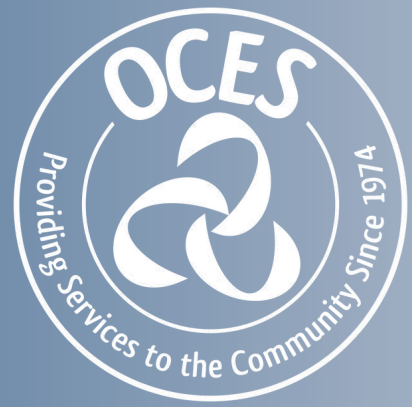


OCES Newsletter



OCES Funding Falmouth Road Race Caregiver Regional Legislative Breakfast

FUNDING NEEDED FOR VITAL PROGRAMS



OCES launched a campaign to raise awareness about funding needed to support vital programs including Home Care. In its recent press release, Mass Aging Access (MAA) called for immediate state funding to address budget shortfalls in these critical programs and services. OCES, other ASAPs and MAA informed state leaders that supplemental funds for Fiscal Year 2025 are urgently needed.

Essential services including meals, home health aide, personal care, homemaking, and care management will face significant cuts without adequate funding. Home Care services play a crucial role in helping older adults maintain their independence in their own homes and communities, rather than moving to more costly nursing facilities.

“OCES provides support to over 20,000 older adults in Southeastern Massachusetts,” said Nicole Long, CEO of OCES. “The number of older adults in need of home care services is growing rapidly and we need this funding to meet their current and future needs. Without sufficient funding, vital services will be at risk and access to the care that is needed will be limited. **(continued on pg. 2)**

We urge everyone to take action to support older adults and help ensure funding for the essential Home Care Program. Ask your legislators to ensure sufficient funding for the Home Care Program in FY25 by visiting the MAA’s website:

<https://agingaccess.org/take-action/?snw=1&ref=15f2f833-91d2-4b01-8e98-0fc828f7571e#>

Contribute to support OCES' ability to provide needed care so people can remain living in their homes. To donate to OCES visit: <https://ocesma.org/get-involved/donate>



FALMOUTH ROAD RACE

We are excited to announce that OCES will participate in the Annual ASICS Falmouth Road Race held on **Sunday, August 17th, 2025 at 8:00 AM**. The seven mile race runs along the beach from **Woods Hole to Falmouth Heights on Cape Cod**.

If you would like to join OCES' team, please complete the form linked below:

<https://lp.constantcontactpages.com/sv/g6ZrQX1>

SAVE THE DATES: WORLD ELDER ABUSE AWARENESS DAY MARCHES

Brockton

June 12th
Brockton Council on Aging

Plymouth

June 26th
Plymouth Waterfront at Tavern on Wharf

To register for the march, please visit <https://ocesma.org/news>

For more information, email Terri Kourtz at tkourtz@ocesma.org



THANK YOU TO OUR YEAR-ROUND SPONSORS!



Diman Laundry



Bluestone Bank

Friendly Care, Inc.

S&M Transportation

Law Office of Paula M.P. Schlosser

MARCH FOR MEALS



OCES' March for Meals event highlighted the local impact of Meals on Wheels and Community Dining, as well as the importance of funding needed to maintain and expand the program to assist consumers facing food insecurity.

The luncheon was held in Brockton's Belair Tower Community Room, with special guests in attendance: Senator Michael Brady's Legislative Aide, Jimmy Valentin; Representative Bridget Plouffe; Representative Rita Mendes; Plymouth County Sheriff's Staff Lori Sullivan, Becky Lee, and Euvir Fahey.

Support the Nutrition Program
\$25 = 3 Meals
Donate at
www.ocesma.org/get-involved/donate
(Select Apply my donation to Nutrition Program)

HOW CAREGIVERS BENEFIT FROM MINDFULNESS

By Fallon Health

<https://fallonhealth.org/caregivers/Caregiver-Connection/How-caregivers-benefit-from-mindfulness>



Moving from one task to the next. Crossing an item off your to-do list and immediately adding another. Dealing with crisis after crisis. There are many responsibilities and worries that go along with caregiving. It can be difficult to catch your breath—and nearly impossible to relax.

Are you able to think about how you feel or recognize the value of what you're doing? Do you feel like you can concentrate on any one task or issue? Many caregivers answer "no" to those questions because caregiving can often make you feel like you're on autopilot, with no time to reflect on what you're doing or feeling, and no ability to focus. Practicing mindfulness may help.

To read more, please visit

<https://fallonhealth.org/caregivers/Caregiver-Connection/How-caregivers-benefit-from-mindfulness>

SUPPORT GROUP FOR ALL CAREGIVERS!
HOSTED BY OCES' FAMILY CAREGIVER SUPPORT PROGRAM

Are you caring for a loved one? You don't have to do it alone.

Join our resource driven support group and connect with others that understand your journey. Share experiences, gain support, and build connections.

When: First Thursday of every month
Time: 10:00 AM – 11:00 AM
Location: Zoom & Lakeville Public Library
Zoom Sessions: 05/01, 07/03, 09/04, and 11/07
In-Person Meetings (Zoom Option): 06/05, 08/07, 10/02, and 12/04

To register, please contact:
Christian Cardosa 508-584-1561
x736 or ccardosa@ocesma.org

www.ocesma.org





OCES' Family Caregiver Support Program is hosting a support group for all Caregivers!

When: First Thursday of every month

Time: 10:00 AM - 11:00 AM

Location: Zoom & Lakeville Public Library

Zoom Sessions: 05/01, 07/03, 09/04, and 11/07

In-Person Meetings (Zoom Option): 06/05, 08/07, 10/02, and 12/04

To register please contact: Christian Cardosa 508-584-1561x736 or ccardosa@ocesma.org

REGIONAL LEGISLATIVE BREAKFAST



The local ASAPs and Mass Aging Access hosted the Regional Legislative Roundtable on March 13th to increase awareness about statewide budget priorities. OCES thanks all Board Directors for participating in this event!

Learn about the underfunded FY25 budget, placing
Massachusetts older adults at risk.

Take Action: agingaccess.org/take-action/

OCES: PROVIDING SERVICES TO THE COMMUNITY SINCE 1974

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

Q1 2025 NEWSLETTER



Contact Us

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