OCES Newsletter

Celebrating 50 Years of Care and Collaboration

50th Luncheon | Volunteer Luncheon | Caregiver | Falmouth Road Race

OCES' 50TH ANNIVERSARY LUNCHEON HIGHLIGHTED ITS $50,000 BEHAVIORAL HEALTH AND WELLNESS EXPANSION CAMPAIGN







Over 145 supporters came together at Hotel 1620 Plymouth Harbor in Plymouth, MA on May 1, 2024 to commemorate OCES' 50th anniversary milestone. The event included a luncheon and awards ceremony celebrating "50 Years of Care and Collaboration". Life is Good Playmaker Project creator Steve Gross was featured as guest speaker, and 95.9 WATD Radio host Rob Hakala served as emcee. As a way to celebrate OCES' 50th Anniversary, OCES was presented with citations by the following officials: Representative Mathew J. Muratore, Representative Kathleen R. LaNatra, and Michael Jackman from the office of Congressman William R. Keating. Legislative Aide James F. Breton had the honor of presenting a citation for the Senate Offices of Senator Michael Brady, Senator Susan L. Moran, and Senator Walter F. Timilty.

OCES presented "Excellence in Care" awards to individuals and organizations whose actions and/or leadership exemplified Care. The award recipients were: Leah Guercio of Hanson, Jim Forand of Carver, and Erich Miller and Paul Key accepted the award for My Brother's Keeper based in Easton and Dartmouth. OCES recognized individuals who demonstrated exceptional collaboration through their actions and leadership by presenting them with the "Excellence in Collaboration" awards. The award recipients were: David Tourtillott of Scituate; Kathy Hayes of Bridgewater; Maryjane Danahy accepted the award for Alley Kat Lane located in Kingston.

To view more pictures of the event, please visit www.ocesma.org

OCES VOLUNTEER LUNCHEON

On May 29, 2024, OCES held its Volunteer Appreciation Luncheon and Awards Ceremony with over 225 volunteers in attendance. OCES is a Certifying Organization of the National President's Volunteer Service Award (PVSA) which acknowledges outstanding volunteers and their impact on the community. OCES Volunteer Programs Manager Armindo Rocha and Volunteer Coordinator Cidalia America hosted the event and presented special honors to 15 volunteers. OCES awarded James Kinkade of Pembroke and Michael Hession of Middleboro the PVSA Lifetime Achievement Award for volunteering 4,000+ hours.

Adrienne Barros of Plymouth Center for Active Living received the PVSA Annual Gold Award for 500+ volunteer hours. OCES presented the Make a Difference Award to 15 volunteers: Therese Hodge of Brockton; Diana DiGiorgi of Bridgewater; Brianna Donachie, Evan Norman, Katelyn Saunders, Matthew Madrigal, Rachel Langlois, and Sydney Rappaport all from Pembroke; and OCES' Money Management Program volunteers Thomas Cuddihy, Gail Mather, Bill Bloor and Robert Sawyer.



ADULT FAMILY CARE ADVOCACY DAY

Staff from OCES' Adult Family Care Program participated in the Mass Council of AFC (MCAFC) Advocacy Day. Legislators were educated during the event about the importance of AFC caregivers and how it would aid MassHealth members in need.





EXCELLENCE IN CARE

Leah was presented with the 'Excellence in Care' award by OCES last month in recognition of her outstanding efforts in establishing Leah's Club, a support group for individuals at the Hanson Multi-Service Senior Center who are living with dementia.

PHOTO ID: Left to Right: Mary Collins, Hanson COA Director; Leah Guercio; Nicole Long, CEO of OCES; and from The Office of Congressman Bill Keating, Michael Jackman.

WEAAD



Every year, on June 15th, we come together to observe World Elder Abuse Awareness Day (WEAAD). OCES organized and participated in two marches in partnership with the Plymouth County District Attorney's Office, Plymouth County Sherriff's Department, Brockton Council of Aging, and the Plymouth Center for Active Living.

The "Pat Foley Advocacy Award" was given to the following recipients: Captain Kevin Manuel of The Plymouth Police Department, Battalion Chief Sean McNeill of The Plymouth Fire Department, Jerry Locchi of Long Term Care Alliance, and Attorney Kellie Sanders.

Thank you to the following sponsors: Plymouth County District Attorney's Office, Home Health Resources, Harbor One Bank, BAMSI (Brockton Area Multi Services Inc) , Rotary Club of Brockton, Luna Local 1162, PNG, Eastern Bank, Almeida & Carlson Insurance, and Rockland Federal Credit Union.

UNDERSTANDING AND MANAGING CAREGIVER GUILT

By Ivy Cosca
https://www.laweekly.com/understanding-and-managing-caregiver-guilt/



Taking care of someone with an ailment is a noble thing to do. But what isn't talked about enough is how stressful it can get. After all, being a caregiver is a huge role to take on — because they're responsible for someone's life. But it can take a toll on the caregiver. Sometimes, these unsung heroes experience "caregiver guilt." It has a wide array of causes but it mainly has a lot to do with their caregiving journey.

4 Causes of Caregiver Guilt

Caregiver guilt isn't exclusively a feeling of guilt but rather a variety of emotions that, ultimately, boils down to its root cause — being a caregiver; it can be a feeling of anxiety, sadness, or frustration. Here are some of its causes.

Being annoyed or resentful at the person (before finding out about their diagnosis)

We don't always notice right away when a person is sick. Usually, it has to take a doctor to say that a person is indeed dealing with a disease. For instance, those with relatives who have dementia often complain about their loved one being repetitive with their questions. They typically have to find out the hard way that their loved one isn't doing that to annoy or frustrate them. People who have/had family members who have been diagnosed with leukemia or motor disabilities (like cerebral palsy or multiple sclerosis) might've initially thought that their relative was merely careless for acquiring bruises or just plain clumsy for constantly tripping or having poor muscle coordination.

To read more about understanding and managing Caregiver guilt, please visit, https://www.laweekly.com/understanding-and-managing-caregiver-guilt/

OCES has stipends available for Family Caregivers

The Executive Office of Elder Affairs received federal funding through the American Rescue Plan Act to expand access to stipends for family caregivers enrolled in the Massachusetts Family Caregiver Support Program. Stipends are funds paid to the caregiver to use for respite or the purchase of goods, products, or services that provide the caregiver with a break from their caregiving responsibilities.

To learn more, caregivers can reach out to a caregiver specialist in their community by calling **MassOptions at (800) 243-4636.**

Falmouth Road Race

Sponsor the OCES Falmouth Road Race Team or Donate to a Runner!

Join us in supporting our OCES Falmouth Road Race Team! Our team is dedicated to raising funds to Behavioral Health and Wellness Programs, and we need your help to reach our goal of $10,000.

Consider sponsoring our team or making a donation directly to our runners to support their individual fundraising efforts. Every contribution brings us closer to making a difference in our community. Thank you for your support!

QR code will direct you to the OCES Team and Runners to donate!

To Sponsor the Team: Email development@ocesma.org
Interested in joining the team? Register now by filling out the commit form and start fundraising for OCES: https://lp.constantcontactpages.com/sv/g6ZrQX1

Contact Us

Give us a call for more information about our services

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