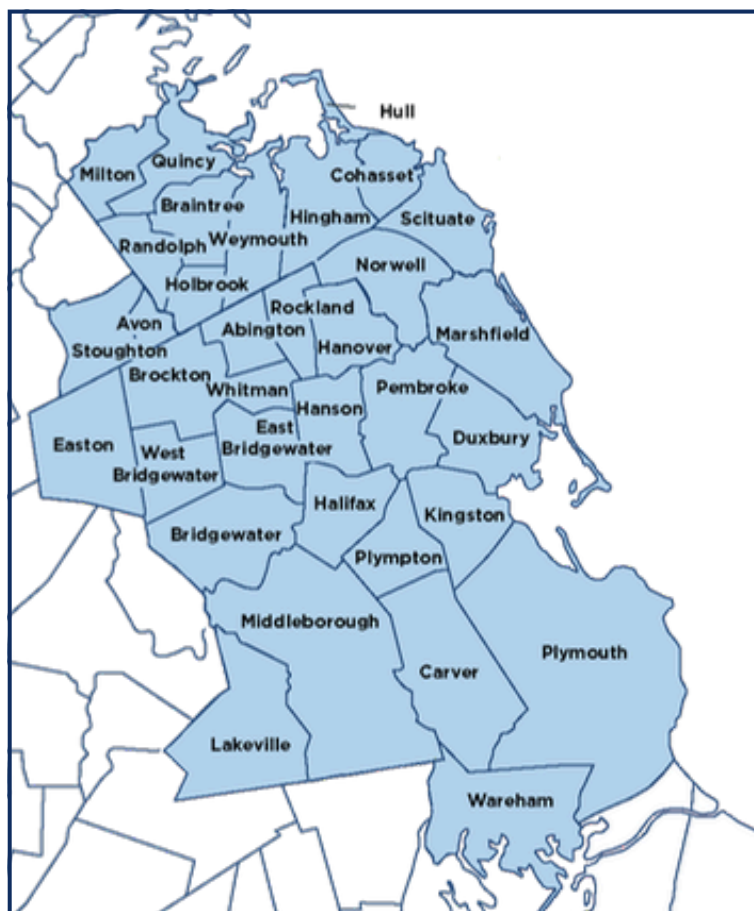


OCES Newsletter


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OCES EXPANDS ITS REACH ACROSS PLYMOUTH COUNTY AND THE SOUTH SHORE



We are excited to announce that we have expanded our service area to include 11 additional communities on the South Shore. We now offer a wide range of services to **Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate, and Weymouth.** "We are excited to welcome these new communities to OCES and to build on the important work already taking place.

This expansion allows us to reach more older adults and individuals. We are committed to providing comprehensive services and resources that enable Greater Plymouth County and South Shore residents to thrive in their own homes and in the community," said Nicole Long, CEO of OCES.

For more than 52 years, OCES has positively impacted the lives of older adults, individuals with disabilities, and their families. As we expands our reach, we look forward to building new relationships throughout our service area.

OCES invites community organizations, municipalities, providers, businesses, and other local partners to connect with the organization. By working together, OCES and its community partners can strengthen the network of support available to older adults, individuals living with disabilities, caregivers, and families across the South Shore.

OCES EARNS FOURTH CONSECUTIVE BEST PLACES TO WORK HONOR

OCES was recognized as one of 30 honorees for the 2026 Best Places to Work at a ceremony held September 10th in Plymouth. This marks the fourth consecutive year OCES has received the honor.

Honorees were recognized for workplace culture, employee appreciation, professional growth, training opportunities, and career advancement. Approximately 20% of OCES employees have been with the organization for 10 years or longer.

"OCES is honored to be awarded one of the Best Places to Work for the fourth year in a row," said Nicole Long, CEO. "OCES is a workplace committed to supporting staff, and our staff is dedicated to providing the very best for the community."

Founded in 1974, OCES has continued to evolve alongside the communities it serves. Today, more than 380 employees help deliver programs and services across 34 communities throughout Plymouth County and the South Shore. For OCES, the Best Places to Work recognition is particularly meaningful this year, as OCES has experienced significant growth in an extended service area, and our workforce continues to expand.



DAY OF CARING

Last month, OCES proudly participated in the United Way of Greater Plymouth County's Day of Caring. OCES staff spent the day painting several rooms at a Visitation Center, helping transform them into brighter, more welcoming spaces.

The project provided an opportunity for OCES staff to work together while giving back to the community. We're grateful to everyone who took part and helped make the day a success!



THANK YOU TO OUR YEAR-ROUND SPONSORS!



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GIVING TUESDAY



MARK YOUR CALENDARS!

OCES is marking ten years of participation in #GivingTuesday on December 1, 2026. Donations received through this year's campaign will benefit the organization's Emergency Funds, which provide essential assistance to older adults facing urgent needs.

NATIONAL FAMILY CAREGIVERS MONTH

In honor of National Family Caregivers Month, OCES' Family Caregiver Support Program will host a special luncheon to recognize and celebrate nominated caregivers. Be on the lookout for our special November newsletter featuring the nominated caregiver stories.

How to Cope When Caregiving Seems Endless

By Amy Goyer, AARP

<https://www.aarp.org/caregiving/basics/endless-caregiving//>



For more than three decades, Betsy Hicks-Russ has organized her life around her son. At 60, while many parents her age are settling into retirement or rediscovering freedom after raising children, Hicks-Russ still structures nearly every day around the relentless physical and emotional demands of caring for her son, Joe Prohaska, 32, who was diagnosed with autism at age 2. Joe is nonspeaking, prone to meltdowns and self-injury, and dependent on others for many basic daily tasks.

Yet the rhythm of their life together is anything but ordinary. On any given week, Hicks-Russ and her son might bike 30 miles through the Pacific Northwest, hike steep mountain trails near their home in Bellingham, Washington, or ferry to the San Juan Islands for another adventurous day.

The physicality of caregiving, Hicks-Russ says, is what many people fail to understand about parents raising adults with autism with high support needs. Unlike illnesses that emerge late in life, autism caregiving can stretch across an entire lifetime, leaving aging parents to confront an unsettling reality: There may never be an end point. "These parents are scared," says Hicks-Russ, who runs the nonprofit Autism Odyssey and hosts a parenting-focused podcast connected to The Telepathy Tapes.

While admittedly tired sometimes, Hicks-Russ has adopted an attitude of endurance, resilience and movement. Her son is her "personal trainer," the force that keeps her hiking, stretching, cycling and strong enough to continue caring for him."

To read more, please visit

<https://www.aarp.org/caregiving/basics/endless-caregiving/>

FALMOUTH ROAD RACE



OCES Falmouth Road Race Team raised an incredible \$15,000, including generous sponsorship support from Abbott Care. Funds directly support OCES Emergency Assistance Funds, helping older adults facing financial hardship that can't cover basic expenses such as medications, heating oil, food, utilities, and other necessities.



Thank you to our runners, donors, and supporters for helping make a meaningful difference in the lives of older adults in our communities. A special Thank You to Abbott Care for sponsoring our Falmouth Road Race team!

Q4 2026 NEWSLETTER



Contact Us

Give us a call for more information about our services

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