

OCES Newsletter

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MARCH FOR MEALS RAISED AWARENESS OF SENIOR HUNGER AND THE IMPORTANCE OF NUTRITION SERVICES



OCES proudly participated in the annual March for Meals campaign, a nationwide effort held each March to raise awareness and highlight the critical role of local Meals on Wheels Programs. To spotlight the impact of this essential service, Representative Lisa Field joined OCES in delivering meals to homebound seniors at Parker Terrace, located at the Easton Supportive Housing Site. The visit provided a firsthand look at how the program supports older adults in the community.

“The services that OCES delivers to seniors in Easton are essential, and the demand continues to grow,” said Representative Field. “It is a privilege to partner with OCES at Parker Terrace and see personally how the Meals on Wheels Program positively impacts lives while spending meaningful time with my constituents.”

The OCES Nutrition Program operates year-round to support the health and independence of older adults by providing nutritious meals and vital services. Each year, the program delivers more than 599,000 meals to individuals across 23 communities in Greater Plymouth County. **(continued on pg. 2)**

With the help of over 600 dedicated volunteers, more than 2,200 meals are delivered daily to homebound seniors. In addition, OCES offers meals at 18 community dining sites, creating opportunities for older adults to enjoy healthy lunches, connect with others, and participate in group activities. We're proud to share that we have raised \$6,000 for the March for Meals campaign. A special thank you to Representative Field for delivering meals, and to everyone who donated in support of the campaign!



FALMOUTH ROAD RACE

OCES will be part of the annual **ASICS Falmouth Road Race** on **Sunday, August 16, 2026** at **8:00 AM**. Runners who join Team **OCES** commit to a \$1,500 fundraising minimum to support our programs.

Interested in running with the team? Please click on the link below.

<https://lp.constantcontactpages.com/sv/rcCzbv8>

SAVE THE DATES: WORLD ELDER ABUSE AWARENESS DAY MARCHES

Brockton

June 16th
Brockton Council on Aging

Plymouth

June 25th
Hotel 1620 in Plymouth

To register for the march, please visit:

<https://lp.constantcontactpages.com/ev/reg/4yxmy97/lp/316ca970-8447-460b-a631-72d3cf8a2018>



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LOBBY DAY



On Wednesday, May 6, 2026, OCES will join Mass Aging Access for Lobby Day at the State House. Held in partnership with AARP Massachusetts, Massachusetts Councils on Aging, Mass Senior Action Council, and the Older Adult Behavioral Health Network, the event supports advocacy for policies that benefit older adults across the Commonwealth. You can make a difference and take action by visiting <https://agingaccess.org/take-action/>

OCES OPEN HOUSE



Last month, OCES hosted a successful internal Open House for staff at our Court Street Plymouth office. OCES will host a public Open House at a later date. Thank you to everyone who joined us!

HOW CAREGIVERS CAN PRESERVE DIGNITY

By Paul Wynn, AARP



Maintaining dignity for individuals living with dementia or other chronic illnesses can be complex, as these conditions often affect cognitive, physical and emotional functioning. Over time, the person may lose abilities that once defined their independence and sense of self, which can be distressing for both the individual and their caregivers.

Nancy Kriseman, a licensed clinical social worker and author of *The Mindful Caregiver: Finding Ease in the Caregiving Journey, Second Edition*, believes that true dignity in caregiving comes from knowing the person, what they love, what comforts them and what gives them meaning and honoring that as their abilities change. Drawing from 17 years of caring for her mother with Alzheimer's, Kriseman emphasizes that dignity care isn't about appearances or rigid rules; it's about respect and individuality.

Loss of autonomy. Difficulty making decisions about daily activities, finances or medical care can leave individuals feeling powerless.

Personal care challenges. Assistance with bathing, dressing, toileting or feeding can feel invasive and embarrassing. Caregivers may inadvertently rush or demean the person during these routines, compromising dignity.

Communication barriers. Cognitive decline or speech difficulties can make it hard for individuals to express needs or preferences. Ignoring or talking over the person, rather than listening patiently, diminishes their sense of worth.

Social isolation. Withdrawal from friends, family or community activities can lead to loneliness and feelings of being a burden. Environments like nursing homes sometimes fail to provide meaningful social engagement.

To read more, please visit

<https://www.aarp.org/caregiving/basics/caregivers-protect-dignity/>

HAPPY EARTH DAY!



Earth Day, **Wednesday, April 22**, is a time to raise awareness and take action to protect our planet.

Clean air, clean water, and a healthy environment are essential for all. Everyone has a role to play, and small actions can make a real impact. There are many ways to get involved on Earth Day, from attending a local event to making simple, sustainable choices in your daily life.

Q2 2026 NEWSLETTER



Contact Us

Give us a call for more information about our services

OCES

144 Main Street
Brockton, MA 02301
(508) 584 1561
ocesinfo@ocesma.org

Visit us on the web at
www.ocesma.org

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