

OCES Newsletter



**WEAAD
Marches**

**Volunteer
Luncheon**

**Volunteer
Spotlight**

**Juneteenth
Celebration**

OCES RAISES AWARENESS DURING WORLD ELDER ABUSE AWARENESS DAY



In recognition of World Elder Abuse Awareness Day (WEAAD), OCES, in partnership with the Brockton Council on Aging, Plymouth Center for Active Living, Plymouth County District Attorney's Office, and Plymouth County Sheriff's Office, hosted two one-mile March Against Elder Abuse events in Brockton and Plymouth, with both events drawing more than 100 people in attendance. The June 16th Brockton march featured Plymouth County District Attorney Timothy Cruz, Brockton Mayor Moises Rodrigues, and the Brockton Police Department, followed by a luncheon at the Brockton Council on Aging with speakers Janice Fitzgerald, Mayor Rodrigues, District Attorney Cruz, Kathy Kats of Abbott Care, and Teresa Kourtz, LSW, MSG, OCES' Protective Services Director. The Pat Foley Advocacy Award was presented to Stephanie Cantave, a Licensed Mental Health Counselor for the Town of Easton. The June 25th Plymouth march was joined by State Representative Michelle Badger, District Attorney Cruz, Plymouth County Sheriff Joseph McDonald, and the Plymouth Police

Department. A luncheon at Hotel 1620 featured Cheryl Jones, District Attorney Cruz, and Kourtz. Pat Foley Advocacy Awards were presented to Carol Hamilton, Director of the Marshfield Council on Aging; Judy Caldas, Outreach Coordinator for the Marshfield Council on Aging; and Attorney Tim Ciaffoni. "OCES' March Against Elder Abuse events are part of our World Elder Abuse Awareness campaign to increase awareness about abuse, neglect, and exploitation of older adults," said Kourtz.

Thank you to our generous support of its sponsors! AbbottCare served as the primary sponsor, with additional sponsorship provided by Anodyne, Plymouth County District Attorney's Office, Plymouth Lions Club, Bluestone Bank, Almeida & Carlson Insurance Agency, and Diman Laundry.

OCES CELEBRATES VOLUNTEERS AT ANNUAL APPRECIATION LUNCHEON

On Tuesday, May 5, 2026, more than 140 guests gathered at Indian Pond Country Club in Kingston as OCES celebrated its dedicated volunteers during a Volunteer Appreciation Luncheon.

Armando Rocha, OCES' Volunteer Programs Manager, and Cidalia America, OCES' Volunteer Coordinator, hosted the appreciation luncheon and awards ceremony.

Volunteers were recognized for their outstanding service and commitment to helping older adults and individuals with disabilities throughout Southeastern Massachusetts.

Longevity Awards were presented to Sue and Gordie MacEwan, John Morrissey, Donna O'Leary, and Margaret "Peggy" Cook. Butch Menchin received the Annual Making a Difference Every Day Award, which recognizes outstanding service within a single calendar year by volunteers who completed 350 or more hours of service in 2025. OCES presented Make a Difference Awards to the following volunteers in recognition of their dedication to helping others and making a meaningful impact in the community: Mike and Maggie Fortuin, Carol Simmons, Ed and Tish Menz, David Condon, and Marie Madonna.

Rocha continued, "We recognize and thank all our generous volunteers for their unwavering commitment to helping others which further strengthens our communities."



OCES EXPANDS SERVICES ACROSS GREATER PLYMOUTH COUNTY AND THE SOUTH SHORE

On June 1st, 2026, OCES expanded its service area to include communities throughout Greater Plymouth County and the South Shore. Newly added service areas are highlighted in bold: Abington, Avon, **Braintree**, Bridgewater, Brockton, Carver, **Cohasset**, Duxbury, East Bridgewater, Easton, Halifax, Hanson, Hanover, **Hingham**, **Holbrook**, **Hull**, Kingston, Lakeville, Marshfield, Middleborough, **Milton**, **Norwell**, Pembroke, Plymouth, Plympton, **Quincy**, **Randolph**, Rockland, **Scituate**, Stoughton, Wareham, West Bridgewater, **Weymouth**, and Whitman.



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Alexandra Strangis of OCES Named "40 Under 40" Honoree



Alexandra "Allie" Strangis, Home Care Program Manager at OCES, was named a 2026 "40 Under 40" Honoree by Cape & Plymouth Business. She was recognized at the June 11 awards celebration alongside other emerging leaders who have made a significant impact in the region. Cape & Plymouth Business honored Strangis for her outstanding leadership and contributions to the community.

Digital Literacy Program



Older adults at the West Bridgewater Council on Aging recently completed a six-week computer training course. The program is part of OCES' ongoing initiative to promote independence, safety, and digital connectivity for older adults in our community. Participants gained valuable technology skills to help them stay connected, access resources, and navigate today's digital world with greater confidence.

WORKING AND CAREGIVING: SHOULD YOU TELL YOUR BOSS?

By Paul Wynn, AARP

<https://www.aarp.org/caregiving/life-balance/tell-boss-you-are-a-caregiver/>



When Zack Demopoulos was juggling a demanding senior human resources job at pharmaceutical giant Pfizer and the growing needs of his dad's declining health, he didn't immediately tell anyone at work what was happening in his personal life.

Eventually, the strain of caregiving began to show. The emotional toll and the frequent trips to see his parents and help his dad in North Carolina started to affect his work schedule. His boss began asking questions about his absences.

When Demopoulos, 64, finally explained that he was helping care for his dad, the reaction was not what he hoped for. Instead of empathy, he recalls getting a blunt response from his boss: "Why can't your wife handle it instead?"

The remark stunned him. For someone working in human resources, an area that often champions workplace policies meant to support employees, it was a sharp reminder that the reality of caregiving often collides with unspoken workplace expectations.

"Telling my boss was a terrible experience, and it led me to keep my caregiving role a secret," says Demopoulos, who lives in Randolph, New Jersey. Many employees wrestle with the same decision: whether revealing caregiving responsibilities will bring understanding or unintended consequences at work.

Since leaving corporate America, Demopoulos has pursued entrepreneurial ventures, coauthored *Working Caregivers: The Invisible Employees* and launched a podcast of the same name. While his dad died in 2011, he still travels to North Carolina to support his 96-year-old mom, Anna, who lives in a nursing home.

To read more, please visit

<https://www.aarp.org/caregiving/life-balance/tell-boss-you-are-a-caregiver/>

CULTURAL COMPETENCY COMMITTEE MARKS JUNETEENTH WITH ANNUAL CELEBRATION



In recognition of Juneteenth, the Cultural Competency Committee hosted its annual Juneteenth Celebration on Thursday, June 18, 2026, bringing staff together to commemorate this important milestone in American history.

The celebration featured a delicious soul food-inspired lunch catered by Southern Comfort Restaurant in Brockton, along with interactive games. The event provided an opportunity for staff to come together, celebrate culture, and reflect on the enduring themes of freedom, resilience, and community.

Q3 2026 NEWSLETTER



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Give us a call for more information about our services

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