremonies. In addition to lawn signs, we had Visual Pinwheel displays at three locations including the OCES Brockton office, Brockton COA, and the Plymouth CAL. This display represented all 34,812 reports received last year in the state of Massachusetts.

As part of the month-long awareness campaign, two cable shows were aired that included panel discussions about issues surrounding elder abuse such as safety, scams and warning signs. Participants included Plymouth CAL Activities Coordinator Beth Hatfield, Former Plymouth Police Chief Michael Botieri, Brockton Mayor Robert Sullivan, Plymouth County District Attorney Timothy Cruz, Plymouth County Sheriff Joseph McDonald, Brockton COA Director Janice Fitzgerald, OCES' Protective Services (PS) Specialist Thomas Cuddihy, and OCES' PS Director Teresa Kourtz.

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Visual Pinwheel display at Plymouth CAL.



Deana Andrade, OCES' Behavioral Health Supervisor holding a lawn sign.

Farmers' Markets are Back! Shop Local!

Brockton

45 School St,
Brockton, MA
When: Every Friday,
10:00 am - 2:00 pm

Carver

110 Main St,
Carver, MA
When: Every Sunday,
12:00 pm - 4:00 pm

Easton

591 Depot St,
North Easton, MA
When: Every Saturday,
10:00 am - 2:00 pm

Kingston

101 Kingston Collection
Way, Kingston, MA
When: Every Sunday,
10:00 am - 2:00 pm

Plymouth

Plimoth Patuxet Museums
26 River Street,
Plymouth, MA
When: Every Thursday,
2:30 pm - 6:00 pm

Wareham

35 Rosebrook Place in
Wareham, MA
When: Every Thursday,
6:00 pm - 7:00 pm

To find farmers' markets in your area, visit <https://www.massfarmersmarkets.org/markets>

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10 Things We Want You to Know About Elder Abuse!

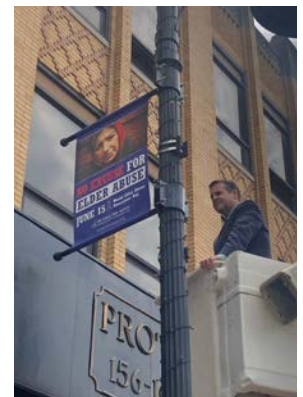
1. Elder abuse can consist of physical, emotional, or sexual abuse; financial exploitation; neglect and self-neglect.
2. Most elders know the person(s) hurting them.
3. Only **1 in 14** cases of elder abuse are reported.
4. Elders of all ages, genders, races, incomes, and cultures can experience abuse.
5. Elders deserve to live free from abuse.
6. Elder abuse is **EVERYONE'S** business.
7. It takes collaboration working together with community partners, elders, family members, and the general public to build awareness, to help prevent and to respond to elder abuse.
8. There are services available to assist elders and family members.
9. You can make a difference - by being proactive, checking on your family members and neighbors, and by reporting concerns of elder abuse. **To report Elder Abuse please call 1-800-922-2275.**
10. **See Something, Say Something!**



Tom Cuddihy, Jillian Schrems, Lisa Mullin, Teresa Kourtz, District Attorney Timothy Cruz, Brockton Mayor Robert Sullivan, Janice Fitzgerald and DPW Commissioner Larry Rowley



Mayor Robert Sullivan and Teresa Kourtz



Mayor Robert Sullivan raising WEAAD banner on Main Street

OCES Board of Directors Recognition

On June 23, 2021, CEO Nicole Long, presented milestone awards at the June meeting. The Board has representation from the communities served by OCES.

Mary Collins, Janice Fitzgerald, Beverly Pavasaris and Paula Schlosser were recognized for serving on the board for 10 years. Beverly attended in person.



Beverly Pavasaris and Nicole Long

NEW SENIOR TEAM MEMBERS:



**ALISA DELAGE
CHIEF PROGRAMS OFFICER**

Ms. DeLage is a Licensed Clinical Social Worker and has been with OCES for six years. In her new role, Ms. DeLage will oversee all consumer-facing programs and staff.



**ANNA DEE
CHIEF OPERATING OFFICER**

For the past five years, Ms. Dee has held Business Improvement positions at OCES. In her new role, Ms. Dee will oversee the business operations of OCES, establishing goals and priorities for the agency. She will ensure adherence to policies set by the Board of Directors.

The Four R's Of Coping - for Caregivers

by Helen Hunter, ACSW, LSW RSS



Caregiver Relaxing:

1. **REORGANIZE:** Reorganize your life. What do you need to focus on at this time? By reorganizing your life, you can better structure your needs and the needs of others.
2. **RETHINK:** Rethink your priorities. What is most important to you? By taking a good look at what is most important in your life, you can focus and channel your energy in that area.
3. **RELAX:** Find relaxation in exercise, hobbies, meditation. What is the best way that you can find peace? By finding a method of relaxation, you can recharge your energy so that you will be better able to face daily challenges.
4. **RELEASE:** Let go! What can you let other people do? By taking a good look at what others can do, you can ask for and accept assistance.

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

Heat and Older Adults

People aged 65 years or older are more prone to heat-related health problems. If you're an older adult or a caregiver, review this information on how you or the person you're caring for can stay safe during the heat.

Why are older adults more prone to heat stress?

- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay cool, stay hydrated

- Drink more water than usual and don't wait until you're thirsty to drink non-alcoholic fluids.

Stay informed

- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

CAREGIVER CHECKLIST

Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?
- Do they show any signs of heat stress?

Content source: National Center for Environmental Health (NCEH), Agency for Toxic Substances and Disease Registry (ATSDR), <https://www.cdc.gov/nceh/>

Community Engagement

Getting involved in the community offers opportunities for socializing while also providing a sense of belonging. As COVID-19 guidance evolves and things begin to open up, here are some ideas to help you engage in the community:

- Attend local events. From art displays in the park, free concerts on the town common, Farmers' Markets and other happenings in your town - simply show up! (***see a list of Farmers' Markets on page 2***)
- Share your talent or hobby. Display your photography or teach a small group how to knit or build birdhouses.
- Join the local garden club. Expand your knowledge of flowers and plants and enjoy being part of your town's beautification process.
- Join a walking group. Not only is walking one of the best ways to keep fit, walking with a group is safer and more fun than walking alone.
- Shop local. They appreciate your business and you'll appreciate the extra attention they give you.
- Volunteer at a local organization. From the animal shelter to the food pantry, these nonprofits are in need of helping hands.

Get to know others in your community and allow them to get to know you. Participating in the community, staying engaged and connected, are all key when it comes to maintaining your well-being.

Visit www.ocesma.org for more tips.

OCES: PROVIDING SERVICES TO THE COMMUNITY SINCE 1974

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Q3 2021 NEWSLETTER



Contact Us

Give us a call for more information about our services

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