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CHANGES AT HOME CARE—A NEW DECADE

GREGORY A. GIULIANO, EXECUTIVE DIRECTOR



Gregory Giuliano began serving as the agency's Executive Director at the start of this year. He served as the agency's Assistant Director for the past year and brings with him over 28 years of experience managing statewide programs for elders and younger disabled adults.

Mr. Giuliano holds a Master's degree from the State University of New York at Albany's School of Public Affairs and a Bachelor of Arts in Political Science from Niagara University in Niagara Falls, New York. He has been a member of the Board of Directors for the National Committee for the Prevention of Elder Abuse, the American Bar Association's Advisory Committee on Legal Problems of the Elderly, and a member of the Northwestern District Attorney's Task Force on Protective Services. He has extensive policymaking, budgeting, and management experience as well as a wealth of information pertaining to elders and the younger disabled populations.

Mr. Giuliano acknowledges he is faced with budgetary challenges this next year in the agency but will continue to advocate to secure the resources needed for those elders and younger disabled adults for which the organization is responsible for serving as best he can.

Mr. Giuliano is married to Denise Baker and has one daughter and one grandson.

MARY L. NEAL, ASSISTANT DIRECTOR

Mary L. Neal has been hired as MHCC's Assistant Director. Ms. Neal is a returning employee to MHCC, having worked for six years here, three as a Crisis Intervention Counselor and three as a case manager before moving on to the Executive Office of Elder Affairs in 1983. There, she participated in the development of the Protective Services Program from its inception. She also provided guidance and direction for five non-profit agencies in developing their protective services programs, including MHCC. She has worked extensively with the other program units such as the Long-Term Care and Assisted Living Ombudsman, Council on Aging, housing, and State Home Care. She also was the training coordinator for protective services staff. From 1983 to 1996 and again from 2008 until the present, she was the area's Regional Protective Services Manager where she worked to manage contracts for Elder Protective Services and Guardianship programs, assessing budgets and staffing needs of assigned agencies, and participating in the annual decision process regarding allocation of funds.



Ms. Neal is a Licensed Certified Social Worker and has a Master's in Counseling and Bachelor's in Psychology with a minor in Special Education from Fitchburg State College. She lives in Ashburnham with her husband Al.

TO CONTACT US:
680 Mechanic St.
Leominster, MA 01453
978-537-7411
1-800-734-7312
1-800-AGE-INFO
TTY# 978-534-6273
mhcc@mhcc-1.org



CAREGIVERS IN THE COMMUNITY

Caring for the Caregiver

Caring for themselves is one of the most important things any caregiver can do. Caring for a loved one can be very rewarding as well as being very stressful. Research has shown that caregivers often become sick and die before the person for whom they are caring.

Caregivers need to reduce the stress associated with their caregiving role. They have to find ways to relax and get pleasure from small everyday activities. They should try to find something they can be thankful for each day. Once a week they should plan an enjoyable activity so they have something to look forward to. And caregivers need to laugh throughout the day. Finding something to laugh about may not be easy, but laughter is therapeutic and reduces stress.

The Caregiver Support Program at Montachusett Home Care is free and offered to anyone caring for an aging adult age 60 and over. The Caregiver Support Group meets the third Thursday of each month from 10:00 a.m.-11:15 a.m. at MHCC, 680 Mechanic Street, in Leominster. Contact Joyce Ryan, Caregiver Support Program Coordinator for more information (978) 466-5434.

Helpful things caregivers can do for themselves

- Ask for help when you need it and be specific about what you need help with.
- Join a caregivers' support group to talk with other caregivers.
- Spend time with friends and keep up with your interests and hobbies.
- Eat healthy foods and get exercise as often as you can.
- Watch movies that make you laugh.
- Take care of your own health and see your own doctor regularly.

3RD ANNUAL "AS WE AGE" HEALTH EXPO HELD

On May 5th from 5-7 p.m., Montachusett Home Care held its 3rd annual "As We Age" Health Expo 2010. This year's event offered free food, health screenings, health information, insurance information as well as 5 workshops for



Above, MHCC Executive Director Gregory Giuliano and Caregiver Specialist Joyce Ryan converse with participants at the Health Expo. Ms. Ryan was instrumental in helping to put together this year's event.

family members caring for aging parents and relatives. The Workshops included: Legal Issues – How To Begin; Fraud – Don't Be A Victim; Dementia and Memory Loss; Driving - When To Have That Conversation With Your Parent; and Research – Nutritional Supplement

and Memory Loss. Screenings included hearing, vision, blood pressure, blood sugar, bone density, pulmonary, stroke, and more.

Sponsors for this year's Health Expo included: Medical Arts Hearing Instruments, HealthAlliance Hospital, Fallon Community Health Plan, LoJack, ADCARE Community Services, Hannaford Supermarket and Pharmacy, and Allen's Department Store.

OLIVE GARDEN OPENS ITS HEART TO CAREGIVERS



Leominster—Robert Novacek, General Manager of the Olive Garden in Leominster, got to see the excitement and delight of the 14 caregivers who attended a luncheon outing held in January as guests of the Olive Garden in Leominster.

Mr. Novacek was recognized for his generosity by Joyce Ryan, Montachusett Home Care's Caregiver Support Program Coordinator. Mr. Novacek was presented with a framed Thank You, recognizing him for supporting elders and their caregivers living in our region. Ms. Ryan said she was impressed, too, with the restaurant's "attentive staff" who treated the group "like royalty." She told Novacek he and his staff helped make this luncheon outing "the most pleasurable event these caregivers have experienced for some time."

FROM THE EXECUTIVE DIRECTOR'S DESK



Dear Friends: As the new Executive Director of Montachusett Home Care, I want to express my appreciation to all of you who work with us and support our goal of enabling elders and disabled persons to remain safely in their own homes through the provision of in-home and community-based services. Although reductions in state funding have placed some limits on our ability to provide needed services, we still offer a wide array of care options to help elders and disabled adults stay in their own homes and avoid unnecessary nursing home placement.

Our home care programs provide assistance to individuals who need help with tasks such as bathing, dressing, toileting, meal preparation, grocery shopping, laundry and housekeeping. It is important to note that home care services are not only what elders, disabled persons and their families want, but they are also cost-effective. Since the year 2000, nursing home patient days in Massachusetts have declined by 25% due to the availability of in-home and community-based services, for a net savings to the Commonwealth of almost \$350 million in Medicaid expenditures. It is our hope that some of these savings will be used to expand the availability of home care services for all persons who need them.

In addition to our home care programs, we also offer services and supports to family members and others who act as caregivers for frail elders and other vulnerable adults. We provide a range of supportive housing options for eligible elders and disabled persons who cannot live alone but do not require nursing home care. Our Elder Protective Services Program is available to assist elders who are living in the community and may be victims of abuse, neglect, or financial exploitation. We also administer a Nursing Home Ombudsman Program that assists nursing home residents in resolving complaints about the care they are receiving. Finally, we have a comprehensive Information and Referral Service to assist elders and disabled persons locate any service or benefit they may need in our service area, whether it is provided by us or another agency or provider.

In closing, I want to thank all of you for the support and assistance you have given to Montachusett Home Care during its 35 years of service. I also want to encourage all of you to continue to make referrals to us on behalf of elders and disabled adults who need our help. Call us at 978-537-7411 to make a referral or for a free consultation.

Sincerely,

Gregory Giuliano
Executive Director

MHCC IN THE COMMUNITY

RESIDENT DIRECTED CARE

A nursing or rest home is a “home” for a group of people who should receive professional care and enjoy a good quality of life. One of the best ways to achieve “resident directed care” is by responding to and caring for each resident individually and safeguarding each resident’s right to make choices in his/her care and in his/her environment.



*Diane Reed,
LTC Ombudsman Director*

Letting residents determine their daily activities and schedule as well as promoting self-care and mobility will help residents feel better about themselves, their caregivers, and their “home”.

For more information about Resident Directed Care contact Diane Reed, Nursing Home Ombudsman Program Director at 1-978-466-5406.

Resident Directed Care includes:

- Building meaningful relationships between residents, staff, and families
- Eliminating loneliness, helplessness, and boredom in residents
- Empowering residents to take charge of their daily lives as much as possible
- Establishing familiar and comfortable routines for individualized care

VOLUNTEERS HONORED



*Sheila Martin,
Money Management
Assistant Coordinator*

MHCC’s Volunteer Department recognized its volunteers at a luncheon at the Montachusett Regional Vocational School in the Mountain Tea Room in Fitchburg in April. This is an opportunity for the agency to thank its volunteers in the Ombudsman, Money Management, Community Volunteer programs, the agency’s Crisis & Money Management Advisory Committees, and MHCC’s Board of Directors who faithfully serve elders in the Montachusett area throughout the year.

MHCC Companion/Escort Program

MHCC’s Companion/Escort Program provides services to homebound community older adults, age 60 and over as well as disabled adults to enable them to continue living independently in their homes through a range of services including companionship, escort service to and from medical appointments, shopping assistance, and phone reassurance.



*Peggy Glowacki
Volunteer Administrator*

This component of the wide range of services offered by MHCC has served hundreds of elders since its inception in 1979. Some volunteers serve as friendly companions, making weekly visits to housebound elders. Our clients look forward to their volunteer’s weekly visit, often saying it is the highlight of their week. Other volunteers serve as escorts to medical and other appointments, removing transportation worries as one of the most articulated reasons for stress among older adults who can no longer drive.

If you find that you have a little or a lot of time available and would like to contribute to your community by serving the elderly population, we would love to talk to you. As one of our volunteers recently told us, “I have volunteered for MHCC for ten years, and I want you to know that I benefit as much or more than the client does!”

We welcome your involvement. For more information, please contact Peggy Glowacki, Volunteer Program Administrator at 1-978-466-5471

LEGISLATORS MAKE VALENTINE VISITS TO CLIENTS

Area legislators made scheduled visits to MHCC consumers during the agency’s “Home Is Where the Heart Is” Valentine’s Day Visits during this past February. The visits are designed to give legislators of the Montachusett area an opportunity to see more than a “bunch of facts and figures” when it comes to home care. It provides them with the human face of home care, giving them a chance to meet people in their district who depend upon home care services as well as the people who make it happen.



Above, Representative Stephen DiNatale of Fitchburg made a visit to see Constance Cote of Fitchburg (center). Also visiting Ms. Cote was MHCC Case Manager Deb Lahtinen (standing right) and MHCC Executive Director Gregory Giuliano (left).

MHCC HOLDS ITS 11TH ANNUAL GOLF TOURNAMENT



Above: MHCC Employee Patricia Keating readies herself to putt while two of her foursome watch her play. Tricia's foursome came in 7th overall during the tournament.

Jr., Kevin Hamblin, Patrick LaPointe, and David Morrow. Coming in 4th place with a score of 65 from Fitchburg was the foursome David McCaffrey, Mark Chartrand, Chuck Carroll, and Stephen Hay. Winning 5th place in the event with a score of 65 was the foursome of Woodcome Insurance of Leominster consisting of golfers Edward Woodcome, Terry O'Callaghan, Edward Howard, and Len Flinkstrom. In 6th place with a score of 66 was the Independence Health Care Foursome of Worcester consisting of golfers Trevor Ruggles, David Harmon, Raymond Boly, and Raymond McClusker. Coming in 7th place with a score of 67 were golfers Patricia Keating, Steve LaCross, and Scot Maynard of Leominster, and Bobby Del Giudice of Lunenburg.

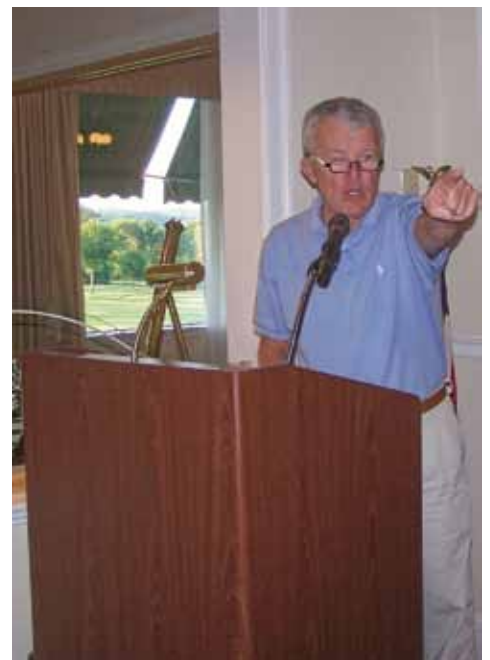
Winner of the Longest Drive for Men was Edward Woodcome of Leominster and for Women, Gaby McQuillan of Medical Resources of Newton. The 50/50 hole winner was John Warters of New Bedford.

At right: Representative Robert Rice begins the bidding process at the tournament's auction. The agency collected over \$4,400 from the auction.

Montachusett Home Care held its 11th Annual Golf Tournament at the Oak Hill Country Club on June 7, 2010. The weather was perfect with partly sunny skies and a cool breeze for the 84 golfers who found their way around the course for the day.

Joining golfers after the tournament was Representative Robert Rice of Gardner who offered his services as Auctioneer for the evening program following dinner.

Winning 1st place with a score of 60 at the tournament was the foursome of Robert Williams, Greg Mason, Peter Belanger, and Joseph Belanger. Placing 2nd overall in the tournament with a score of 61 was the team of Dr. Robert Babineau, Michael Hebert, Henry St. Cyr, and Jim Testa from Fitchburg. The MaGuire Group of Leominster placed 3rd with a score of 64, consisting of golfers James Lanciani,



CONSIDERING MAKING A GIFT TO MHCC ?

HONOR A LOVED ONE OR CELEBRATE A SPECIAL OCCASION
FOR MORE INFORMATION CONTACT:

Lori Richardson, Fiscal Manager @ 1-978-466-5409

Please make checks payable to Montachusett Home Care
THANK YOU! YOUR GIFT IS GREATLY APPRECIATED
ALL DONATIONS ARE TAX DEDUCTIBLE AS ALLOWED BY LAW.



MONTACHUSETT HOME CARE CORPORATION

978-537-7411 • 800-734-7312

MEET MHCC'S SUPERVISORS: Providing a total of 162 years of service to MHCC elders



Diane
LaFortune

30 years



Judith
Brennan

30 years



Patricia
Keating

27 years



Donna
O'Brien

26 years



Nancy
Tolos

20 years



Kathleen
Jones

12 years



Jeanine
DiMarzio

11 years



Patricia
Lamoureux

6 years

This agency and its programs are funded in whole, or in part, by contracts with (or by grants from) the Massachusetts Executive Office of Elder Affairs.
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**Community Based
Services for Elders**
Adult Family Care
Care Management
Caregiver Support
Housing & Residential
Information & Referral
In-Home Services
In-Home Assessments
LTC Ombudsman
Money Management
Personal Care Attendant
Protective Services
Volunteer Programs

Montachusett Home Care
Crossroads Office Park
680 Mechanic Street
Leominster, MA 01453-4402



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