

MCOA News

MCOA 116 Pleasant Street, Room 306, Easthampton MA 01027 tel: 413.527.6425 email: Janiece@mcoaoonline.com

Notes from the Executive Director: August 2010

Please Circulate to Your Staff

Enclosed in This Mailing:

- **Legislative Update: FY11 Budget Update –Bring the Home Care Home– Restore the Cuts**
- **Highlights of our Fall Conference: October 6-8th at the Sea Crest Resort- Deadlines Approaching**
- **An Open Letter and Invitation to All New Directors in our COA Network**
- **MCOA’s Call for Nominations for MCOA’s 2010 Awards**
- **MCOA Membership Meeting: Sept. 17th *Open Meeting Laws: Impact on the COA & MCOA Bylaw Vote***
- **MCOA Outreach Meeting: Sept 22: *Staying Connected to Utilities & the New Health Care Law***
- **MCOA Briefs including News You Should Use, UpComing Events, Member Requests, and Personnel Updates**

Congratulations to the 2011 MCOA Staff Certification Class:

From Co-Chairs Joanne Moore and Pat Roberts

Great News! All six candidates who completed the certification process have passed—with flying colors!

NEWLY CERTIFIED DIRECTORS

Laura DeMattia

Laura Dillingham-Mailman

Colleen Randshaw-Fiorello

Elizabeth Pettis

Mary Parcher

NEWLY CERTIFIED PROGRAM MANAGER

Sheila Ronkin

This year’s reviewers included: Ted Lang, Woody Woodruff, Donna Pizura, Joan Wright, and Lynda Chuckran. We congratulate the successful candidates and thank the outside reviewers!

Things You Should Know and Worth Repeating

1. **MCOA Dues Request** was mailed in early July. We count on every community contributing its fair share to balance our books. Please respond as soon as possible. Also enclosed in that mailing was a **Call for Participation** for you to join MCOA’s Leadership Team. Retirements have created many openings that need to be filled. Complete & submit the form to help shape MCOA’s future.
2. **MCOA’s Fall Conference is scheduled for October 6, 7, & 8, 2010 at the Sea Crest Resort with the theme “Aging Well in Massachusetts and Beyond.”** We plan to offer 32 workshops on Wednesday and another 32 on Thursday, with four intensives on Friday. Our Annual Meeting Dinner Dance will take place on Wednesday night with a more casual affair slated for Thursday. The Sea Crest is under new ownership and significant upgrades have been made to the facility and the menu. The Sea Crest is on the ocean with many rooms facing the water. **The biggest draw will be the fact that the National Institute of Senior Centers (NISC) Delegate Council Meeting is scheduled to be conducted just prior to our event and we have enticed many Delegates to stay and provide a national perspective and fresh approaches during our 3 day event.** So far more than a dozen of the workshops offered will be from COA Directors and other Eldercare Professionals from outside Massachusetts. Beginning July 21st look for more details and the Registration kit online at www.mcoaoonline.com Hard copies will be mailed upon request by calling 413.527.6425.
3. MCOA’s President Sharon Lally has appointed Members to the **Governance Committee** to review our ByLaws; specifically she has asked them to review the NISC nomination process, the proposed incorporation/merger of two regional associations, and to define what constitutes a quorum. This newsletter hereby informs all members that we anticipate a membership vote on these issues at our September 17th Membership Meeting at the Milford COA. Input is sought regarding these areas. Contact Sharon Lally at the Rochester COA director.rcoa@comcast.net or 508-763-8723.
4. MCOA is currently developing or **Goals and Objectives for FY11-12.** Your input is sought as to what we should prioritize during the coming 24 months. Submit suggestions to David P. Stevens at david@mcoaoonline.com Members will also be able to comment at the September 17th Membership Meeting.

“Aging Well in Massachusetts and Beyond”

MCOA’s Fall Conference

October 6-8, 2010

Sea Crest Resort, Falmouth MA



7 Things You Should Know About this Year’s Fall Confernece

1. This year a special feature will be the presence of the National Institute of Senior Center’s (NISC) Delegate Council. They will be on-site to share resources and best practices from around the nation. Come find out about the future of Senior Centers.
2. We have scheduled over 60 workshops, including presentations from the NISC Delegate Council, government officials and we have asked many of our best presenters to return.
3. Over 70 vendors –including many with cutting-edge products to help improve the operation of your senior center and the lives of older adults in your community– will be available for consultation on Wednesday and Thursday;
4. Wednesday’s Plenary will be “Senior Centers: Relevant or Relics? Pundits Weigh In” with a nationwide panel of Senior Center Providers and Elder Care Professionals;
5. For Thursday’s Plenary we have invited EOHHS Secretary JudyAnn Bigby MD to address the gathering and we will present our MCOA Awards for Innovation, Advocacy and Director of the Year. Also the newest class of Staff Certification Candidates will be inducted.
6. Our Annual Meeting has been moved to Wednesday evening with the Election of Officers & Acceptance of our Annual Plan.
7. Celebrations: We have a lot to celebrate including maintaining the \$7/Elder/Year Formula Grant in FY11; so the Local Arrangements have arranged two functions — on Wednesday there will be a Beach Barbeque and the oldies dance band “The Relics”; and on Thursday there will a Cape Social with the theme of Old Friends/New Friends as we say to goodbye to some directors and welcome others.

**For More Conference Details and Online Registration go to www.mcoaonline.com
Hard copies available upon request 413.527.6425**

**Hotel Registration Deadline: September 4, 2010
Conference Registration Deadline: September 4, 2010**

Open Letter to All New Directors of Municipal Councils on Aging



The Massachusetts Association of Councils on Aging recognizes that we as a network have undergone a tremendous turnover in membership during the last several years. As many of our more experienced Directors have retired, we have welcomed many new professionals into our statewide association. We have sought feedback from these individuals on how we can be of assistance, and the results indicated a need to redouble our efforts to respond to the needs of these newer members.

To that end, **MCOA has begun a complete upgrade to our services for New Directors in our network.** A team of Board and Advisory Council Members are developing a new protocol to welcome all Members that includes:

- A revised training manual
- A new curriculum for a New Director's Workshop
- A Mentor Program that will formally assign new directors to a local 'more seasoned veteran' who can provide advice during the first few years.
- The addition of an online 'chat room' where questions can be posted and answered.

Your input on these new features is welcome and we encourage you to join this team to make these components even more responsive to your needs. To join, see the Call for Participation form online at www.mcoaonline.com (bottom of the blue column on the left) or look for it in MCOA's Dues Mailing sent in early July.

In addition, it was suggested that we add a feature to the Fall Conference where we formally welcome all New Directors and recognize the retirements of others. **On Thursday October 7th the evening social will focus on "Old Friends- New Friends."** This event will run from approximately 5:30 to 8pm. We are hoping that many of you can join us and bring your predecessor along. To entice you further, we are willing to reduce the ticket price for all retiring Directors to \$15 (half price) in the hopes to lure them out of retirement for one night and a chance to say goodbye to a network that they helped build. It will be a chance for you to meet some of MCOA's Leadership and make initial contacts, in an informal setting, which will help you with your job. A variety of 'heavy' hors d'oeuvres will be served with a cash bar. **We are formally asking you to contact your predecessor since we do not have addresses of retirees. We hope you will join us Thursday night October 7th at the Sea Crest Resort in North Falmouth, MA.**

As a New Director we also want to make sure that you are aware that the New Director Training Committee will conduct its first workshop on the new curriculum that Friday October 8th at the Sea Crest Conference. For more details on these events and the Fall Conference go to www.mcoaonline.com . Hard copies are available by calling 413.527.6425.

Your input is welcome and your involvement is sought.

David P. Stevens
Executive Director

MCOA Legislative Update: FMAP Money Sent to States – Restore the Cuts! “BRING THE HOME CARE HOME”

August 18, 2010

Senator Therese Murray, President, State Senate
Room 330, State House, Boston MA 02133

Senator Steven Panagiotakos
Room 212, State House, Boston MA 02133

Representative Robert DeLeo, Speaker of the House
Room 356, State House, Boston MA 02133

Rep. Charles Murphy
Room 243, State House, Boston MA 02133

Dear President Murray, Speaker DeLeo, Chairman Panagiotakos, Chairman Murphy,

There are currently more than 3,700 senior citizens in Massachusetts waiting to get into the home care program. More than 500 elders have been added in the last three weeks alone. This is a program that all of you have supported generously in the past. It is also a program that has broad public support, and is the preferred form of care for older people.

Over the past couple of months, we as elder advocates have been organizing an effort to get Congress to release the FMAP money that had been stuck in the U.S. Senate. We made phone calls, sent letters and emails, and finally Congress did the right thing.

Now we must turn to you for help. Home care, protective services and other line items have lost more than \$15.13 million in FY 2011 funding that was linked to the FMAP Relief Fund, which was vetoed by the Governor: **home care lost \$7.94 million, care management lost \$2.85 million, protective services lost \$1.48 million, nursing home pre-admission counseling lost \$2.5 million, and Councils on Aging lost \$361,000.** Without FMAP funding, basic home care caseloads will drop to their lowest level since 1980.

Without enhanced FMAP, contemplated FY11 budget cuts to MassHealth include eliminating PCA services for those receiving fewer than 15 hours per week of assistance. This cut would be devastating to low-income PCA workers and threaten the health, safety and independence of the seniors and people with disabilities that PCAs provide care for across the Commonwealth. Enhanced FMAP dollars should be used to prevent this cut and to ensure that full funding is available for the PCA program.

We urge you to find the ways and means necessary to protect the PCA program, to end the waiting list for home care, and not leave these seniors in limbo for months to come. It is ironic that after getting the U.S. House to return to session, we now find ourselves waiting again for relief.

Whether this money is moved during informal session, through a supplemental, or by other means — what we care most about is putting this funding to use for needy older citizens whose only dream is to remain living at home and avoiding an institution.

We can't imagine that any member of the General Court would want to deny this relief to the elderly, but we grow concerned when we hear that FMAP Relief could be months away. Our elderly population is waiting now, they need assistance now—not in the second half of the fiscal year.

Please find the avenue to bring this money home – literally. We did what we needed to do in Congress – now we need you to do what you need to do on Beacon Hill: **BRING THE HOME CARE HOME!**

Signed,



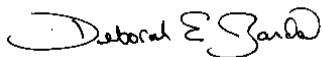
Al Norman
Mass Home Care



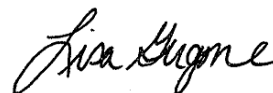
Chet Jakubiak, Executive Director
Mass Association of Older Americans



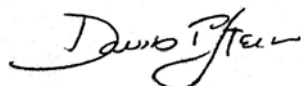
Carolyn Villers, Executive Director
Mass Senior Action Council



Deborah E. Banda, Senior State Director
AARP Massachusetts.



Lisa Gurgone, Executive Director
MA Council for Home Care Aide Services



David P. Stevens, Executive Director
Mass Councils on Aging/Senior Center Directors



Veronica Turner, Executive Vice President
1199 SEIU United Healthcare Workers East

We ask all MCOA Members and other Elder Advocates to contact their Representatives and Senators now with the message of “Restore the Cuts” – More details on the FY11 Budget Process and FMAP and the Aftermath can be found in this newsletter — David P. Stevens, Executive Director, MCOA

MCOA Legislative Alert: Formula Grant set at \$7/Elder — July 20, 2010

Just about two weeks after the Governor signed the FY11 Budget (GAA), Secretary Hartstein and her team at Elder Affairs released the Formula Grant allocation for FY11. Despite reductions to line item #9110-9002 over the last two years totaling \$860,741 (10%), Elder Affairs found a way to maintain the \$7/elder/YEAR Formula allocation with its minimum grant of \$3500.

The ability of Elder Affairs to maintain the Formula Grant at \$7.00/elder was a cooperative effort in consultation with MCOA. To accomplish this goal, Secretary Hartstein eliminated most Incentive Grant funding in favor of maintaining the \$7/elder commitment. We all owe Secretary Hartstein and her team a multitude of thanks for making this timely decision. (See instructions and attachments emailed from Emmett Schmarsow/EOEA on July 20th at about 4pm.)

As in past years, the Formula Allocation will be awarded in two parts. The target date for the first (half) payment is September 17th and the second payment will be made in February. These payments are contingent on municipal COAs submitting the required documentation by the deadlines below. The memo detailing your town's allocation can be viewed at

https://www.800ageinfo.com/files/pdf/2010_07_20_FY11_announcement_on_formula_grant_allocations.pdf

MCOA has also posted that link and the three attachments that detail the timeline, the required paperwork, and the guidelines on our **Home Page** under **Breaking News** at www.mcoaonline.com

“This outcome is better than we hoped for. We appreciate the Administration’s strong commitment to municipal COAs and their recognition that the Formula Allocation needed to be maintain at \$7/elder.”

— MCOA President Sharon Lally.

“From the beginning Governor Patrick, EOHHS Secretary Bigby and EOEA Secretary Hartstein understood the importance of the Formula Grant. Along with bipartisan support from the Legislature, the minimum necessary to maintain a Formula Allocation of \$7/elder local aid was included in each phase of the budget process. And despite the severe setback due to the delay in FMAP funding, this Administration found a way to fulfill their commitment to municipal COAs. We owe everyone involved a resounding THANK YOU.”

— David P. Stevens, Executive Director, Massachusetts Councils on Aging

Due Dates and Descriptive Notes for the FY2011 Council on Aging Formula Grant Allocation Program excerpted from EOEA/Emmett Schmarsow's July 20th email.

ITEM

Due Date/Notes

Distributed via:

Announcement of Formula Grant Allocation (see below)	Web-address: https://www.800ageinfo.com/files/pdf/2010_07_20_FY11_announcement_on_formula_grant_allocations.pdf or www.mcoaonline.com	
Attachment B Budget (Word or Excel)	August 9, 2010 (postmark to Elder Affairs)	Email
Statement of Authorization (affix to Att. B budget)	August 9, 2010 (postmark to Elder Affairs)	Email
Annual Report EOEA-SGA (Word or Excel) and Volunteer Resource Sheet	September 3, 2010 (postmark to Elder Affairs)	Email
Statement of Allocation/Grant Balance Fiscal Year Ending 30 June 2010 Unexpended fund balances are applied to the succeeding fiscal year, reducing the amount of new monies issued.	September 10, 2010 (Suggested receipt at Elder Affairs for all COAs, especially if you anticipate a carryover of more than \$1,000) ----- September 15, 2010 (receipt date at ELD)	Email

MCOA Legislative Alert: FY11 Budget Debate – FMAP & the Aftermath

FISCAL FALLOUT: The Great Recession, Policy Choices, & State Budget Cuts

July 30, 2010

Communities and families across the Commonwealth have been feeling the effects of deep cuts in government funding for education, health care, public safety, safety net programs, and other services that people count on.

A new *MassBudget* series of fact sheets examines those cuts, identifying where the cuts have been and what some of the programs are that have seen the most significant cuts.

The fact sheets, [FISCAL FALLOUT: The Great Recession, Policy Choices, & State Budget Cuts](#), are available at www.massbudget.org or by clicking [here](#).

Individual fact sheets are available by clicking on [Early Education & Care](#); [Elementary & Secondary Education](#); [Chapter 70](#); [Higher Education](#); [Environment & Recreation](#); [MassHealth \(Medicaid\) & Health Reform](#); [Public Health](#); [Mental Health](#); [Human Services](#); [Housing](#); [Economic Development & Workforce Development](#); [Law & Public Safety](#); and [Local Aid & Libraries](#).

See *MassBudget's* [Budget Browser](#) to explore Massachusetts state budgets from Fiscal Year 2001 to the present, as well as budget proposals offered by the Governor and the Legislature.

MassBudget provides independent research and analysis of state budget and tax policies, as well as economic issues, with particular attention to the effects on low- and moderate-income people.



STATE CAPITOL BRIEFS – AFTERNOON EDITION – WEDNESDAY, AUG. 4, 2010 US SENATE PASSES BILL WITH \$655 MIL FOR MASSACHUSETTS

Massachusetts would receive about \$450 million in onetime federal Medicaid funding and \$205 million in education funding under legislation that cleared the U.S. Senate on Wednesday. The bill includes funds that state lawmakers and Gov. Deval Patrick had rolled into their fiscal 2011 budget bills, but which Patrick stripped out in late June because the monies had become hung up in debates in Washington over the rising federal deficit. Sen. John Kerry's office noted Wednesday that the bill cleared the Senate 61-38 with support from two Republicans, Sens. Susan Collins and Olympia Snow of Maine. In a statement, Kerry said the funds would save more than 2,400 jobs in Bay State schools "keep cops and firefighters on the job, strengthen Medicaid for our most vulnerable citizens, and prevent devastating budget cuts." The six-month extension of special stimulus law funds, following a second vote in the Senate that could come tonight or tomorrow, will then move to the House, which could vote on the bill as early as next week, according to aides. "Governor Patrick, mayors, teachers, parents and first responders are breathing a sigh of relief now that the Senate has finally thrown them a lifeline," Kerry said in a statement. States have relied on enhanced federal funds to help balance budgets during the recession, while bracing for the day when the aid disappears. In a statement, Patrick said, "I applaud the US Senate for moving forward on this critical effort to save jobs, support education, and maintain critical services for working families and our most vulnerable citizens. I especially appreciate the leadership of Senator Kerry in ensuring that this bill comes to a vote on the merits. Massachusetts is leading the nation out of this recession, but revenues always lag behind recovery and this funding will allow us to bridge that gap. We are lucky here in Massachusetts to have an entire House delegation that has already shown their strong and vocal support for this initiative and I am hopeful that after final Senate approval the House will act on this vital legislation quickly."

MCOA Legislative Alert: FY11 Budget Debate – FMAP & the Aftermath

STATE HOUSE NEWS SERVICE

AID POISED TO FLOW TO MASS, NO HURRY ON BEACON HILL TO SPEND IT

By Kyle Cheney and Michael Norton, STATE HOUSE NEWS SERVICE

STATE HOUSE, BOSTON, AUG. 10, 2010.Beacon Hill leaders, expecting an imminent influx of as much as \$655 million in federal aid, have shown little urgency to return to session and say they need to have more conversations about how to proceed, now that the funds appear likely.

On Tuesday, Gov. Deval Patrick said he hoped lawmakers would return in a special session, or craft a bill during informal sessions, that would restore funds for human service programs, and to offset money that would have come out of the state's rainy day fund to balance this year's budget.

But Sen. Steven Panagiotakos, the Senate's budget chief, said the funds are aimed at funding programs in the second half of this fiscal year and don't need to be spent immediately.

"Until we have that conversation with the administration, I would think right now it's more of a wait and see approach," Panagiotakos said. "It's certainly some great news. We really need the money, and we can certainly put it to use."

Earlier Tuesday, the U.S. House passed a party-line proposal to extend \$26.1 billion to states, including an estimated \$450 million in Medicaid funds and \$200 million in education funds for Massachusetts, sending the bill to President Obama. Backers of the bill argued that it was critical legislation to save the jobs of teachers, firefighters and police, while critics argued that it amounted to a "bailout" that would enable state government to postpone difficult budget decisions.

Aides to Speaker Robert DeLeo were mum on plans to respond to the approval of the federal aid.

"Speaker DeLeo is grateful that the U.S. House of Representatives voted today to pass timely economic stimulus legislation that will help save jobs and provide services," DeLeo spokesman Seth Gitell said in a statement. "While the compromise budget passed by the House and Senate in June made provision for this possibility, Governor Patrick's veto has forced us to consider a range of new options. The Speaker will have conversations with Senate President Murray as well as members of the House as the next steps are considered." The funds passed by Congress and awaiting President Obama's signature, are intended for use in the fiscal year that began July 1 and ends June 30, 2011. Legislative leaders, in the past, have not favored departing from rules that disallow formal sessions after July 31 in an election year. The Legislature has also previously been able to forge bipartisan agreement on spending bills during informal sessions, which are held year-round.

Some lawmakers have indicated they would prefer to see any spending bill debated by the full House and Senate, and during informal sessions, a single lawmaker can block any attempts to appropriate the funds.

Last week, Gov. Patrick's budget chief, Jay Gonzalez, said the Legislature's failure to pass a fiscal 2010 supplemental budget before breaking from formal sessions for the year had not yet created bill-paying problems for the administration, but said the bill needs to be addressed soon.

"There are items in the supp that need to be addressed quickly and this federal stimulus money we need to know sooner rather than later how it is going to be appropriated," Gonzalez said, noting the administration is making decisions about spending cuts. Plans from agency heads to deal with budget cuts were due last Saturday.

-END-

8/10/2010

MCOA Legislative Alert: Status of Other Legislation



GIFT BAN REPEAL: Although Senate President Therese Murray championed a ban on gift-giving to doctors by pharmaceutical companies, the House mounted an assault on the ban in the final weeks of the session, passing an economic development bill that included a provision to strike it entirely. Although the proposal was dropped from the final version of the bill, the issue looms over the upcoming session, with health care issues firmly on the agenda. A proposal presented by some lawmakers as a compromise would permit pharmaceutical companies to wine and dine doctors at local restaurants, a priority particularly in Boston, where major hospitals abut huge restaurant districts like the North End. That proposal failed by a single vote in the Senate, and the House's broader repeal of the ban would have accomplished the same goal. House proponents of the ban repeal say the policy is hurting the state economically. The ban's fate next session could hinge in part on the expected large turnover in the Senate.

And a word from the Coalition that was fighting repeal (included MCOA)

Congratulations MPRC! We did it! The Legislature has just come to an agreement on the Economic Reorganization bill and the struck the provision that would repeal our law! You have all been amazing over these past few months – Thank you!! Georgia J. Maheras, Esq. Private Market Policy Manager Health Care For All

Legislative Session: 2009-2010

For all intents and purposes the 2009-2010 Legislative Session is now over with no formal sessions scheduled before January 2011. However, MCOA and other organizations are asking for the legislature to reconvene to allocate the FMAP funding in a timely manner so we –the front line agencies– can expend these funds in a timely and efficient manner. There is also discussion that the Legislature will take up Casino Gambling proposals if they were to reconvene. Stay tuned: even though it is an election yea – there is a lot at stake!

In addition, as we gear up for the start of the 2011-2012 two year session, we need to begin to think which bills need to be refilled and what other legislation we should submit and/or endorse. If you or your community has any relevant proposals that are germane to MCOA's mission we urge you to get them to MCOA ASAP. Legislators will need to file proposals by the winter holidays.

We are collecting info on any cuts...

SAVE OUR Senior Centers Task Force: Is actively tracking the impact the FY09 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@mcoonline.com**

MCOA News You Can Use:

New Exercise Recommendation Tool: Recommended by the American Geriatrics Society, this link provides a new screening tool that ‘personalizes’ the best type of exercise for someone:

<http://www.easyforyou.info/>

Courtesy: Linn Morrill, Community Liaison, Healthy Aging, Health & Disability Unit, Mass DPH

Consejos para Tomar sus Medicamentos de Forma Segura: Tips for Taking Rx Safely

This AHRQ Podcast advises Spanish speakers to tell their health care providers about all the medications they're taking, including herbal supplements, so they can avoid dangerous interactions. Listen to the Podcast at:

<http://healthcare411.ahrq.gov/radiocastseg.aspx?id=1123&type=seg>.

For other Spanish language Podcasts and consumer information, go to:

<http://www.ahrq.gov/consumer/espanoix.htm>.

Resources for Multicultural Outreach: <http://www.disabilityinfo.org/MNIP/MCR/>

From our Emmett Schmarow/EOEA

Please see the remarks from MassMedLine, below. It seems particularly unfortunate that new discount cards are being promoted with intimations that they are part of an “official” Elder Affairs (or other state sponsored) effort: **that is not the case.**

There has been a recent increase in the development of new discount cards initiatives providing discounts on both brand and generic medications at pharmacies across the state. Some plans indicate that they are a “statewide initiative” which may be misinterpreted by the consumer that the program is a product of the Commonwealth of Massachusetts. There are multiple programs for patients to obtain their medications at an affordable cost.

*Please know that you can reach **MassMedLine** (toll-free: **1-866-633-1617**) as a trusted resource for all programs (federal, state and private) that provide assistance accessing medications and available plans. MassMedLine is the result of a long-standing partnership between the Massachusetts College of Pharmacy and Health Sciences and the Massachusetts Executive Office of Elder Affairs. Please encourage consumers to use the toll-free help line, or click on the “Ask The Pharmacist” link on our web site www.massmedline.com) to ensure they are utilizing the programs that are best for them.*

Mary B. Sullivan, PharmD, Director, Pharmacy Outreach Program MassMedLine

Massachusetts College of Pharmacy and Health Sciences 25 Foster Street Worcester, MA 01608

Mass. bans use of word ‘retardation’ in state laws – By Associated Press Thursday 5 August 2010 Gov. [Deval Patrick](#) has signed a bill banning the use of the word "retardation" in Massachusetts laws. The new law signed by Patrick today replaces the words "mental retardation" with "intellectual disabilities or disability" wherever they appear throughout the Massachusetts General Laws. Patrick said the change is designed to help promote dignity for one of the state’s most vulnerable populations.

From the Desk of Linn Morrill/ DPH

Here is a resource for falls prevention training designed for home health aides, sponsored by the National Council on Aging.

<http://phinational.org/training/resources/phi-curricula/fall-prevention-awareness/>

MCOA News You Can Use: continued

Why Getting Old Means Drinking Less

By [TARA PARKER-POPE](#)

If you feel like you can't drink the way you used to, you're not alone. An aging body is more sensitive to alcohol than a younger one.

The [National Institutes of Health's Senior Health Web site](#) today issued new warnings about alcohol and aging, reminding people 65 and older that even a few drinks can hit them harder than in their youth.

The reason is that older people metabolize alcohol more slowly, and they also have less water in their bodies. The result is that an adult who consumes just a few glasses of wine will have a higher percentage of alcohol in his or her blood than a younger person drinking the same thing. That's why you may start feeling tipsy sooner after consuming alcohol, even if your drinking habits are the same as always.

Alcohol also can make certain age-related health problems worse, like high blood pressure, diabetes, liver ailments and memory problems, among others. And because older people typically take more medications, they have an increased risk of an alcohol-drug interaction, which can cause confusion, instability while walking, nausea or other problems.

For instance, drinking alcohol while taking medications for high blood pressure, diabetes, gout or heart failure can make those conditions worse. Even over-the-counter pain relievers can pose a risk. Drinking alcohol while using aspirin or arthritis drugs can increase the risk for stomach bleeding. Alcohol can also increase the risk for liver damage if taken with acetaminophen, the pain reliever in Tylenol.

Alcohol can also lead to balance problems. Older adults who drink are at higher risk for hip fractures.

The increased risks don't mean older people have to stop drinking entirely, but they do need to be more aware of what they drink and how often. The National Institutes of Health site says that people over 65 shouldn't consume more than seven drinks in a week, and that they should have no more than three drinks on a given day.

To read the full report on aging and alcohol go to the [new report on the Senior Health Web site](#).

<http://well.blogs.nytimes.com/2010/08/11/why-getting-old-means-drinking-less/?ref=health>

From David Martin EOHHS: **Announcing a New Online Resource for National Health Care Reform and Its Impact on Massachusetts**

In March 2010, this country witnessed an historic achievement: the passage of the most important federal health reform since the passage of Medicare and Medicaid in 1965. The *Patient Protection and Affordable Care Act of 2010*, or PPACA, will create the biggest expansion of health care coverage, making health insurance accessible to millions of people who are currently uninsured. PPACA also protects individuals from insurance industry discrimination and moves the nation toward health care cost containment, which will enable us to afford expanded access to health insurance. PPACA provides an opportunity to address many important areas of health care, including prevention and wellness, expanded access, insurance reform, and approaches to integrating care.

As PPACA will affect our entire population—from the health delivery system itself to employers who provide coverage, the Executive Office of Health and Human Services has created a web page to keep stakeholders informed about what PPACA will mean for residents of the Commonwealth, whether you are a provider, small or large employer, health care advocate, or consumer. The site includes grant and demonstration opportunities, letters of intent, an implementation timeline and information for employers, as well as links to outside resources. After this initial offering, the site will grow as more information and funding opportunities become available. We have created a "friendly" web site address: www.mass.gov/nationalhealthreform. I hope that this page and its links will be a helpful resource for understanding what this historic act means for us all.

MCOA Briefs: Job Opportunity

Avon COA – Director Opening Applications are being accepted from qualified candidates for the full-time position of Council on Aging Director. Candidates should possess a bachelor's degree, with four years experience in a supervisory managerial position either as a senior center director, assistant director, human services manager or related field with supervisory experience, or any equivalent combination of education and experience. Position develops and implements programs and services for the town's senior population. The director plans and administers the annual budget; writes and prepares grants; prepares statistical/financial reports to the COA board; implements board policy; supervises staff; and maintains a direct link with service providers regarding health care, housing, legal, financial and social issues while managing the daily operations of the senior center. Salary DOQ. Resume and cover letter to Michael McCue, Town Administrator, 65 East Main Street, Avon, MA 02322. Applications must be received by 4:00 p.m., Monday, Aug. 30, 2008. AA/EOE Michael W. McCue, Town Administrator, Buckley Center, 65 East Main Street, Avon MA 02322 508-588-0414 x20 — fax 508-559-0209

Swansea COA Supportive Daycare Coordinator The Swansea Council on Aging is seeking applicants for the **full-time (31 Hours)** position of Supportive Daycare Coordinator to manage the program under the direction of the Council on Aging Director. Duties include direct contact and interaction with staff, clients, families, local agencies/departments, monthly billing, bookkeeping, marketing of program and other duties as assigned. Wages: \$27,000.00 - \$29,000.00. **Please send resume by September 3, 2010**, to Laurie A. Pimentel, Executive Director, Swansea Council on Aging, 260 Ocean Grove Avenue, Swansea MA 02777 Phone: (508) 676-1831 — Fax: (508) 677-4799 — Email: lpimentel@town.swansea.ma.us Website: www.swanseacoa.webs.com

Administrative Coordinator: The Massachusetts Council for Home Care Aide Services (Council) has been the voice for paraprofessional home care aide services in Massachusetts. Home care aides are the heart of the Commonwealth's home care system, providing personalized and supportive services that enable our elders and disabled children and adults to remain safely in their homes. Council membership includes over 120 home care provider agencies committed to keeping frail and ill people of all ages at home with maximum independence and dignity. Council staff consists of a full-time Executive Director, working with an active volunteer Board of Directors. The Council is seeking a part-time **Administrative Coordinator** to assist with the day to day operations of the organization.

RESPONSIBILITIES:

- Providing administrative support to Council's Executive Director
- Assisting with the planning and coordinating of Council meetings, seminars, conferences and other events (limited statewide travel required)
- Membership development and outreach
- Organizing, updating, and maintaining Council databases and publications
- Responding to calls from members and the public
- Maintaining and enhancing the Council's website
- Developing advocacy materials for Council members including email alerts and flyers
- Writing articles for the Council's newsletter
- Conducting national/state public policy research

SKILLS AND QUALIFICATIONS:

- At least an associate's or Bachelor's degree from an accredited institution.
- Graduate students in the fields of gerontology, public policy, and social work strongly encouraged to apply. Position is especially well-suited those interested elder issues, health care, state government, the Legislature, public policy, and/or economic issues affecting women and immigrant populations.
- Experience working in office and administrative settings
- Excellent written and oral communication skills
- Experience with various computer programs including Microsoft Word, Outlook, PowerPoint, and Excel
- Willing to work collaboratively in tight space and with limited resources
- Ability to take initiative and work independently
- Ability to multi-task and manage multiple projects with keen attention to detail

Interested applicants should send a resume and cover letter to:

Lisa Gurgone MA Council for Home Care Aide Services 174 Portland Street Boston, MA 02114
617-224-4141 lgurgone@mahomecareaiders.com www.mahomecareaiders.com

Job Posting Strategies Announcing Job Positions: Various Strategies and Suggestions — from Emmett Schmarsow at EOE. <http://www.mcoaonline.com/content/jobs/index.php>

MCOA Briefs: Transitions (submit new info to janiee@mcoaonline.com)

- Mary Wheelen has left her post at the Williamsburg COA and will be assuming the role of Director at the South County Senior Center. Mary's email will be scsc@town.deerfield.ma.us Until a new Director is hired in Williamsburg please contact Fran Goebel at 268-8407 or frangoebel@burgy.org
- Debra Decelles last day as Director of the Lanesborough COA was July 29. She have taken a full time job at Williams College. Charis Keeler who has been working with her for the last 2 years is taking over. Please put her on your email list: ckeelercoa@aol.com. All other information regarding the Lanesborough COA will stay the same.
- Barbara Brenton has left her position at Avon COA to take the Director position at Halifax COA
- Ellen Feingold retiring from JCHE as of August 13, 2010. After that time, if you want to send something to the President of JCHE, please send it to our new President Amy Schectman at aschectman@jche.org. If you wish to send something to Ellen, please send it to ellenfeingold05@gmail.com and delete efeingold@jche.org from your contact list.
- **Starting August 6th the Granby Senior Center will be operating at its new location, reports Ann Guenette. The new address is 10 WEST STATE STREET GRANBY, MA 01033 – 413-467-3239 anng@granbyma.org**

Retirement Parties Announced

Our good friend and colleague, **Robert L. Cammarata**, has announced his retirement as the Director of the City of Taunton Department of Human Services effective Friday, September 10, 2010. To celebrate his retirement, an afternoon gathering will be held at the offices of the Department of Human Services, 30 Olney Street, Taunton, MA, on Thursday, September 9, 2010, from 1:00 p.m. to 3:30 p.m. Please stop by to wish Bob a happy and healthy retirement. Pastries and coffee will be available throughout the afternoon.

If you would like to attend this gathering, please RSVP by email to Anne C. Bisson, Assistant Director, at cths2@tmlp.net or by telephone to Tracy Heger, Principal Clerk, at 508-821-1420.

Sandy Vickery's Retirement Party has been set for Wednesday, September 22, 2010 with cocktails at 6pm and dinner at 7pm. The event will be at the Pocasset Golf Club, Pocasset, MA. Contact Bourne COA for more details 508.

Great Opportunity that MCOA Completely Endorses

On behalf of Governor Patrick, we would like to introduce you to [Commonwealth Corps](#), the first statewide initiative to engage Massachusetts residents of all ages and backgrounds in service to their community. Launched in 2008, Commonwealth Corps works with non-profit organizations and public entities to reinvigorate civic involvement to help address the Commonwealth's most urgent needs. Since the program's inception, over 500 Corps members aged 18-82 have helped students improve grades, reduced hunger, educated elders about services and answered calls of distress. Through their efforts, Corps members are building a grassroots movement of volunteerism in the Commonwealth in areas such as education, public health, safety and the environment. Watch the brief video of the first year of the Corps here: 20 partner organizations are recruiting to fill their Commonwealth Corps member positions for the upcoming 2010-2011 service year that will begin this September. *Do you know someone who can make a difference?* Residents can view Corps opportunities listed by host organizations throughout the Commonwealth from Holyoke to Roxbury, Lowell to New Bedford, and dozens of communities in between by visiting [Connect and Serve](#), the statewide volunteer web portal. Corps members serve up to twelve months in full-time, part-time or flex-time capacities and receive a stipend. **Please help us spread the word about [Commonwealth Corps opportunities](#) and encourage members of your community to consider this service opportunity! Please forward this email or share the attached flyer.** If you would like more information, please contact me at 617-725-4036 or via email at Commonwealth.Corps@state.ma.us. Sincerely, Cynthia Orellana Director of Commonwealth Corps Office of Governor Deval Patrick

Become a Corps Member!

**COMMONWEALTH
CORPS**
INSPIRE. UNITE. ACT.

The mission of the Commonwealth Corps is to engage Massachusetts residents of all ages and backgrounds in direct service to rebuild communities and address their unmet needs. Commonwealth Corps will provide opportunities for skill building, leadership development and will encourage and enhance a lifelong civic vocation for its members.

[Learn more about the Commonwealth Corps](#)

[www.mass.gov/
commonwealthcorps](http://www.mass.gov/commonwealthcorps)

[Check out opportunities on Connect and Serve](#)

<http://volunteer.united-e-way.org/mass-service/volunteer/>

“ANYONE CAN BE GREAT,
BECAUSE ANYONE CAN
SERVE” - DR. MARTIN
LUTHER KING JR.



Administered by the
Massachusetts Service
Alliance



Commonwealth Corps Service Year 2010-2011 is starting!

Apply Today!

[Check out available opportunities on Connect and Serve.](#)



Commonwealth Corps works with non-profit organizations and public entities to reinvigorate civic involvement to help address the Commonwealth's most urgent needs. Commonwealth Corps members work to unite people in service for the common good. Corps members provide direct service, recruit, organize and mobilize additional volunteers - building a grassroots movement of volunteers dedicated to service.

Corps opportunities are available from Holyoke to Roxbury, Lowell to New Bedford and dozens of communities in between. Corps Members commit to a year of service, can be full-time, part-time or flex-time and stipends are available. They strengthen the Commonwealth by doing activities such as:

- Improve students' academic performance, and access to higher education
- Address unmet community health needs
- Expand the impact of neighborhood revitalization activities
- Erase an adult literacy gap
- Promote healthier lifestyles among older adults
- And much more.....

MCOA 2010-2011 Planning Calendar

UPCOMING Events: - Circulate to Your Staff

2010

July 15 (Thurs)	MCOA Advisory Meeting, Milford COA
Aug 26 (Thurs)	MCOA Board Meeting, Worcester COA
September 17	MCOA Membership Meeting, Milford COA
September 22	MCOA Outreach Summit, Worcester Senior Center
October 6-8	MCOA Fall Conference, Sea Crest Resort & Conference Center, Falmouth MA
October 21	Mass Home Care Annual Conference
November 19	MCOA Advisory Meeting, Milford COA
December 3	MCOA Membership Meeting, Milford COA

2011 Suggested Dates- Not Finalized

January 21	MCOA Board Meeting, Worcester Senior Center
February 18	MCOA Membership Meeting
March 18	MCOA Advisory Council Meeting
April 15	MCOA Board Meeting, Worcester Senior Center
May 17	MPHA/WMACA/MCOA WMASS Spring Conference, Mass Mutual Center Springfield
May 20	MCOA Advisory Council Meeting
June 17	MCOA Membership Meeting
July 21	MCOA Advisory Council Meeting
August 18	MCOA Board Meeting, Worcester Senior Center
September 16	MCOA Membership Meeting
October 5-7	MCOA Fall Conference Sturbridge Host
November 18	MCOA Advisory Council Meeting
December 2	MCOA Membership Meeting

Regional Meetings:

WMACA	represents the four western MA counties, meets quarterly. Jodi Ahern, Ludlow (413)583-3564
CEMACA	represents Central MA, meets 4/year. Betsy Connell/ Worcester EOE (508)799-8030
CIRCA	represents SE MA and Cape Cod and the Islands, meets quarterly. Jan Timmons/Sandwich (508)888-4737
NSACA	represents greater North Shore area meets quarterly. Contact Diane Bertolino/ Rockport (978)546-2573
DUN/MetroWest	Consortium meets regularly. Contact Mary Parcher/ Framingham (508)6204819
Minuteman	Consortium meets regularly. Terri Marciello/ Wilmington (978)657-7595
Merrimack Valley	Consortium meets regularly. Lynne Stanton/ Groveland COA (978)372-1101 or Colleen Fiorello (Georgetown: (978)352-5726
HESSCO Area	Consortium meets regularly. Contact Barbara Coghlan/ Walpole (508)668-3330 or Janet Angelico/ Wrentham (508)384-5425 or Pat Carty Larkin/ Westwood (781)329-8799
Greater Boston	Unaffiliated COAs in Boston, Chelsea, Revere, Winthrop, Somerville, & Cambridge
LOHSC	Meets the 2 nd Friday of each month at MMA/Boston. Contact Bob Cammarata/ Taunton (508)821-1425

UpComing National Conferences:

April 26-30, 2011, Joint Conference of NCOA and the American Society on Aging, San Francisco, CA
March 28-April 1, 2012, Joint Conference of NCOA and the American Society on Aging, Washington DC
March 19-23, 2013, Joint Conference of NCOA and the American Society on Aging, Chicago, IL

MCOABriefs: UpComing Events

Gen Silent (film)

GEN SILENT : A Film and Discussion about LGBT Aging and Caregiving

Thursday 30 September 2010 — Hogan Center, Holy Cross Worcester – 12pm - 3pm

2 CEUs and lunch included – Fee: \$25.00 per person

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

THE MASSACHUSETTS ALZHEIMER'S DISEASE and RELATED DISORDERS (ADRD) STATE PLAN STEERING COMMITTEE LISTENING SESSIONS

The newly established Massachusetts ADRD State Plan Steering Committee will be hosting four statewide listening sessions to hear from patients, family members, friends, caregivers, providers and interested residents who may have comments and concerns about Alzheimer's and related disorders. The Steering Committee will be compiling information to use in developing one-, three- and five-year strategies and recommendations for serving the needs of the increasing number of people affected by these conditions.

Listening sessions:

9/15: Chicopee, Elms College, 291 Springfield Street 6:00-7:30 p.m.

9/16: Boston area (location to be announces) 6:00-7:30 p.m.

9/23: Worcester, Worcester Senior Center, 128 Providence Street 10-11:30 a.m.

9/30: Fall River, Bristol Community College, 777 Elsbree Street 6:00-7:30 p.m.

We invite you to join us. To RSVP or for more information, please call Jennifer Carter at: 617-868-6718

On-Line CDMP Programs

Dear Aging and Public Health Partners,

In addition to our current statewide project to implement My Life, My Health the Stanford University Chronic Disease Self-Management Program is available on-line. The on-line program is called Better Choices, Better Health. I want to let you know that Better Choices, Better Health is now registering participants in our state. Massachusetts is participating in seven state pilot project. This free, six-week, interactive workshop is designed for people with a whole range of health conditions from diabetes to cancer. It can be completed from any computer with an Internet connection (including dial-up). Rigorously tested by Stanford, Better Choices, Better Health™ helps people learn how to set their own goals, make step-by-step plans to manage their health and develop the confidence they need to improve their lives. If you want more information or if someone wants to sign up, please go to: <https://selfmanage.org/BetterHealth/SignUp>

We encourage you to think about potential participants who may benefit from this opportunity particularly people who for some reason find it difficult to attend the community-based My Life, My Health. See the attached flyers at <http://www.mcoaonline.com/content/wellness/index.php> for an overview of the program and contact information for registration. For further information, please feel free to contact: Anita Albright, Director, Office of Healthy Aging & Disability, MA Department of Public Health, 250 Washington St., 4th floor, Boston MA 02108 — Tel: (617) 624-5440 — Fax: (617) 624-5075 — TTY: (617) 624-5992

NCOA: Plan Now for Senior Center Month (Sept) NCOA Week, June 22, 2010 —

http://waystohelp.ncoa.org/site/MessageViewer?em_id=5781.0&printer_friendly=0

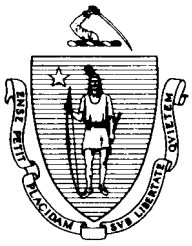
Opening Doors: An LGBT Aging Conference

Worcester LGBT Elder Network (WLEN) presents "Opening Doors: An LGBT Aging Conference"

Wednesday 15 September 2010 from 12:30 PM to 4:30 PM

Hoaglund-Pincus Conference Center, 222 Maple Avenue, Shrewsbury, MA 01545

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



The [Division of Local Services](#) will offer the annual seminar "What's New in Municipal Law" on Friday, September 24, 2010 at The Log Cabin Banquet & Meeting House in Holyoke and Friday, October 1, 2010 at The Lantana in Randolph.

Pre-registration is required. Registrations are due on or before Thursday, September 16th. For more information regarding this training opportunity, please click [here](#) or copy and past the link below into your browser:

http://www.mass.gov/Ador/docs/dls/publ/bull/2010/2010_6B.pdf

October 21st Mass Home Care Network Conference Holy Cross

"Long Term Care In Transition"

KEYNOTE SPEAKERS INCLUDE:

- * **Dr. Rob Schreiber of Hebrew Senior Life**, the 2010 Medical Director of the Year, per the American Medical Directors Association. Dr. Schreiber will talk about 'Innovative Opportunities for Aging Service Network Providers.
- * **Cathie Berger, Director of the Atlanta Regional Commission**, and Area Agency on Aging, will do the lunch keynote of its regional approach to health and wellness with the elderly, including Transitional Coaching.
- * **PLUS: TEN WORKSHOPS**: featuring 27 presenters on Motivational Interviewing, the Massachusetts Care Transitions Strategic Plan, Healthy Aging Programming, MassHealth Basics & Estate Law, Introduction to Care Coordination, The Medical Homes Initiative in Massachusetts, Introduction to The Coleman Transitional Coaching model, Chronic Disease Self-Management, The STAAR Initiative to reduce re-hospitalizations, and Connected Living: An internet based network with seniors.

Details: www.masshomecare.org

The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

DEVAL L. PATRICK
GOVERNOR

TIMOTHY P. MURRAY
LIEUTENANT GOVERNOR

JUDYANN BIGBY, MD
SECRETARY

JOHN AUERBACH
COMMISSIONER

Autumn Regional *Keep Moving* Walks

August 10, 2010

Dear Walking Club Leader:

The ***Keep Moving* Program** invites you and your walking club to participate in upcoming Autumn Regional *Keep Moving* walks to celebrate senior fitness and to meet other walkers from around the state.

The walks will take place on the dates and times noted on the enclosed registration form **RAIN OR SHINE**. Dress for the weather! **Registration and warm up start at 10:30 a.m. Walks start at 11:00 a.m.** and conclude at 1 p.m. For inclement weather cancellation notices, please check the message at 617-624-5972 on the day of the walk.

There will be one-mile and three-mile walking routes. Bring a picnic lunch to enjoy following the walk! Picnic tables are available at the walk sites.

Enclosed are the walk locations and directions to the sites. All walkers will receive a complimentary gift. Please complete the enclosed registration form and return it by **September 10, 2010**.

Keep Moving clubs are encouraged to explore transportation options with *Keep Moving* clubs in surrounding communities. There is limited transportation assistance available to *Keep Moving* clubs. Please contact Ed Pomfred at (617) 624-5972 or edward.pomfred@state.ma.us to discuss transportation assistance. Make your travel arrangements early.

Sincerely,

Ed Pomfred, Director
Keep Moving Program

Keep Moving is supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts.



Regional Autumn Walks

HOPKINTON STATE PARK

268 Cedar Street
Hopkinton, MA
Thursday, September 16, 2010

LOOK PARK

300 North Main Street
Florence, MA
Friday, October 1, 2010

SHINING SEA BIKEWAY

Depot Street Lot
Falmouth, MA
Tuesday, October 5, 2010

Walks begin with registration and warm-up at 10:30 A.M.
There are one-mile and three-mile walking routes.

Walks will be held RAIN or SHINE. Meet **Keep Moving** walkers from across the state.
Bring a picnic lunch. Make new friends!

Keep Moving club leaders should contact Ed Pomfred to discuss transportation scholarship assistance. Please make your transportation arrangements early.

Pre-registration required. For more information contact Ed Pomfred: 617-624-5972 or e-mail: edward.pomfred@state.ma.us

The Department of Public Health and Blue Cross Blue Shield support the **Keep Moving** program in partnership with the Executive Office of Elder Affairs and the Massachusetts Association of Councils on Aging and Senior Center Directors.



If you are deaf or hard of hearing, or are a person with a disability who requires accommodation, contact Ed Pomfred: 617-624-5972 or TTY: 617-624-5992 or e-mail: edward.pomfred@state.ma.us by September 10, 2010.

Directions to **KEEP MOVING** Regional Autumn Walks

HOPKINTON STATE PARK, HOPKINTON, MA

To locate

Main Entrance by MAPQUEST: 268 Cedar Street, Hopkinton, MA 01748 508 435-4303

<http://www.mass.gov/dcr/parks/northeast/hpsp.htm> Rte. I-495 (north or south) to exit 21A, Main Street Hopkinton. Travel on Main Street until the third traffic light located at the heart of downtown Hopkinton. Turn left, traveling North on Route 85. Proceed approximately 2 miles to the Hopkinton State Park entrance on the right (do not enter the Field Office on the left). Enter park and follow signs to right for Ash Street and boat ramp. This will loop around to water and marina area parking lot. Park in lot to right of boat house.

Look Memorial Park 300 North Main Street Florence, MA Friday, October 1, 2010

<http://www.lookpark.org/index.php> — Directions to Frank Newhall Look Memorial Park

MapQuest query official address: 300 North Main Street, Florence, MA 01062 413.584.5457

From Springfield area: I-91 north to exit 19; at end of ramp, follow attractions sign arrows. Cross route 9. You are now on Damon Road. Go to next light and go straight through. This is Bridge Road. Approximately 2 miles to Look Park, 25-35 minutes.

From Amherst area: Route 9 west over Coolidge bridge to light, turn right. At next light, go straight 2 miles to Look Park, 25-35 minutes.

From Greenfield area: Take I-91 south to exit 20. At light turn right Approximately 2 miles to Look Park, 25-35 minutes.

From Pittsfield area: From Lee, Lenox or Adams route 7 to route 9. Take route 9 East toward Windsor and Northampton. The park entrance is on the right just past the V.A. Medical Center. Approximately 1 hour driving time.

From Boston area: Take Mass Turnpike west to exit 4 West Springfield. Follow directions from Springfield. Approximately 2 hours.

From Westfield/Southwick area: Route 10 to Northampton Center, at light (Academy of Music on right and Edwards Church directly ahead of you) turn left onto route 9 west. Stay on route 9 through the village of Florence until you come to Look Park on your left. Approximately 30-40 minutes.

SHINING SEA BIKEWAY Depot Ave Parking Lot Falmouth, MA Tues., Oct 5, 2010

http://www.falmouthmass.us/bike/shiningseabikeway_map_2009_logos_lowrez.pdf

Directions to the Shining Sea Bikeway

From Boston:

Take route 24 south to I-495 south to the Bourne Bridge. Or take Route 3 south to the Sagamore Bridge Rotary. Follow signs to Buzzards Bay/Falmouth, then cross the Bourne Bridge.

From Springfield/Worcester: Take the Mass. Turnpike to exit I-495 south to Bourne Bridge.

From New York/Connecticut: Take I-95 to Providence, R.I. Then take I-95 to I-495 south to the Bourne Bridge.

From Bourne Bridge: Take route 28 south to Falmouth, route 28 also known as Palmer Ave. When Palmer Ave cuts down to two lanes, continue approximately 2 miles. Past Falmouth Elks on your right. Shortly after, take right onto Depot Ave; you will see a sign for Bus Depot. Go straight past Bus depot on right, public parking will be ahead on your left. Point #7 on map link above.

Keep Moving Autumn Walks 2010

Registration

PLEASE PRINT:

Name of Walking Club: _____

Contact Person: _____ Phone: _____

E-mail address: _____

Address: _____
Street

City

State

Zip code

Please circle the walks and provide the number of walkers that will be attending.

1. Hopkinton State Park
268 Cedar Street, Hopkinton, MA
Thursday, September 16, 2010 (10:30 a.m. -1:00 p.m.)
Number attending _____

2. Look Memorial Park
300 North Main Street
Florence, MA
Friday, October 1, 2010 (10:30 a.m. -1:00 p.m.)
Please note, a listing of individual walking club member names will be needed with this registration to expedite free entry into Look Park. Please attach separate list of walkers.
Number attending _____

3. Shining Seas Bikeway
Falmouth, MA
Tuesday, October 5, 2010 (10:30 a.m. -1:00 p.m.)
Number attending _____

Please return reservations by September 10, 2010

Ed Pomfred, Keep Moving coordinator

MDPH, 250 Washington St., 4th Floor
Boston, MA 02108

FAX to: (617) 624-5075 Phone: (617) 624-5972 TTY: (617) 624-5992
e-mail: edward.pomfred@state.ma.us

John Auerbach, Commissioner of the Department of Public Health,
Secretary Ann L. Hartstein,
and the
Massachusetts Falls Prevention Coalition
invite you to join us for

4th Annual
Falls Prevention Awareness Day

September 22, 2010 10:00am-12:00pm Massachusetts State House

Join us in the **Nurses Hall** as we celebrate our ongoing efforts and plan for the year to come!

Once again, clinicians, community activists, state officials and honored guests will gather at the Massachusetts State House to raise awareness that falls are both common and costly. Efforts are in place in our state to introduce falls prevention activities across the health care continuum and into the daily lives of older adults.

**Don't miss the Tai Chi demonstration
featuring Brookline Tai Chi!**

*The mission of the **Massachusetts Falls Prevention Coalition** is to promote healthy lifestyles, behaviors and strategies to reduce the incidence and severity of falls and fall-related injuries across the lifespan in Massachusetts.*

**To RSVP to this event, contact Alissa Weintraub at
Aweintraub@maseniorcare.org**

SAVE THE DATE!

2010 Fall Policy Forum

“Health Care Reform: What’s An Elder to Do?”

Friday, October 15, 2010, 9:00am to 12:00pm

Lasell College, Newton, MA

The keynote speaker will be **Dr. Stuart H. Altman**, Professor of National Health Policy and former Dean at the Heller School, Brandeis University. Among his many professional achievements, he served 12 years as Chairman of the congressionally legislated Prospective Payment Assessment Commission (ProPac) formed to advise Congress and the Administration on the functioning of the Medicare Diagnostic Related Group (DRG) Hospital Payment System and other system reforms. He is also Chair of the Health Industry Forum which brings together diverse group leaders from across the health care field to develop solutions for critical problems facing the healthcare system.

Details about registration will be forthcoming soon on our web-site, www.massgeron.org



Engaging Minority Communities in Safer Healthcare

The Reggie Lewis Center, Roxbury Community College
Saturday, August 28, 2010 8:00AM – 2:00PM

**98,000 people die each year in the U.S. from preventable Medical Errors.
Millions more are harmed.**

What do these startling numbers mean for your community? For other minority communities?

Join MITSS, the New England Regional Black Nurses Association (NERBNA), and the National Association of Hispanic Nurses (NAHN) to help us identify the challenges unique to the minority communities while recognizing opportunities to engage everyone in safer healthcare.

Medically Induced Trauma Support Services (MITSS), in collaboration with NERBNA and NAHN, is pleased to present this timely and important program, *“Engaging Minority Communities in Safer Healthcare.”* This program will be held on Saturday, August 28th from 8 am to 2 pm at the Reggie Lewis Center at Roxbury Community College in Roxbury, MA. Faculty for this exciting day will provide an introduction to Patient Safety and its importance to minority communities. We will hear from a Nursing VP about patient safety challenges while working with diverse populations. Another faculty member will discuss medical interpretation -- the laws around it and its critical role in the provision of safe care. Also in attendance will be those affected by medical errors. Facilitated group discussions will focus on successes, barriers, and opportunities to work with minority communities in advancing safer healthcare for the minority consumer. **Participants are encouraged to share the language in which they would prefer to have these group discussions.**

This program is complimentary and will include a continental breakfast and lunch.

Objectives:

- Learn about Patient Safety challenges as a specific concern for minority populations.
- Learn about the emotional impact to patients, families, and staff following medical errors from a cultural perspective.
- Learn about increasing the involvement of minority communities in the patient safety movement.
- Identify opportunities to better engage minority communities in safer healthcare.

Faculty:

Lucilia Prates -- Director, Massachusetts SMP Program, Elder Services of Merrimack Valley
Deb Washington, RN, PhD (c) -- Director of MGH Diversity Patient Care
Lin Wu, RN -- Massachusetts General Hospital
Lisa O'Connor, RN, BSN, MS, NEA-BC -- VP of Nursing, Boston Medical Center (BMC)
Lisa Morris -- Director Cross Cultural Initiatives, University of Mass. Medical School
Linda Kenney -- President/Executive Director, MITSS
Erin O'Donnell -- Support Team Member, MITSS
Winnie Tobin -- Communications Director -- MITSS

Please visit www.mitss.org and go to Upcoming MITSS Events or directly to http://www.mitss.org/upcoming_mitss_events.html to register or **call us at 617-232-0090.**

Contact Information:

Winnie Tobin, Communications Director
MITSS
830 Boylston Street, Ste 206
Chestnut Hill, MA 02467
Fax: 617-232-7181
Telephone: 617-232-0090
Email: wtobin@mitss.org
Website: www.mitss.org



Supporting Healing. Restoring Hope.

Engaging Minority Communities in Safer Healthcare

August 28, 2010

The Reggie Lewis Center, Roxbury Community College

7:15 AM – 8:00 AM	Registration and Continental Breakfast
8:00 AM – 8:35 AM	Welcome, Program Overview, Introduction to MITSS Lucilia Prates-Director, Massachusetts SMP Program, Elder Services of Merrimack Valley Deb Washington- Massachusetts General Hospital Lin Wu, RN – Massachusetts General Hospital Linda K. Kenney- President and Executive Director, MITSS Winnie Tobin- Communications Director, MITSS
8:35 AM – 9:30 AM	Introduction to Patient Safety Deb Washington, RN, PhD (c) – Director of MGH Diversity Patient Care Services, Massachusetts General Hospital Lin Wu, RN – Massachusetts General Hospital
9:30 AM – 10:30 AM	Challenges of Patient Safety in an Organization with Diverse Populations Lisa O'Connor, RN, BSN, MS, NEA-BC- Vice President of Nursing, Boston Medical Center
10:30 AM – 10:45 AM	Break
10:45 AM – 11:45 AM	Medical Interpreters – What is their role in safety? Lisa Morris – Director, Cross Cultural Initiatives, University of Massachusetts Medical School
11:45 AM – 12:30 PM	Lunch
12:30 PM – 1:30 PM	Facilitated Group Discussions – Focusing on current successes, barriers, and opportunities engaging minority communities in safety
1:30 PM – 2:00 PM	Report Out, Wrap Up and Next Steps
2:00 PM	Adjourn

**"LOTS OF THINGS
COME WITH AGE"**

HIV doesn't have to be one of them.



New England Association on HIV Over Fifty (NEAHOF)

In Collaboration with

The New England AIDS Education and Training Center

Presents:

**National AIDS Conference
Prevention, Care & Management**

**5th Annual HIV Over Fifty Update:
Across Communities & Culture**

September 17, 2010

at

John F. Kennedy Library and Museum, Boston, MA



AGENDA

7:30 - 8:15 am	Registration & Breakfast
8:15 - 9:00 am	Welcome Jim Campbell, John Auerbach, Commissioner of the Department of Public Health for the State of Massachusetts Ann Hartstein, Secretary of the Department of Elder Affairs, Gloria Fox, & Al Whitaker
9:00 - 9:30 am	Massachusetts: The State of the State H. Dawn Fukuda, ScM
9:30 - 10:15 am	HIV Prevention Strategies: PrEP & Human Behavior Kenneth H. Mayer, MD
10:15 - 11:00 am	Medical Management of HIV in the Older Patient Paul E. Sax, MD
11:00 - 11:15 am	Break
11:15 - 12:00 pm	Neurological Manifestations of HIV Infection Marshall Forstein, MD
12:00 - 12:45 pm	Management of Metabolic and Cardiovascular Morbidity in the HIV Patient Sara E. Dolan Looby, PhD, ANP-BC
12:45 - 1:45 pm	Lunch and Keynote Keynote: "Granny's Got Her Groove On" Marilyn R. Gugliucci, PhD
1:45 - 2:30 pm	Stigma, Isolation and Aging in the HIV Patient Steven Brady, PhD
2:30 - 3:30 pm	Panel Discussion Veterans Administration Joe Wigon, LICSW Living Longer and Moving Naturally Master Yon G. Lee e-Health e-Health, The World of Patient Engagement
3:30 - 4:00 pm	Wrap up & Evaluation

MCOABriefs: UpComing Events (continued)

FREE FRIDAYS at MA Museums

Thanks to the Highland Street Foundation, and courtesy of the Templeton Council on Aging, please see this link for the FREE FRIDAY events at a number of museums in the commonwealth. **July to September**

Courtesy of Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, Exec. Office of Elder Affairs

See: <http://www.highlandstreet.org/special-programs/free-fun-fridays.html>

Certified Community Transit Manager Class

Certified Community Transit Manager Preparatory class and Exam **Tues-Thurs 21–23 September 2010**

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

Fire and Life Safety Education Conference

16th annual Fire and Life Safety Education Conference - **September 22-23, 2010**

State Fire Marshal Stephen D. Coan will be hosting the 16th annual Fire and Life Safety Education Conference on September 22-23, 2010. Classroom teachers, nurses, firefighters, school resource officers and injury prevention experts are invited to gather at the Westford Regency Inn and Conference Center for two days of training and skill development in 30 workshops and four general sessions presented by 40 speakers. There will be core workshops for new fire and life safety educators; workshops on new ideas, programs and teaching techniques to keep educators current; and workshops that continue to challenge and develop new skills for experienced educators. For the entire conference brochure listing all speakers look on-line at www.mass.gov/dfs and click on Public Education Conference under, What's New.

This year's theme, Fire Safety Education: The Never-Ending Story has two focuses. First, it reminds us that each year there are new students who need fire and life safety education to become safe, successful adults. Secondly, the workshops and keynote speaker look at ways of using story telling as a teaching tool, whether it is the instructors telling stories, or finding ways to encourage our students to use story telling to learn.

Bill Harley, Grammy Award Winning Storyteller, will be the keynote speaker on September 23, 2010.

His address, The Power of Story, will give insight into the power of story in our daily lives and help us as fire and life safety educators find ways to incorporate it into our work.

Dr. Elizabeth Englander, director of the MA Aggression Reduction Center will present a general session on cyberbullying and off-line safety. Dr. England is a powerful speaker and nationally known expert how schools and parents can address this issue. **2010 Fire and Life Safety Educator of the Year Award**

On September 22, the 2010 Fire and Life Safety Educator of the Year Award will be presented at a ceremony after lunch at 1:00 p.m. Conference Program: <http://www.mcoaonline.com/content/conferences/index.php>

Free Hearing and Balance Seminar

The Department of Audiology at the Massachusetts Eye and Ear Infirmary will host our 10th Annual Public Forum on Hearing and Balance on **Saturday, September 25th starting at 9:00am**. Topics will be announced later in the coming months. After the program, attendees will have the opportunity to visit with our speakers to ask questions. There will also be a booth and Audiologist with information on noise protection. If there are other people you know that would be interested, please reply with contact information. As the date approaches more details of the program can be found at: www.meei.harvard.edu and will be updated with new developments. ...Just follow the links! This program is free, but seating is limited. (Registration opens at 8:30 a.m.) Call 617-573-3265 to reserve a space or R.S.V.P on-line at: www.meei.harvard.edu

Meltzer Auditorium, 3rd Floor, Massachusetts Eye and Ear Infirmary, 243 Charles Street, Boston, MA

This forum will feature:

- Handouts of lecture materials;
- Real-time transcription of lectures
- Assistive listening devices (ALDs) available for use during the lectures
- Opportunities for questions;
- Discounted parking in the MEEI lot

MCOABriefs: UpComing Events (continued)

2010 AARP Webinar Series for Job Seekers

AARP is offering webinars throughout 2010 to help you succeed in your job search.

To register for the next webinar, learn about upcoming ones, or view a recording of a past webinar, visit www.aarp.org/jobwebinars. Registrations fill up quickly!

Promote Yourself With a Personal Brand

Tuesday, September 14, 2:00-3:00 pm EDT

What makes you unique among your peers? What have you achieved that makes you a valuable asset to an employer?

Whether you are a career-changer, an entrepreneur, or simply need a new approach in your job search, a personal brand will help you define the product that is *you*.

This webinar explains how to apply commercial branding techniques to find a job or build your business. You'll learn to:

- Identify your unique strengths and skills
- Increase your visibility in a competitive market
- Show your value to potential employers

Presenter: Marva Goldsmith, author of *Branding Yourself After Age 50*, is a branding & image consultant in DC.

Hot Jobs: Where They Are and How to Find Them

December 9, 2:00-3:00 pm EST

At this AARP members-only webinar, employment experts will help you find out which industries, occupations, and types of employers have the most job openings (and which don't). Learn how to use your arsenal of job hunting skills to latch onto more possibilities for getting hired. Information includes:

- Tips for using job boards—and mistakes to avoid
- Using social networks to find job prospects
- Matching your qualifications to available jobs

Presenters:

- Melanie Holmes, Vice President, World of Work Solutions, Manpower, Inc.
- Katharine Hansen, career expert and Creative Director for QuintCareers.com.

Learn more at www.aarp.org/jobwebinar

Rebuilding Sustainable Communities with the Elderly & Disabled People After Disasters.

UMass Boston, The McCormack Graduate School, Center for Rebuilding Sustainable Communities.

For more information about the conference please contact Tara Desisto, CRSCAD Research Assistant at

CRSCAD@umb.edu You may also wish to check out their web-site: <http://www.rebuilding.umb.edu>

Courtesy of Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, Exec. Office of Elder Affairs

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

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

Save the Date! Mass Senior Care Association

4th Annual Falls Prevention Awareness Day September 22, 2010 10:00am-12:00pm

Massachusetts State House **Join us in the Nurses Hall at the State House as we celebrate our ongoing efforts and plan for the year to come!** A more detailed announcement will be sent later this summer.

The National Indian Council on Aging is hosting their 2010 Biennial Conference in Michigan from September 25-28, 2010. The theme is “Aging In Indian Country: Embracing the Past and Facing the Future.” I'll be presenting the SMP message at the conference. The website is www.nicoa.org. Please check their website for more information. Welalin/Thank you! Terrie Drew SMP Integration Project Coordinator Elder Services of the Merrimack Valley, Inc. 360 Merrimack Street, Bldg 5 Lawrence, MA 01843 (978) 946-1243 tdrew@esmv.org

Mass. Law Reform Institute and Mass. Continuing Legal Education present the

2010-2011

BASIC PUBLIC BENEFITS ADVOCACY TRAINING SERIES

A series of 11 trainings for legal, social and health services, and community advocates who assist low- and moderate-income individuals and families.

Go to the MCLE web pages (linked below) for complete details and registration information. Registration must be done through MCLE (not MLRI).

Tuition for Legal Services Staff, Social Services/Health Services/Community and Non-Lawyer Advocates:
\$25 per person per session

Tuition for All Others: \$95 per person per session

Location: MCLE, 10 Winter Place, Boston (Downtown Crossing) Registration Details at www.MCLE.org

- [SSI & SSDI Basics](#)
Wednesday, September 22, 2010, 9:30 am - 4:00 pm
- [CORI Basics](#)
Thursday, October 7, 2010, 9:30 am - 12:15 pm
- [Representing Unemployed Workers at Unemployment Insurance Hearings](#)
Thursday, October 7, 2010, 1:15 - 4:30 pm
- [Assisting Families Experiencing Homelessness: Emergency Assistance Shelter & Benefits](#)
Wednesday, October 27, 2010, 9:30 am - 1:00 pm
- [Health Care Access Programs](#)
Wednesday, November 10, 2010, 9:30 am - 4:00 pm
- [Income Maximization for the Working Poor \(Families and Individuals\)](#)
Wednesday, December 8, 2010, 9:30 am - 1:00 pm
- [Cash Assistance for Massachusetts Families & Individuals: TAFDC and EAEDC](#)
Tuesday, January 11, 2011, 9:30 am - 4:00 pm
- [Food Stamps/SNAP](#)
Thursday, February 3, 2011, 9:30 am - 12:15 pm
- [State and Federal Veterans Benefits](#)
Thursday, February 3, 2011, 1:15 pm - 4:00 pm
- [Elder Benefits Programs](#)
Tuesday, March 1, 2011, 9:30 am - 4:00 pm
- [Immigrants & Public Benefits](#)
Tuesday, March 22, 2011, 9:30 am - 4:00 pm

Please share this with others who might be interested.

MCOABriefs: Member Requests/Offerings

Emergency Mgt Policy/Procedure ?

If any MCOA member has an Emergency Management Policy/Procedure, I would really appreciate it if you would be willing to share it with us by email at ldemattia@bellinghamma.org or fax at 508-966-5843. If I receive any, I'd be happy to compile them and pass it along to any other interested member. Thank you. Laura DeMattia, Bellingham Senior Center, 40 Blackstone Street, Bellingham MA 02019

LDeMattia@bellinghamma.org

Senior Center Hours – days/week ?

Dear Colleagues: If your senior center is open only four days per week, kindly forward acknowledgement of same to Dawn Folopoulos at: dfolopoulos@ci.reading.ma.us — Thank You

Reading COA Van Driver Survey

I am trying to gather some information for Dawn Folopoulos in Reading. Several months ago, you responded to her inquiry stating that you felt your town/city's senior van(s) were being fully utilized.

Please take a moment to fill in the boxes below about your senior van(s).

# driver hours per week	# of different individuals served in a year	# of one-way trips in a year	Do you transport to a day program?	Does driver arrange schedule?
i.e., 1 full-time (40) and 1 part-time (16) = 56 hrs	unduplicated	duplicate	Y or N	Y or N

Thank you, Ann Gentile, Reading agentile@ci.reading.ma.us

COA Building Startup information?

The Scituate COA is actively trying to get a building that the town has recently purchased. I am collecting data to be used at our focus groups around town and at our presentation. I would like to ask those senior centers or community centers that have been built in the past five years three questions.

1. What was your average census before the Center was built and how many programs were you offering?
2. What is your average daily census after the Center was built and have the types of programs offered expanded?
3. Does your community use your Center for other purposes and has your population changed in terms of age and sex?

Scituate desperately needs a new building and these answers will go a long way to make our case. Thanks in advance for your help. Florence Choate, Director Scituate COA, 27 Brook St. Scituate MA 02066 Phone 781-545-8722, Fax 781-545-8026 — florencechoate@yahoo.com



Happy 75th Birthday Social Security Turns 75

Social Security, America's most successful domestic program is 75 this year. Over the decades, every single payment has made a difference, one person at a time. String those payments together, and it's remarkable what a positive effect Social Security has had on our economy and society. Social Security was established to help older workers support themselves in retirement. Today, Social Security is much more than just a retirement program. It provides benefits to workers who become disabled and to families when a worker dies.

In so many ways, Social Security benefits America.

Join the celebration: learn more about Social Security and what it means to you at www.socialsecurity.gov.



MCOA Awards 2010

A Call for Nominations

Submit your nomination and any supplemental material by September 3, 2010

- Nominate someone from a COA/Senior Center
MCOA Director of the Year,
who you feel achieves, articulates, brings together, exemplifies by leadership in the field of aging as well in senior center development, operations, and marketing
- Nominate an individual or group for
MCOA Advocate of the Year,
who you feel by the way of message, achievement, legislation, coalition building, speaking up for seniors, helping seniors to speak up, courage patience, and persistence has helped seniors find empowerment, enrichment and fulfillment. P.S. When appropriate, this award can be referred to as the MCOA Legislative Advocate of the Year Award.
- Nominate an individual or group for
MCOA Innovator of the Year Award,
who you feel has come up with an idea or design, invention or variation, a program or service or a model that might help senior centers serve senior and their families according to need, compatible with dreams and adaptable in other communities.

Submit by September 3, 2010

Be sure to include this basic information below and augment as you see necessary.

MCOA 2010 Awards Nomination Form

I, _____ from _____

nominate _____ from _____ for the MCOA 's

_____ of the year Award. I believe he/she/they deserve(s) this award because:

Supplement this application with any appropriate materials you deem necessary including a one page summary of why tis individual or organization should be considered for this award you have specified..

Mail nomination to: MCOA 116 Pleasant Street, Room 306, Easthampton MA , 01027 or Fax to 413.527.7138 or emailed to david@mcoaonline.com Thank you for you time with this matter.

MCOA Briefs: News You Can Use:

SHOWCASING INNOVATION IN AGING SERVICES

At the Massachusetts Gerontology Association's Annual Fall Policy Forum

October 15, 2010

The Massachusetts Gerontology Association (MGA) invites providers of aging services to display information about innovative services or policies at its annual fall Policy Forum on **Friday, October 15**. The forum will be held at Lasell College in Newton. The forum will begin at 9 AM and end at noon.

Organizations interested in showcasing their innovative program or policy should send a one-paragraph proposal by e-mail to MGA's Innovation committee (frank.caro@umb.edu). **The deadline for proposals is Wednesday, September 8**. Exhibitors will be selected on a competitive basis.

Organizational members of MGA whose proposals are selected will be able to display their innovation without charge. Non-members will be asked to pay a \$50 display fee to help offset conference expenses.

The topic for the forum will be: **Implications of Health Care Reform for Older People**. Stuart Altman of Brandeis University will be the principal speaker.



2011 Martin Luther King, Jr. Day of Service **Request for Proposals**



The Massachusetts Service Alliance (MSA) is pleased to release the 2011 Martin Luther King, Jr. Day of Service Request for Proposals. The application is now available. [Click here to learn more.](#)

Applications due: Friday, September 24, 2010 (by 12:00pm)

MSA will provide technical assistance for the RFP on an individual basis. If you have any questions, please contact Kristen Nelson by phone (617-542-2544, ext. 221) or email (knelson@mass-service.org).

Please help us spread the word about this funding opportunity by forwarding this email.

Thank you, Lindsay Snyder Director of External Relations & Development, Massachusetts Service Alliance

**Massachusetts Service Alliance 100 N. Washington St., 3rd Floor Boston, MA 02114
P 617-542-2544 F 617-542-0240 www.mass-service.org**

Massachusetts Alzheimer's Disease and State Plan Steering Committee

Invites you to participate in our statewide listening sessions

With a growing senior population, and more people likely to experience other cognitive disorders, the Commonwealth is committed to developing strategies to support seniors, their families and caregivers. We invite you about your concerns and your ideas for meeting the needs of seniors in homes, communities and residential settings.

Listening Sessions

**Wednesday,
September 15, 2010**
Elms College
291 Springfield Street
Chicopee, MA
6:00 – 7:30 p.m.

**Thursday,
September 16, 2010**
Alzheimer's Association
311 Arsenal Street
3rd floor
Watertown, MA
6:00 – 7:30 p.m.

**Thursday,
September 23, 2010**
Worcester Senior Center
128 Providence Street
Worcester, MA
10:00 – 11:30 a.m.



Sponsored by:
The Massachusetts Executive Office of Elder Affairs
The Massachusetts Alzheimer's Association
To RSVP, or for more information, please contact
Jennifer Carter at: 617-868-6718, ext 202

Deliver Immediately to Outreach Staff

Reservation Due September 14, 2010

**MCOA
OUTREACH SUMMIT WORKING GROUP &**

BUFFET LUNCHEON
Worcester Senior Center
Wednesday, September 22, 2010

Agenda:

9:30 - 10:00 Registration
10:00 - 10:15 Welcome and Introductions

10:15 – 12:15 “Staying Connected to Utility Service”

Darlene R. Wong is a National Consumer Law Center (NCLC) staff attorney with a focus on utility issues affecting low-income consumers. For eight years before joining NCLC in 2009, she focused on public utilities regulation at the Pennsylvania Office of Consumer Advocate. She has litigated rate and service quality cases involving issues of rate setting, consumer protection, engineering and environmental concerns as relate to water, energy, and telecommunications companies. She is also a contributing author to NCLC’s publication, *Access to Utility Service 2010 Supplement*.

12:15 - 1 2:45 Lunch/Networking

1:00 - 2:45 “Health Care Reform and Medicare”

Cindy Phillips, director of the Massachusetts SHIP. She started working with the Massachusetts SHIP Program. “SHINE”, in 1994 and has served in the capacities of Regional SHINE Director, Training Coordinator, Manager of Field Operations and now State Program Director. On March 23, 2010 comprehensive health care reform, the Patient Protection and Affordable Care Act, was signed into law. This workshop is designed to provide specific information about the impact of the law on Medicare beneficiaries and dual eligible individuals and the timeline of program implementation. Information specific to Massachusetts residents and the upcoming Fall Open Enrollment Period will be discussed.

Registration deadline is Tuesday, September 14, 2010

Registration: \$20.00 including morning coffee & luncheon
\$ 10.00 for morning only

Registrant’s Name

COA/Agency

Total Due _____

Payment or Purchase Order should accompany registration form. Make checks payable to MCOA.

Send to: MCOA, 116 Pleasant Street, Ste 306, Easthampton, MA 01027-1283

Or: Tel: (413)527-6425, Fax: (413) 527-7138 or Email: janiece@mcoonline.com

Directions to Worcester Senior Center
128 Providence Street, Worcester 01064 - 508.799.1232

From the North: Route 190 South to 290 West. Take Exit 14, Route 122. This exit goes two ways: you should go straight and Route 122 bears right. Take a left onto Harrison Street. Go over bridge and to the stop sign at the top of the hill. Take a right onto Providence Street. Stay on Providence Street through one stop sign (Dorchester Street) and one street light (Winthrop Street). The senior center is the brick building on the right. Take the first right onto Spurr Street and the second driveway on the right is the parking lot.

From the South, West and East: Mass. Pike to 290 east. Take Exit 13, Vernon Street. Turn right at end of exit and go up Vernon Street. At the fork in the road, you can take the right (Vernon Street) and then a left onto Spurr Street. Or at the fork you take the left (Winthrop Street) and at the street light take a right onto Providence Street. The senior center is the big brick building on your right. Take the first right onto Spurr Street and the parking lot entrance is the second driveway on the right. The office is w/c accessible.

Reservation Due September 14, 2010

MCOA

Membership Meeting

September 17, 2010 at the Milford's Senior Center

9:30 - 10am Registration

10am- 10:45 Business Meeting

Legislative Challenges, Fall Conference Update, Committee Reports
Bylaw Vote is tentatively scheduled on NISC Delegate Selection Procedure,
Quorum requirements and direct affiliation with regional associations

11:00- 12:30pm The New Open Meeting Law and COAs

12:30- 1:00pm Buffet Lunch:

1:00 - 2:30pm Committee Meetings: none scheduled so far

Registration Deadline is Tuesday September 14th *(received by noon)

Registration Fees:	MCOA Members	\$20.00
	Non-members	\$40.00

Morning Meeting only \$10. (space and coffee- no lunch)

Note a Council on Aging or Agency is considered a member if your FY2011 Dues were paid or will be paid.

Registrant's Name

Council /Agency

Number of Members Registered _____ x \$20.00 = _____

Number of Non-members _____ x \$40.00 = _____

Morning Meeting Only _____ x \$10.00 = _____

Total Due \$ _____

Payment or Purchase Order should accompany registration form. Make checks payable to MCOA

Send to: MCOA 116 Pleasant Street - Room 306, Easthampton, MA 01027-2740

Or call: (413)527-6425

Or Fax: (413)527-7138

Directions for Milford COA: Get to I-495 south of Mass Pike. Take Exit 20 and travel on Route 85 towards Milford. The road ends at a light which is Route 16. Take a Right and follow Rt. 16 thru two set of lights. At the third set of lights (City Hall in front on left) turn left on to North Bow Street. The COA is on your left about 1/4 down the street #60. If lost contact Milford COA at (508)473-8334