

MCOA BRIEFS

Weekly News from your State COA Association

Friday 3 February 2012

(Best viewed in, e.g., Outlook/Options/HTML)

**We attempt to keep only the most important or recent news (last 30 days, dated) at the top.
Posting Requests — please notify us when Positions or Inquiries are filled — Thank you
(Posting date is at the right of each entry)**

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**Meetings / For Our Members / Upcoming Events / Member Inquiries / Job Opportunities
“Worth Repeating”**

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Submissions / Updates / Comments — peter@mcoonline.com

ALWAYS ONLINE @ www.mcoonline.com

The latest MCOA Monthly Newsletter — **Late January 2012**

Discover the MCOA Bulletin Board

http://www.mcoonline.com/members_only/mcoabb/

(Right-Click on the open Bulletin Board to save as an icon on your Desktop.)

MCOA Membership Meeting & Buffet Luncheon

Presenter: Diane L. Lawton, General Counsel

Office of Consumer Affairs and Business Regulation

Secretary Ann Hartstein, on Understanding the FY13 Budget

Milford Senior Center

Friday, February 3, 2012 at 9:30 am

[Registration Form](#)

MCOA Briefs: For our Members —

BCBSMA Partners with MDPH on Keep Moving Program

Blue Cross Blue Shield of Massachusetts (BCBSMA*) has partnered with the Massachusetts Department of Public Health (MDPH) to promote the Keep Moving Program and Fall Prevention Information Line (1-800-227-SAFE (7233)). BCBSMA created a Prescription for Healthy Bones, to be handed out to patients by a physician, to facilitate discussion about how to reduce the risk of falls and fractures. “Prescribed” interventions include, eating a healthy diet, joining a walking club, learning about fall prevention, and keeping up with osteoporosis screenings.

The prescription pad points members to contact the MDPH “Keep Moving” program, to look for a local walking club in their community. Since many Councils on Aging sponsor walking clubs, you may be hearing from those interested in joining. The prescription pad also promotes the MDPH Falls Prevention Information Line as a resource to learn more about preventing a fall. The promotion of these programs may increase the volume of inquiries to your organization among Medicare Advantage members regarding bone health. If you have questions call Sue Flanagan at BCBSMA, at 617-246-6344. To read more about the “Keep Moving” program visit www.mass.gov/dph/keepmoving .

MCOA Briefs: For our Members — Mass Access – Senior Scene Programs

Dear Colleagues, Elder Affairs has produced numerous shows for cable TV that you can access/request through your local cable TV station.

In order to download a show/s, your local cable TV station will need credentials to log in and download the program(s). If you yet have no “log in,” you may obtain same at: mymasstv@belmontmedia.org and then log on to the Mass Access server: <http://massaccess.telvue.com/profile/login>

Some recent shows include:

SHINE Program <http://massaccess.telvue.com/content/show/853?more=HWTTTT>

Silver Alert Program <http://massaccess.telvue.com/content/show/854?more=HWTTTT>

State Treasurer Steven Grossman <http://massaccess.telvue.com/content/show/846?more=HWTTTT>

For further information, feel free to contact Stephen M. Kessinger, Government Access Coordinator, at 617-965-7200 x135 or stephenmk@newtv.org

— Courtesy Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD

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MCOA Briefs: For our Members — MAP Medicare Savings Programs Chart

Please see **updated** MAP Medicare Savings Programs (QMB, SLMB, QI) chart with 2012 poverty levels.

Diane F Paulson, Senior Attorney, Medicare Advocacy Project, Greater Boston Legal Services

Medicare Rights Center: <http://www.mcoaonline.com/content/medicare/index.php#mrc>

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MCOA Briefs: For our Members — SHINE’s Beacon for January

Waiver of Part D Cost Sharing for HCBS Waiver Members; Dispelling Myths about Medicare Premiums; Reminder: Part D Transition Policy; First Health Issues and Related Special Enrollment Period; New Part D Pharmacy Notice Rules; MassHealth: Where to Send What?; MassHealth Mail/Fax Cover Sheet; MassHealth Drug List Updated; MassHealth Payment Plans and Hardship Waivers; SHINE Events; Outside Events

SHINE Page: <http://www.mcoaonline.com/content/wellness/SHINE.php>

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MCOA Briefs: For our Members — Updated Health & Wellness Webpage

Updated webpage: <http://www.mcoaonline.com/content/wellness/index.php>

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MCOA Briefs: For our Members — See MCOA’s Updated Webinar webpage

Webinars: <http://www.mcoaonline.com/content/webinar/index.php>

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MCOA Briefs: For our Members — Updated Medicare/Medicaid Webpage

Example: **Center for Medicare Advocacy & CMA Alerts** — under Medicare/Medicaid

(Click on link to CMA under Table of Contents at top of page)

Updated webpage: <http://www.mcoaonline.com/content/medicare/index.php#cma>

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MCOA Briefs: For our Members — NISC Award to North Andover Sr. Ctr.

NISC Program of Excellence Award given to North Andover Senior Center:

"Local Caregiver Program (Alzheimer's) is Unique in Region"

News article: <http://www.mcoaonline.com/content/nisc/index.php>

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MCOA Briefs: For our Members — MassHealth Eligibility Figures 2012-Jan-1

MassHealth Figures Update – Effective January 1, 2012

Some of the MassHealth amounts have changed effective Jan 1

MassHealth/SHINE Chart: <http://www.mcoaonline.com/content/wellness/SHINE.php>

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MCOA Briefs: For our Members — MA Office of Consumer Affairs...

Massachusetts Office of Consumer Affairs & Business Regulation — www.mass.gov/consumer

The Massachusetts Office of Consumer Affairs and Business Regulation works to protect and educate Massachusetts consumers about their rights in the marketplace. Our efforts range from shopping rights and landlord/tenant rights to concerns regarding identity theft, home improvement, and foreclosures. The Office has recently launched an educational campaign with a website that contains valuable information about how to protect the consumer public. There are two components to this website: the first is a "teaser" page that appears to sell the consumer a work-from-home job that guarantees results no matter the situation of the individual consumer. It has been modeled to look very much like many of the websites that promise guaranteed results, but in fact deliver nothing in return for the consumer's money, or result in identity theft of consumer's personal information. On clicking any of the links to find out more information, the consumer is directed to a second page that reveals that the first page is an example of a scam and is brought to the consumer by the Massachusetts Office of Consumer Affairs. Most importantly, there is information about spotting fake work from home advertisements. The website also contains valuable information about how to protect yourself as a consumer, and a number of resources to consult if a consumer has become a victim of a scam.

Please help us publicize this website and further educate consumers about false advertising by adding this link to your website: <http://topmassachusettsdeals.com/Work-at-home.html> 1/13

MCOA Briefs: For our Members — EOE A 2012 Incentive Grant Documents

Please find attached four documents for the FY2012 competitive Service Incentive Grant program:

- the announcement itself
 - the application form
 - a one year SINGLE YEAR budget form, as well as an OPTIONAL multi-year budget attachment
- There are some categories that have been introduced this year as a result of requests from Councils on Aging. The turn around time is quick. It is not a complicated process but the focus is to show that these funds DO make a measurable (insofar as practicable) difference in serving seniors...as a way to demonstrate same to the community and others, as well as for continued SIG support should sufficient funds be available.

If you have any question/s regarding the application, please feel free to call me at 1-617-222-7471 or at 1-800-698-9723. Sincerely, Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD

Documents & Application: <http://www.mcoaonline.com/content/eoea/index.php> 1/6

MCOA Briefs: For our Members — Women's Fund of Western MA Grants

The Women's Fund of Western Massachusetts provides funding to organizations and programs working to benefit women and girls in the four counties of western Massachusetts.

The fund seeks to support diverse programs and projects that directly impact individual participants as well as efforts that address the broader social issues affecting women and girls, including advocacy and efforts to change systems and policies. Last year the fund supported nineteen organizations in Berkshire, Franklin, Hampden, and Hampshire counties.

The fund makes grants and advances social change in three major focus areas: Educational Access and Success, Economic Justice, and Safety and Freedom from Violence.

The fund will award \$150,000 in grants in the coming year in three funding categories

Deadline: January 31, 2012

Detailed Information: <http://www.mcoaonline.com/content/grants/index.php> 1/13

MCOA Briefs: For our Members — See NCOA's New Benefits Website National Center for Benefits Outreach & Enrollment

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The National Center's website has moved and improved—and now includes a host of new features to help benefits counselors find news and resources. As always, you can download fact sheets with the detailed

info you need about core benefits programs, find promising practices in our clearinghouse, and get the latest information related to your work. The site also includes a library where you can find sample outreach materials, webinar slides and Q&A, and publications, searchable by topic, state, and keyword. New Website: http://www.ncoa.org/enhance-economic-security/center-for-benefits/?utm_source=BenefitsAlert_120104&utm_medium=newsletter&utm_campaign=BenefitsAlert

MCOA Briefs: For our Members — RMV 2012 Safe Driving Workshops

Attached is a letter from MassDOT/RMV Registrar Rachel Kaprielian announcing the 2012 Safe Driving Workshop Series. If you have difficulty opening the attachments, please go to <http://www.mass.gov/rmv/forms/eldform.pdf> and follow the instructions on the form.

I look forward to hearing from you.

Thank you and best wishes for a safe and happy holiday! Sincerely, Michele Ellicks, Community Outreach, MassDOT/Registry of Motor Vehicles, 10 Park Plaza, Suite 6620, Boston MA 02115

Letter & Form: <http://www.mcoaonline.com/content/roads/index.php>

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MCOA Briefs: For our Members — Soldier ON for Veteran Senior Housing

On any given night, more than 275,000 veterans can be found huddled on the streets and under the bridges of our country. One in five homeless Americans is a veteran.

The veterans we serve are men and women who have served our country and who now struggle with a variety of issues. They have mental health problems, including post-traumatic stress disorder, substance abuse problems, and other issues that require treatment.

The Department of Veterans Affairs provides health services, but was not created to address homelessness. And other organizations that work with the homeless are not equipped to deal with the unique needs of veterans. We're here [as a non-profit] to fill the gap and to help those who have served reclaim their lives and their place in the community.

Information: <http://www.mcoaonline.com/content/consumer/veterans.php>

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MCOA Briefs: For our Members — MEMA Winter Preparedness Releases

Dec 7 — Storm Preparedness

Dec 14 — Roof Collapse & Storm Drain Safety

Press Releases: <http://www.mcoaonline.com/content/EM/index.php>

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MCOA Briefs: For our Members — SNAP Information Page at NCOA

NCOA's "Everything you wanted to know about SNAP (but were afraid to ask)"

The Supplemental Nutrition Assistance Program (SNAP), formerly called the Food Stamp program, helps your clients with limited income and resources afford to eat well. Yet only 3 out of 10 eligible seniors get SNAP. Learn how to connect your clients to this critical benefit. Learn what SNAP is, how it works, and the eligibility criteria.

Information: <http://www.mcoaonline.com/content/consumer/foodstamps.php>

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Upcoming Events — by Event Date

MCOA Briefs: Upcoming Events — Embracing Aging, with Amy D'Aprix

Embracing Aging-Creating and Sustaining Meaning and Joy in the Second Half of Life

Weekend of **February 3 - 5, 2012** — **CANCELLED**

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MCOA Briefs: Upcoming Events — MArtap Training Course

On **Saturday Feb 11th from 8-4**, we will be hosting a Free MArtap Driver Training Course-

8:00-11:30 Coaching The Van Driver / Defensive Driving

11:30-12:00 Lunch Break

12:00- 4:00 Wheelchair Lift Securement

Jack Mastrangelo, MArtap trainer will be teaching the course. Other agencies and COA's, with drivers, are invited to attend this course here (141 Main St. Haydenville, Ma 01039 -Town Office Bldg.) center.

Please use the form at www.martap.org to register. For your attendees convenience we will offer lunch for an optional \$5.00 fee, to be served during the lunch break.

MArtap is the acronym for Massachusetts (MA) Rural Transit Assistance Program (rtap).

This program is a federally-funded, state-administered program that offers training, education and other benefits to public transportation providers in the Commonwealth of Massachusetts.

There is no fee to attend this course, however, space is limited.

Please sign up ASAP in order to reserve a place for your van driver to attend this invaluable course.

For a complete description of the MArtap training courses, please visit www.martap.org . 2/3

MCOA Briefs: Upcoming Events — Low Vision Support Groups Workshop

Thursday 1 March 2012 — Carroll Center for the Blind, 770 Center Street, Newton

This workshop is intended for leaders of low vision support groups. The agenda will provide an opportunity to broaden your knowledge base and to hear from people who may be available as speakers.

There will be speakers about eye diseases, sighted guide technique, home safety, book groups, and discussion about how to run a support group. Sponsored by Massachusetts Commission for the Blind, Carroll Center for the Blind, and Perkins Braille and Talking Book Program.

The workshop is free and lunch will be provided.

Andrea Schein, BRIDGE Elder Blind Program, MCB, 617-626-7419, andrea.schein@state.ma.us

Please RSVP by February 22 to Debby Smith, 617-972-7240, Debby.Smith@Perkins.org 2/3

MCOA Briefs: Upcoming Events — CMS Medicare training webinar schedule

These training sessions provide current, accurate, consistent Medicare information and materials for people who are new to Medicare and those people wanting a refresher. The Centers for Medicare & Medicaid Services (CMS) is authorized by The International Association for Continuing Education and Training (IACET) to offer 0.4 Continuing Education Units (CEUs) for this program.

Four training sessions: ~~1-2 November 2011~~ / **6-7 March 2012** / **5-6 June 2012** / **2-3 October 2012**

Flyer: <http://www.mcoonline.com/content/conferences/index.php> 10/21

MCOA Briefs: Upcoming Events — LGBT Elders in a Changing World

An interdisciplinary Practice and Policy Conference for Working with Lesbian, Gay, Bisexual, and transgender older adults and caregivers

Friday 16 March 2012 — 8:30 a.m. - 4:00 p.m.

Salem State University School of Social Work, Marsh Conference Center, Central Campus, Salem MA

Keynote Speaker:

Judith Bradford, Ph.D., Director, Center for Population Research in LGBT Health, The Fenway Institute

Flyer: <http://www.mcoonline.com/content/conferences/index.php> 1/20

MCOA Briefs: Upcoming Events — AAA Western Mass Eldercare Conference
May 22, 2012 — ~Aging Well, Living Well~ — 22nd Western Massachusetts Elder Conference
Holyoke Community College, Kittredge Center, 303 Homestead Avenue, Holyoke MA 01040

Attached, you will find our Save the Date card to announce our Western Mass Eldercare Conference. Please send this out to your mailing lists, agencies, and any other appropriate recipients. I would appreciate a quick email back telling me who you sent it to and also an email with responses.

I hope you all have a warm and wonderful Thanksgiving, Heather Jolicoeur, AAA Community Coordinator, (Area Agency on Aging), Greater Springfield Senior Services, (413)781-8800 ext. 148

Attached Flyer: <http://www.mcoaonline.com/content/conferences/index.php>

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MCOA Briefs: Upcoming Events — Aging With Dignity 2012 Conference

“Preventing and Responding to Substance Use and Related Problems in Older Adults”

Wednesday, June 6, 2012 — College of the Holy Cross, Worcester, MA

Flyer: <http://www.mcoaonline.com/content/conferences/index.php>

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Member Inquiries

(Posting COAs — please notify us when inquiries are answered — Thank you)

MCOA Briefs: Member Inquiry — Billiards and Alternatives ?

East Bridgewater is building a new Senior/Community Center and originally we had planned on including a billiards table to encourage men to participate. A survey that was sent out to all seniors in town suggests that this is not as popular as thought. Do any directors have tables and are they utilized? Any suggestions for anything in its place? Please email Nancy Hill at nhill@ebmass.com

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MCOA Briefs: Member Inquiry — Non-English Outreach Grantwriting ?

Hello Fellow Directors, If you have written a grant for outreach to non-English speaking seniors and you are willing to share your work. Please email me at dfolopoulos@cityofmelrose.org

Thanks, Dawn Folopoulos

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MCOA Briefs: Member Inquiry — Employment Contracts for Directors ?

I would like to know if most COA Directors have an employment contract. Would anyone be willing to share a copy of their contract? The salary can be blacked-out. Thanks.

Carole Mullen, Hopedale COA — ckmullen@comcast.net

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MCOA Briefs: Member Inquiry — Available Photocopier

We have a copier that is in great shape, collates, staples etc. We had to change this year to a copier printer. I would like to offer this to another COA or Senior Center for \$200.00, otherwise the town will put it in the town auction.

Florence Choate, Director, Scituate COA — 781-545-8722 — fchoate@town.scituate.ma.us

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MCOA Briefs: Member Inquiry — Zipcars & Volunteers to Transport Srs ?

If your COA is using Zipcars to transport seniors with or without the help of volunteers.

Please respond via email. Thank you.

Dawn Folopoulos, Director, Melrose Council on Aging, COA@cityofmelrose.org

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MCOA Briefs: Member Inquiry — Successful Presentation Topics ?

Our presentations are no longer bringing out the crowds... even when there is food.

If you have had successful presentations please share the topics? Thank you.

Dawn Folopoulos, Director, Melrose Council on Aging, COA@cityofmelrose.org

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Job Opportunities

(Posting COAs — please notify us when position is filled — Thank you)

MCOA Briefs: Job Opportunity — EOE/ELDER – Positions Open

These positions involve senior administrative oversight of ongoing programs. Particulars follow below. Also, if you know of someone who might be interested in one of these positions, feel free to pass along this announcement. Thank you.

Director of Coordinator Care Plans for Elders

https://jobs.hrd.state.ma.us/recruit/public/31100001/job/job_view.do?postingId=J28374&code=search.public&federalStimulus=no&companyId=10

Director Institutional, Residential and Day Programs

https://jobs.hrd.state.ma.us/recruit/public/31100001/job/job_view.do?postingId=J28901&code=search.public&federalStimulus=no&companyId=10

Assistant Director of Community Services/LTSS

https://jobs.hrd.state.ma.us/recruit/public/31100001/job/job_view.do?postingId=J28917&code=search.public&federalStimulus=no&companyId=10

Courtesy — Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers

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MCOA Briefs: Job Opportunity — Arlington – COA Executive Director

Professional, supervisory, administrative, and clinical work developing and implementing programs of the Council on Aging; all other related work, as required. See Town of Arlington website:

http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Personnel/jobdescriptions/Executive%20Director%20COA

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MCOA Briefs: Job Opportunity — Norwood – Outreach Worker

The Norwood Council on Aging is seeking a qualified, energetic and creative candidate for the position of Outreach Worker.

Please see www.norwoodma.gov under Employment Opportunities for a detailed vacancy notice.

Job Posting and Requirements: <http://www.mcoaonline.com/content/jobs/index.php>

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MCOA Briefs: Job Opportunity — Orleans – Director, Council on Aging

The Town of Orleans is seeking a qualified individual to fill the position of Council on Aging Director. This is a management position with full benefits.

Full Job Description: <http://www.mcoaonline.com/content/jobs/index.php>

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MCOA Briefs: Job Opportunity — Danvers – Social Service Coordinator

This is a 30 hour benefitted position. A valid driver's license and personal transportation is required. Must be proficient with Microsoft Office applications.

Full Job Description: <http://www.mcoaonline.com/content/jobs/index.php>

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[NB: Please re-send your submissions after 30 days]

Seniors, Workers say NO CUTS to Medicare, Social Security Watch. Share. Take action today!

Tens of thousands of AARP members, families and workers across the Bay State, and the nation, are speaking out against proposed cuts to Medicare and Social Security as part of a deal to pay the nation's bills. They're sending a loud and clear message to the bipartisan, congressional Super Committee, charged with reducing the federal deficit: No cuts to Medicare and Social Security! The Super Committee, of which Massachusetts Sen. John Kerry is a member, just failed to meet its deadline.

Watch this short video, filmed at last week's big rally in Boston, to hear Mark, Sue, Linda and others share their stories about the Medicare and Social Security benefits they worked for, and count on. The direct link to the video is: http://www.youtube.com/aarpma#p/u/0/0YCruc-9C_Y

Share it with your friends. Forward this email to at least 3 people. Ask them to watch the video, and then share it with at least 3 of their friends.

Take action today. Tell your Members of Congress, including Sen. Kerry and Sen. Brown, why Medicare and Social Security are important to you. **Call 1-888-722-8514 today.**

Call AARP's toll-free number and be connected to your members of Congress — 1-888-722-8514

For up-to-date news and more information, visit www.aarp.org/ma and www.facebook.com/aarpma (we hope you will "Like" us [Facebook] today!)

Flyer: <http://www.mcoaonline.com/content/medicare/index.php>

Thank you! — AARP Massachusetts

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We are collecting info on any cuts...

SAVE OUR Senior Centers Task Force: Is actively tracking the impact the FY12 budget on senior centers and staffing. Please send updates and your concerns to Ruthann Dobek/Brookline — Ruthann_Dobek@town.brookline.ma.us and Jayne Colino/ Newton — jcolino@newtonma.gov **We also need a copy sent to Peter@mcoaonline.com**