

Senior Volunteers Help Our Communities Thrive

From newly-retired to octogenarians, seniors are finding meaningful ways to help the people and organizations that need them the most. Senior Corps is a national program that connects people fifty-five and older with service opportunities in their communities. Through programs such as Foster Grandparents, Senior Companions and RSVP (Retired and Senior Volunteer Program), Senior Corps helps meet the needs and challenges of our communities from reading to a child to driving disabled veterans.

"We create opportunities designed to help both volunteers and their clients stay healthy, connected and engaged," said Tyisha Jones-Horner, Boston RSVP Assistant. "Our volunteers are selfless and they do great things in the community."



RSVP Volunteers 55 and older provide transportation services for disabled veterans among many other volunteer opportunities. Corporation for National and Community Service Photo.

older become mentors, teachers or companions to people in need, or contribute their skills and experience to community projects and organizations. Volunteers decide how much time to give and in return they receive guidance and training to make a contribution that suits their talents, interests, and availability.

Created under President John F. Kennedy, Senior Corps currently links more than 270,000 seniors to service opportunities in which their skills, knowledge, and experience contributes to individuals, nonprofits, and faith-based and other community organizations nationwide.

Senior Corps Programs

Senior Corps helps people fifty-five and

Continued on page 2.

WEYMOUTH COFFEE WITH A COP PROGRAM BUILDS RELATIONSHIPS ONE CUP AT A TIME

In an effort to build trust and open lines of communication between the community and the police department, the Weymouth Police Department is inviting residents, civic groups and business owners to sit down and have "Coffee with a Cop."

Story on page 4.

PAT ROCHE HOSPICE HOME IN HINGHAM IS A HOME FOR PATIENTS WHO CANNOT STAY AT HOME

The Pat Roche Hospice Home, set on Turkey Hill in Hingham, is a home for patients during their last days, weeks or months of life who cannot remain within their own home for end-of-life care.

Story on page 6.

THE KENNEDY SENIOR CENTER IN QUINCY IS A PLACE TO MAKE NEW FRIENDS

Oftentimes, one of the most difficult things for elders is losing their friends.

Story on page 7.

Keohane

FUNERAL HOME
Quincy, MA

McDonald Keohane

FUNERAL HOME
Weymouth, MA

Pyne Keohane

FUNERAL HOME
Hingham, MA

Senior Volunteers Help Our Communities Thrive

Continued from page 1.

Through grants and other resources Senior Corps provides funding for the following programs:

Foster Grandparents: Seniors become role models, mentors, and friends to children in need and provide the comfort and love needed to help a child toward a successful future. The program helps volunteers fifty-five and over to stay engaged by serving children and youth in their local communities. Volunteers help children learn to read by providing one-on-one tutoring; mentor troubled teenagers and young mothers; care for premature infants or children with disabilities; and help children who have been abused or neglected

Foster Grandparents serve from fifteen to forty hours per week in locations such as schools, hospitals, juvenile correctional institutions, daycare centers or Head Start programs. Volunteers receive orientation and training plus supplemental accident and liability insurance, as well as meals while on duty. Volunteers who meet certain income guidelines also receive a small stipend.

RSVP: One of the largest volunteer networks in the nation for people fifty-five and over, RSVP offers a full range of volunteer opportunities with both local and national organizations. Volunteers use the skills and expertise they've learned over the years or develop new ones while serving in a variety of volunteer activities such as delivering food to food pantry clients; offering friendly companionship services to other people in the community; and providing dignified transportation to individuals who are sixty-five or older.

RSVP volunteers choose how often they want to serve with commitments ranging from a few hours a week to forty hours a week. Volunteers receive ongoing training and support;

reimbursement of a portion for transportation and meal expenses incurred while volunteering; and free supplemental accident insurance while on duty.

Senior Companions: Volunteers fifty-five and over make a difference by providing assistance and friendship to adults who have difficulty with daily tasks and help these adults remain in their homes. Senior Companions give families or professional caregivers much needed time off, run errands, and provide friendship for their clients.

Senior Companions provide fifteen to forty hours per week of assistance to help an average of two to four adult clients live independently in their own homes. Volunteers receive pre-service orientation and training from the organization where they serve, supplemental insurance while on duty, and may qualify to earn a tax-free hourly stipend.

Becoming a Senior Corps Volunteer

If you are fifty-five or older and want to help the people and organizations most in need, the first step is to contact



one of the local agencies listed below that administer each of the Senior Corps programs for the South Shore communities.

Boston ABCD Foster Grandparents:

The Foster Grandparents program matches low-income senior volunteers fifty-five and over with children in schools, daycare centers, hospitals, and Head Start sites for twenty hours each week. Foster Grandparents spend this time offering mentorship, guidance, and companionship to young people and take part in recreational and social activities together.

Contact: Kathleen Doherty, Program Manager of Foster Grandparents Program

Phone: 617-348-6784

Email: kathleen.doherty@bostonabcd.org

Website: <http://www.bostonabcd.org/foster-grandparents.aspx>

Norfolk County RSVP: Various volunteer opportunities are offered for people fifty-five and over in twenty-eight cities and towns at over fifty volunteer sites. Volunteer opportunities include American Red Cross sites, mentoring pre-release inmates, tutoring elementary school children, drivers for Veterans, meals on wheels, friendly visiting, non-profit support services and more. Volunteers may serve as little or as much time as they like.

Contact: Robert Pierson, Outreach/Recruitment Coordinator

Phone: 781-329-5728

Website: <http://www.norfolkcounty.org/index.cfm?pid=10683>

Senior Companion Program/Commission on Affairs of the Elderly:

Senior Companions serve twenty hours a week helping the elderly and other homebound persons who have difficulty completing everyday tasks such as grocery shopping, bill paying, and transportation to medical appointments. Senior Companions can

Continued on page 3.

SHINE Program Advises Seniors on Health Insurance Options

Navigating Medicare and other insurance options for senior citizens can be confusing. Luckily, trained volunteers provide free health insurance information, counseling and assistance to Massachusetts seniors and their caregivers through the SHINE Program (Serving the Health Insurance Needs of Everyone).

The SHINE Program assists elders and individuals with disabilities in understanding their Medicare and MassHealth benefits and other health insurance options. SHINE, a state health insurance assistance program,

serves over 300 seniors annually and ensures that Massachusetts seniors with Medicare and their caregivers have accurate, unbiased and current information about their health care options.

The SHINE program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with local Councils on Aging and other elder service and social service agencies.

SHINE Counselors

SHINE Counselors are volunteers who are trained and certified by the Executive Office of Elder Affairs in many areas of health insurance, including

Medicare Part A, Part B, and Part D; Medigap insurance; Medicare HMOs; retiree insurance plans; prescription drug programs; Medicaid; Medicare assistance programs; and other programs for people with limited incomes.

Contact a SHINE Counselor

SHINE Counselors are available at local Councils on Aging, senior centers, elder service agencies, hospitals and other community based agencies. Individuals can make an appointment to meet with a SHINE counselor in person, via telephone or email. To schedule an appointment with a counselor call: 1-800-AGE-INFO (1-800-243-4636) and press 3 or contact your local Council on Aging:

Hingham Council on Aging

224 Central Street,
Hingham, MA 02043
781-741-1458

Quincy Council on Aging

83 Saratoga Street
Quincy, MA 02171
617-376-1245

Weymouth Council on Aging

182 Green Street
Weymouth, MA 02189
781-682-6140

Chinese-speaking individuals can call the Greater Boston Chinese Golden Age Center at 617-357-0226.



Senior Volunteers Help Our Communities Thrive

Continued from page 2.

also provide short periods of relief to primary caregivers. Because of this program, thousands of citizens are able to live with dignity in their own homes. The Senior Companion Program is open to healthy individuals age fifty-five and older with limited incomes.

Contact: Gloria Rice-Stuart, SCP Director

Telephone: 617-635-3987

E-mail: Gloria.Stuart@cityofboston.gov

Website: <http://www.cityofboston.gov/elderly/companion.asp>

For a complete list of all Massachusetts Senior Corps programs visit the The Massachusetts Service Alliance website or call 617-542-2544.

Follow Senior Corps

Keep connected with Senior Corps to see what they're doing across the

country. You can "like" their Senior Corps Facebook page or follow them on Twitter @SeniorCorps. You can also visit the Senior Corps website for more information.

Volunteering leads to new discoveries and new friends and keeps our communities vibrant. And studies show that volunteering helps seniors live longer and promotes a positive outlook on life. So get involved, and join Senior Corps in time for the holidays.

Weymouth Coffee with a Cop Program Builds Relationships — One Cup at a Time

In an effort to build trust and open lines of communication between the community and the police department, the Weymouth Police Department is inviting residents, civic groups and business owners to sit down and have “Coffee with a Cop.” The program is intended to increase communications, address community concerns, and relay important information in a one-on-one interaction with police officers in a comfortable, local setting.

“It’s all about building bridges with the public and the police,” said Sgt. James St. Croix who was appointed to head the Community Outreach unit this summer.

Since the program started in early August, St. Croix has had one or two meetings a week with individuals, couples and community associations in local coffee shops. St. Croix wants to make the meetings easy to attend and chooses meeting places close to where the resident lives or works.

The most common question from the public is about the opiate addiction problem and what police are doing about it. “There have been 160 overdoses so far this year resulting in 18 deaths,” said St. Croix. “There is definitely an issue with addiction.”

Weymouth police have several initiatives to help combat the growing and often deadly addiction issue, including **DART** (Drug Addiction Resource Team) and **FAST** (Family Addiction Support Team). The DART program helps open the door for drug addicts to get into detox programs and the FAST packet provides families with information on available programs and resources.

As part of the DART program, every front-line cruiser carries Narcan, or Naloxone, and all officers are trained in the use of Narcan to help prevent deadly overdoses. St. Croix said that the department is in the process of



Officer Jennifer Pompeo and Sgt. Jim St. Croix of the Weymouth Police Public Outreach Unit meet one-on-one with Weymouth citizens over coffee.

training citizens to administer Narcan as well.

The Coffee with a Cop program allows officers the opportunity to talk to residents about all the programs that the police department offers. “People don’t know all the efforts being made in the background [by the police department],” said St. Croix.

Janet Biciocchi O’Melia commented online: “Such a great program to start in Weymouth, Hat’s off to the Weymouth Police department for getting involved with the community, and having your coffee with a cop in a great neighborhood corner coffee shop like Dawn til Dusk.”

Building on a Good Idea

Coffee with a Cop originated in 2011 in Hawthorne, California when police were brainstorming ways to interact more successfully with the public that they served. Since that time, Coffee with a Cop events have been hosted in more than 2000 communities in 48 states.

While most communities hold one or two events a year in a group setting, St. Croix put his own spin on the idea

by offering one-on-one meetings once or twice a week. St. Croix often brings additional officers to the coffees depending on the subjects of interest which residents indicate on the application form. For instance, when a resident wanted to discuss animal cruelty, St. Croix brought the Weymouth Animal Control Officer along. St. Croix wants to eventually incorporate the entire department.

The other officers in the Public Outreach unit include Officer Jennifer Pompeo; Safety Officer Joe Favreau; Middle Schools Resource Officer James Flanagan; and Weymouth High School Resource Officer Patricia Critch.

Have Coffee With a Cop

Citizens can sign up to have coffee in their neighborhood with St. Croix and other officers. Applications can be submitted via mail, email or dropped off at the station at 140 Winter Street in Weymouth. **More information about the program and the application form is available at <http://www.weymouth.ma.us/home/news/coffee-with-a-cop> or by calling St. Croix at 781-927-6287.**

OUR TEAM

Kathy Kane



Kathy first realized she wanted to be a funeral director after a death in the family when she was a young child. "I always wanted to be a funeral director since I was young," said Kathy. "It's more like a calling than anything else."

"Kathy was born to be a funeral director. Her pure compassion for every family she serves is evident in the way they respond to her care, concern, and professionalism. We were all fortunate to learn from Kathy how to truly treat each family as being unique. Watching her grow as a funeral director over the years has inspired all of us," said John.



"I always wanted to be a funeral director since I was young," said Kathy. "It's more like a calling than anything else."

Kathy has the honor of serving families starting with the initial phone call which gives her the opportunity to get a sense of the family's state of mind. Next, Kathy will set up an appointment to meet with the family to find out more about their background, their religious beliefs, their relationship with the deceased and to help plan the funeral service. She may meet with them again

to answer questions, collect clothing or follow through on special requests. Kathy will then direct the funeral, from setting up the visitation and running the service to attending the burial or cremation with the family.

Kathy enjoys being part of the Keohane team because it's a family-owned business that goes the extra mile with their families. She likes that Keohane is open to new suggestions and stays on top of the latest technology. "The other day I had a family come in for visiting hours who said that they'd really love to have violin music playing. I just had to make a phone call and within two minutes Dennis had violin music playing throughout the funeral home. It's nice to be able to have that talent and technology to be able to fulfill any family's needs at the last minute. The family was thrilled and couldn't believe we could get that accomplished so quickly. It was a nice thing to be able to do," said Kathy.

Kathy grew up in South Boston and attended Catholic schools growing up. She went to Northeastern University and studied biology. After graduation, she worked in a law firm, but since she had always wanted to be a funeral director, she soon enrolled at the New England Institute of Applied Sciences, a two-and-a-half-year program. Kathy then attended Labouré College for nursing while working full-time at Keohane. Kathy is also a registered nurse and works per diem in nursing as a second job. Kathy feels that nursing is closely related to funeral service since helping patients is also about taking care of their families.

When she's not working as a funeral director or nurse, Kathy loves to read, to travel, and even to clean her house. She has many nieces and nephews and enjoys being the favorite aunt.

Kathy Kane of Pembroke has been a funeral director at Keohane Funeral Home for twenty-nine years, beginning with a one-week internship while a student at the New England Institute of Applied Sciences in Kenmore Square, which has since merged with Mt. Ida College in Newton. Following her internship, Kathy worked at Keohane at night while finishing school. She went on staff full-time after her graduation from funeral service school.

"A great funeral director needs to be a keen listener, must offer caring professional guidance, use humor appropriately and have the ability to quickly bond with a grieving family. Kathy is the epitome of each area. To watch her work is to see someone who lives her passions," said Co-president John Keohane.

Over the years, Kathy has maintained strong bonds with many of the families she has served. She stays in touch after the funeral to see how they are doing and still receives Christmas cards from families she served over twenty years ago. Often families will request to work with her again when there is a subsequent death in the family.

"Whenever I'm out, I'm always running into families that I served. Over twenty some years, you serve a lot of families. Now that I live on the South Shore I see more and more families. They always remember and always come over and thank you for taking them through a difficult time in their life," said Kathy. "It's a very rewarding profession to be in."

Pat Roche Hospice Home in Hingham is a Home for Patients Who Cannot Stay at Home



The Pat Roche Hospice Home is situated atop Turkey Hill in Hingham.

The Pat Roche Hospice Home, set on Turkey Hill in Hingham, is a home for patients during their last days, weeks or months of life who cannot remain within their own home for end-of-life care. It is a lovingly restored historic home surrounded by a verdant lawn and peaceful gardens overlooking scenic views of the Weir River Farm Reservation and Hingham Harbor with the towering Boston skyline on the horizon.

Opened in 2013, the twelve-bed hospice residence was the first non-profit hospice home to serve the South Shore and provides a home-like setting to those unable to remain at home at the end of life. The Pat Roche Hospice Home is open to anyone currently under hospice care or qualified to receive hospice services who cannot stay at home. This may include elderly people whose spouses can no longer provide the care necessary; people without family or friends nearby to help them; and even young parents who do not want their children to experience death in the family home. The reasons for a hospice home vary but the purpose is the same — to enable everyone to die with dignity and comfort in a home-like setting.

"It was this very need — the lack of a home-like residence on the South Shore

for hospice patients to live in when remaining at home was no longer an option — that prompted the NVNA and Hospice to develop this residence," said Joan Wright, Director of Marketing Communications for the Norwell Visiting Nurse Association and Hospice.

Hospice Care Within the Hospice Residence

The Pat Roche Hospice Home is part of the Norwell Visiting Nurse Association and Hospice (NVNA), which is the only independent nonprofit home health care agency serving Boston's South Shore. The hospice team, including nurses, social workers, and chaplain, continues to care for the hospice patients residing at the Pat Roche Hospice Home with the same level of care that is provided to patients living in their own homes. In addition, the residence has a full staff that includes nurses and home health aides around the clock so that care can be provided anytime day or night as needed. The hospice services and support are tailored to meet the specific needs of each of the patients and their families. The focus of care is on providing the physical, emotional, social and spiritual support needed at end-of-life. Professional medical care includes pain management and symptom relief while emotional

and spiritual support offers comfort and strength to patients and their families.

Patients have their own private room with private bathroom, and they can also utilize common areas such as, the library, tea room, music room, porch, chapel, and beautiful surrounding grounds, where family can gather to visit and relax.

Family members are invited to spend as much time as they'd like at the residence. Each patient's private room has a recliner chair in which family members can rest, nap, and even stay overnight. A family kitchen, dining area and entertainment room are designed specifically for family and friends of patients. In addition, there are two family suites available where family members who may have travelled from out of state can stay for a nominal fee.

While Medicare pays for the medical care delivered to the hospice patient, the same coverage for the patient's own home, it does not cover the expense of the room and board. The daily room and board rate for the non-profit hospice residence is \$300 which is considerably less than the room and board cost for a hospice bed in a skilled nursing facility.

A Lovingly Restored Home With Many Exquisite Details

The house was built in the early 1900's by the Thayer family and remained as their residence until the 1960's when Polly Thayer, the daughter of the original owners, bequeathed the house to a local Quaker group. They in turn converted the house into a rest home for retired Quaker teachers and eventually built an addition in the late 1990's to expand their services to others in the community who needed an assisted-living home. In 2012, the Quakers closed the facility and sold it to the Norwell Visiting Nurse Association and Hospice.

The interior of the house needed major renovations to accommodate current design codes and American Disability (ADA) regulations. The decorating of the main residence, which houses the

Continued on page 8.

The Kennedy Senior Center in Quincy is a Place to Make New Friends

Oftentimes, one of the most difficult things for elders is losing their friends. The Kennedy Senior Center in Quincy is designed to facilitate meeting new people and forging new friendships.

“By having social events — we do a lot of luncheons; we have the coffee shop open every day — people have forged new friendships as a result of the activities that go on at the center,” said Director Thomas Clasby.

Six years ago, the Town of Quincy expended \$1.8 million to create a center for the city’s senior citizens by renovating the Miles Standish School at 440 East Squantum Street. The structure underwent an extensive rehabilitation to become a green building that is now pristine, beautiful and designed for seniors’ needs.

Today, the Kennedy Senior Center is a place seniors can go to exercise, dance, hear music, do crafts, take computer classes, read books or just meet other seniors over a cup of coffee in the Café.

With over 4,000 members, there may be anywhere from 100 to 200 seniors at the center on any given day. There is no charge for Quincy residents sixty years and older and only \$20 for non-residents to be members. Seniors must be registered to participate in activities.

Various Offerings Keep Seniors Engaged

In designing the senior center, Director Clasby kept in mind the New England Centenarian Study, formerly located at Harvard University and now located at Boston University, which is a prestigious study of persons aged 100 and over in the Boston area to find out why some people can live to 100 years and higher. While genetics are thirty percent of the equation, seventy percent includes other things such as exercise, social networks and activities. With those areas in mind, the Kennedy Senior Center offers free weights, line dancing, and Zumba along with a library and a coffee shop. They also have a volleyball team that plays in the Senior Olympics each year against a “celebrity” team put together by the mayor.

Having a cause is also a factor in longevity. The Knitting Group gives back to the community by creating beautiful quilts for homeless veterans; making sweaters and blankets for infants and knitting caps for kids with cancer. The computer lab prevents seniors from being left behind in modern technological society. Seniors learn how to email and Skype with family and friends to stay in touch using today’s technology.

One of the most popular offerings is the sing-a-long group that meets every Thursday afternoon from ten to noon. Anywhere from 20 to 60 people will show up to sing and play instruments. “We had a woman that came and started teaching the piano. And then people would come in and start singing a little bit. It just grew and grew and grew,” said Clasby.

The Department of Elder Services offers one of the largest transportation services in the Commonwealth. There are eleven vehicles that transport seniors to every major hospital in the City of Boston and any medical facility in the City of Quincy, including any

non-emergency medical appointment. The service will pick seniors up at home, take them to their appointment and bring them back home from 8:30 to 4:30 Monday through Friday. To make an appointment, call the transportation department at 617-376-1242.

Upcoming Events

Every year, the center holds a **Thanksgiving dinner with the Mayor**. Originally held on Thanksgiving day, Clasby and the staff learned that many of the seniors had other festivities and meals to attend that day. Now the Thanksgiving dinner is held the day before Thanksgiving from noon to two o’clock. To register, call the center at 617-376-1506.

In the beginning of February, AARP sponsors **tax preparation help** for seniors to file their income tax. The program runs through the middle of April.

The **Annual Senior Olympics** is held each spring in conjunction with the town recreation department and the Mayor’s office. The annual event involves over 150 seniors in events such as swimming; bowling; darts; golf; billiards; and, of course, volleyball. The opening ceremony includes an actual Olympic torch donated by Olympian Karen Cashman.

Volunteers Make It All Possible

Volunteers help keep the Kennedy Senior Center running from manning the front desk to working in the coffee shop.

“I always think of the volunteers as staff. A lot of them are young seniors, new retirees looking for something to do. The place is so filled with life and it’s so fun, they get hooked very quickly,” said Clasby.

If you would like to give your time to the Kennedy Senior Center, please call the main number at 617-376-1506.

FREQUENTLY ASKED QUESTION

How Can I Cope with Grief During the Holidays?

The holiday season is full of festivity and cheer, but for those who are grieving the holidays can create additional stress. Memories of special holiday traditions with the deceased as well as the general commotion of the holidays can increase feelings of isolation, exhaustion and sorrow. It's not uncommon for feelings of grief to intensify several weeks prior to a holiday and last for several weeks afterward as well.

While this may seem like a set-back, it is a common bump in the road for those on the path of grief and the wish to simply skip over the holidays is not easily accomplished with reminders of the holiday season on every street corner and television commercial. However, there are things you can do to mitigate the feelings of being overwhelmed by grief at the holidays.

- **Adjust Expectations:** Making adjustments as to what is possible for you to accomplish at such a busy time of year can help with feelings of fatigue brought on by grief. If you are invited to a holiday meal, perhaps buying a pie at the bakery instead of making a homemade pie may relieve some of the stress. Instead of buying just the right gift for each individual, perhaps a gift card or check could suffice for the time being.
- **Honor the Memory of Your Loved One:** Choose something appropriate for your loved one's personality and interests — make a donation to a cause that was near and dear to him or her; plant a tree in their memory; read a poem or passage in their honor at a holiday service; light a candle or say a prayer; or carry out a holiday tradition in their honor. And don't be afraid to talk about your loved one. Sharing memories or making a toast in their name honors their memory and opens up the possibility for others to talk about their feelings of loss as well.
- **Do What Feels Right for You:** There may be things you simply can not face at this time so do what feels right for you. If there is something you always do at the holidays that seems too painful this year, try to adapt it to make it more comfortable. But be careful not to isolate yourself, because that can make you feel lonely and isolated. Try to attend the most special events to maintain connections. You can always leave early if it becomes too difficult.



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Celebrating with loved ones helps alleviate feelings of loneliness and isolation during the holidays.

- **Accept Your Feelings:** You may have moments of sadness as you face the holidays without your loved one, so give yourself permission to cry if you need to. Crying may make you feel better. On the other hand, you may also have moments of happiness, so allow yourself to enjoy those things without judgment or guilt. It is not disrespectful to your loved one to be happy.
- **Get Support When You Need It:** Give yourself permission to talk about your loss and the memories of your loved one and ask for what you need from those around you. Family and friends may get caught up in the whirlwind of the holidays and lose sight of what you may be going through, but may be happy to help with decorating or shopping if they know what you need. Find and talk to others who have lost a loved one. The American Cancer Society is available 24 hours a day, 7 days a week at 1-800-227-2345 and can help you find support online, local bereavement groups, and other resources. Local hospices also have extensive bereavement support services and programs.

There are many other ways you can support yourself and bolster your ability to cope during the holidays: get enough sleep; eat right; drink moderately; exercise; help others; and keep your rooms well lit to counteract the lack of sunshine during this time of year.

Pat Roche Hospice Home in Hingham is a Home for Patients Who Cannot Stay at Home

Continued from page 6.

offices and many community and family rooms such as the music room, tea room, and chapel, were restored to reflect the era in which the home was owned by the Thayer family. Much attention was given to highlighting the details of original woodwork and unique accents.

The furnishings were purchased from estate sales of furniture from the Copley, the Ritz, and other major Boston hotels. The patient wing has been designed, decorated and furnished with all necessary items that provide comfort, accessibility, and assistance.

Volunteer Opportunities

There are a multitude of volunteer opportunities at the Pat Roche Hospice Home for people who wish to bring their skills,

talents, and generous spirits to help with meal preparation, patient visits, welcoming guests and visitors to the house, gardening, assisting with laundry, offering musical entertainment and other tasks.

To volunteer, contact Joan Ankner, Hospice Community Liaison, at 781-664-9420. For more information about the hospice residence, please call 781-659-2342 or visit the Norwell Visiting Nurse Association and Hospice website.