

MCOA News

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

Notes from the Executive Director: Late-August 2011

Please Circulate to Your Staff & Board
Point them to www.mcoaonline.com

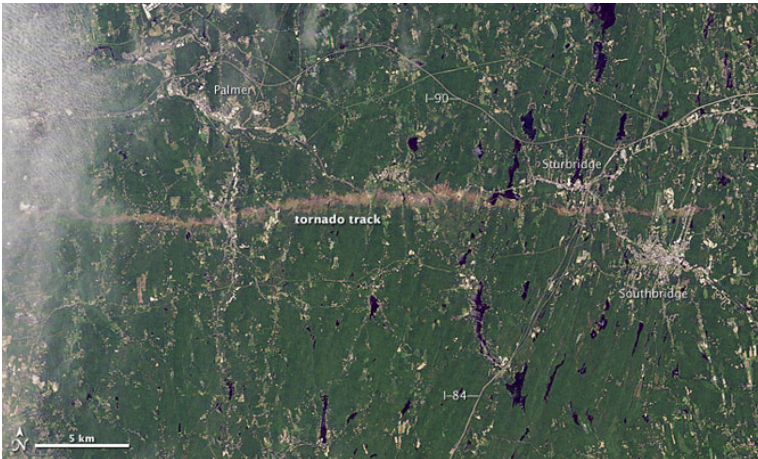
Enclosed in This Mailing:

- MCOA Charity Campaign – Senior Centers Helping Statewide
- Things You Need to Know Now! – Important updates – please circulate!
- Request for Nominations for MCOA Leadership Roles and for MCOA Awards
- NISC Delegate Selection Process
- Job Opportunities, Member Requests, and News You Should Use
- Upcoming Events, including details on **MCOA's Fall Conference to be held on October 5-7 at the Sturbridge Host.**
- New Calendar of Events for MCOA – Note Significant Changes – please read carefully and log into your daily planners.

Things You Need to Know Right Now!

MCOA Charity Campaign — Tornado Relief

Many Asked: “What Can We Do to Help!”



As we all know, many towns in western Massachusetts were changed on June 1, 2011 when a tornado ripped through the area. After speaking with several senior center directors in affected areas, the MCOA is committed to helping the senior centers and the older adults within these communities by raising funds to assist in tree planting efforts as well as providing funding for individual and group therapy sessions for those suffering from post-traumatic stress. Funds raised would be given to MCOA for disbursement to area senior centers, mental health organizations and town tree wardens. The MCOA charity campaign

is asking for participation in this project from you and your senior center community, to raise money at your senior center and donate towards this important cause. Our goal is \$100 from each COA. Full details and useful fundraising ideas can be downloaded at www.mcoaonline.com. Look under the “**Breaking News**” section of the Home Page. **We have set a deadline of December 31st to complete all fundraising activities.**

Additional Resources

- WGGG ABC Channel 40 provides an excellent recap of the damage, narrated by David Madsen, that can be viewed at <http://www.wggb.com/story/14837918/in-an-instant-tornado-of-2011>
- Aerial photos of the aftermath can be reviewed at http://www.masslive.com/news/index.ssf/2011/06/photo_gallery_video_aerial_vie.html

Things You Need to Know Right Now! – continued

Congratulations: Framingham

The Framingham COA has just been awarded National Accreditation from the National Institute of Senior Centers (NISC). Framingham becomes the 12th Center in Massachusetts to achieve the very prestigious honor.

Director of Elder Services, Mary Parcher, cordially invites you to an Accreditation Reception to be held Wednesday, September 14, 2011 from 5 – 7 PM in the Callahan Center’s Blais Room.

Please join us as we recognize the Callahan Center for becoming nationally accredited; one of only 9 centers in the state of Massachusetts to share this distinction and the 200th in the nation.

Light refreshments, beer and wine available. Sponsored by: Friends of Callahan.

RSVP dg@framinghamma.gov or by calling 508-532-5980 x4110 by Friday, September 2, 2011.

Information on the NISC Accreditation process will be shared at our Fall Conference on October 6th third session/after lunch.

MA State Delegate to NISC (National Institute of Senior Centers)

The term of current Massachusetts State Delegate to NISC, Jayne Colino/Newton, expires at the Joint ASA/NCOA Conference to be held March 28-April 1st in Washington D.C. According to MCOA Bylaws, MCOA’s Board has the authority to make a recommendation authorizing a MCOA Designee during the election process and encouraging all eligible NISC members to vote for this designee. Any member of NISC can run for this position but MCOA Members have always wanted the State Delegate to have close ties to MCOA to report back information from our national affiliate. In addition, MCOA budgets \$2500 to help defray travel costs to delegate meetings for this individual – if he/she has an established close relationship to MCOA.

To be clear:

1. Any member of NISC can run for this spot
2. NISC establishes its own timelines and criteria and conducts the election
3. MCOA merely reviews candidates and makes a recommendation to our members to consider voting for our Designee

If an MCOA Member wants to be chosen as MCOA’s Designee during the NISC Election process, then the following guidelines and deadline must be followed:

- October 15th: Deadline for a letter of interest, a resume, and any other background information are due from qualified candidates seeking to be MCOA’s recommended MA State Delegate to NISC
- Mid November: A Committee comprised of three Board members –Sharon Lally, Jayne Colino, and Donna Popkin– will review applicants and make a recommendation to the full MCOA Board
- Mid November: MCOA Board votes on recommendation to endorse one candidate as our designee – all members of both MCOA and NISC would be notified and urged to support this recommendation during the NISC Ballot Process
- By ASA Spring Conference: NISC will complete ballot process as determined by the Delegate Council and designee announced
- Late Winter/Spring: MCOA votes to allocate funding to support travel of the state delegate

All potential applicants are urged to contact Jayne Colino (Outgoing Delegate) to understand the duties expected and travel requirements prior to the October 15th deadline. Contact Jayne at the Newton COA.

jcolino@newtonma.gov	345 Walnut Street	Newtonville MA 02160-02460	(617)796-1660
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Things You Need to Know Right Now! – continued

Attention: New COA Directors

MCOA recognizes the high turnover of COA directors over the last few years. To meet the needs of the incoming directors we have formed a committee to produce resources to assist:

- A New Director's Manual is available from MCOA — contact Janiece at 413.525.6425 or at Janiece@mcoaonline.com
- A series of trainings will be conducted during the year providing you with the information you need to do your job. Besides our New Directors Orientation at regional events, we also hope to offer several Governmental Workshops on Record Keeping, CORI, Political Activity, Purchasing etc. — stay tuned!
- At the Fall Conference several workshops will be offered, including our **New Director's Orientation** (Wednesday) and **Management 101: Techniques for Success for First Time Managers and Supervisors** (Friday). Review the Fall Conference Bulletin for additional opportunities at www.mcoaonline.com. Look for the Conference section on the homepage for all the details of this three-day event.
- In addition, on Thursday, October 6th from 5-8pm at the Fall Conference we will have our annual “Networking Reception” where we will have a chance to say goodbye to retired Directors and a chance to welcome New Directors. This year's theme is “Half Way to St. Patrick's Day” so it should be a relaxing and enjoyable event – open to all.

MCOA FY12 Calendar

MCOA listened to suggestions made to alter our annual calendar of events. Specifically, our Annual Meeting and Awards Ceremony will be moved to June beginning in 2012. We do plan to conduct the ceremony and Annual Meeting at this year's fall conference, but beginning in June of 2012 we will hold these events as part of a day-long training and meeting to be held at a local hotel/ conference facility. The complete list of changes is enclosed within this newsletter and was approved by the Membership on June 17th. A revised MCOA Planning Calendar for FY12 is included in this mailing. Thank you for your input. Please log these events in your daily planners.

MCOA Awards for Fall 2011

MCOA seeks nominations for our annual awards to be presented (this year) at our Fall Conference scheduled for October 5-7, 2011 at the Sturbridge Host. An attached flyer describes our awards for Director, Innovator and Advocate of the Year. **Deadline for Nominations: Friday, September 2, 2011 – flyer enclosed.**

FY12 MCOA Dues and Budget

The Board and the Advisory Council recommended to the Membership to freeze MCOA FY12 Dues at FY11 levels. Even though the new census figures are being counted by the Formula grant, we felt that the lateness of their release made it difficult for you to plan your FY12 COA budget. It was decided that the best course of action was to freeze the dues at last year's rate. Thus whatever you paid to MCOA in FY11 will be our request for FY12. That recommendation shaped MCOA's FY12 budget. MCOA's Dues Recommendation and the FY 12 Budget were approved by the Membership on June 17, 2011.

FY12 MCOA Dues & Call for Participation (Volunteer Leadership Opportunities within MCOA)

Early last month our Call for Participation was mailed with your FY12 Dues Request. Please join our leadership team, and if possible expedite payment of our dues request to help cash flow. Elections of Officers and Regional Representatives will take place at our annual conference on October 5th at the Sturbridge Host. The Deadline for your response to our Call is Friday, September 2nd but MCOA always accepts interested parties all year round. **Also Note, Our Goals and Objectives are posted on our website www.mcoaonline.com** Please review them to see if any changes are needed to be considered at our annual meeting October 5th at the Sturbridge Host.

MCOA 2011 Conference: "Preparing for Tomorrow"
Scheduled for October 5-7, 2011 at the Sturbridge Host
Details at — <http://www.mcoaonline.com/>
Note: Deadlines September 13th

Conference Bulletin:

Starting July 26th MCOA's website www.mcoaonline.com will post the Fall Conference Bulletin, highlighting the workshops and events being offered at this year's event scheduled for Oct. 5-7, 2011 at the Sturbridge Host.

Onsite Registration is now available:

Please register online to save MCOA \$ and increase accuracy and efficiency. A statement suitable for payment is produced at the end of the process and will be mailed out within a month.

Conference Registration Kit and Checklist:

If needed, the Registration Kit and Checklist can be downloaded from our website and will provide you with the necessary hardcopy fax forms and instructions for this event.

Sturbridge Host:

The reservation form is also available online for download or you can contact the Host directly by phone. Make sure you mention MCOA to get the discounted rate. **DEADLINE is Tuesday, September 13th.** We expect this facility to sell out! **Contact the Sturbridge Host directly at 508-347-7393 or 800-582-3232.**

Conference at a Glance – Available Online:

Provides you with a brief overview of the Conference timeline.

Social Events:

As usual, there will be two social events at this conference. The Annual Meeting and Dinner will be on October 5th and the Ole Sturbridge Social "Old Friends New Friends" will again be an opportunity to say a proper goodbye to COA Directors that have retired this year, as well as to welcome New Directors to our network. The themes for this year's event are depicted below.

Friends, Members,
Directors...lead us your ears...
and your dancing shoes!

TOGA PARTY!...
(and Annual Dinner!)

Wednesday, October 5, 2011
6:00pm in the Grand Ballroom
Sturbridge Host Hotel
Toga strongly encouraged!

For each petal in the shamrock
This brings a wish your way
Good health, good luck, and happiness
For today and everyday!

1/2 Way to St. Patrick's Day!

Join us for some great music, good food and new friends!

Thursday, October 6, 2011
6:00pm under the Tent
Sturbridge Host Hotel

MCOA Alert: 2010 US Census Results (via Emmett Schmarsow/EOEA)

Hello everyone,

This is a heads-up. You've asked me to tell you when the next set of census data will be coming out. The most detailed release of 2010 census for MA local communities, including census tracts, will be released Thursday morning 8/18th around 10a.

2010 SF1 {summary file 1} will have more than 300 tables of data that include, just to mention a few:

-single years of age and sex {do you need to know exactly how many 5 yrs olds, or 59 yrs olds there are in your community - this will tell you }

-Age group (this is broken down into children... household type by presence of children {numerous tables} and older population..

household type by presence of people 60 yrs and older or 65 yrs and older...{also many tables }

-Household population and Household type by tenure {renting/owning }

-Group Quarters population by sex, age, and type of group of quarters {nursing homes, prisons etc }

-Relationship... including family type, grandparents, household relationships

-Husband/Wife and Unmarried Partner Households by sex of Partner by presence of related and own children under 18yr {this table will have the initial release of same sex households }

There are too many tables for me to mention. I won't be in on Thursday, then I have workshops in Lowell and Boston on Friday so if you need help I'll try to answer from my laptop in between sessions. In the meantime, **a quick reminder {if you've had a workshop} how to access the data.**

1) go to www.census.gov

2) look to the left side of the page in the blue banner going down and click on American Fact Finder.

3) you should come to a page with 2 versions of fact finder - click on the version on the left side of the screen {it has 2010 census data }

4) once inside the new fact finder, look to the left side of the page and click on Topics.

In topics, click on Programs. Programs will expand to a sub-menu. Choose Decennial Census.

Also in Topics, click on Dataset. Dataset will expand to a sub menu. Click on 2010 SF1

Don't forget you have to choose your geography.

1) on the left side of the page {below topics} click on geography.

2) An overlay page should come up on your screen.

3) If you're looking for city/town wide data - go the easy way and simply type in your city's or town's name in the rectangular box that says 'enter a geography name'. Make sure you put a comma then a space between the name of the city & MA {example Norwell, MA }

4) After you've entered the city/town - click on go.

When you click on Go, a box with results that has your city/town's name will appear under 'go'.

MAKE SURE YOU SELECT THE CORRECT ONE. {not a cdp or a metro area with the name included.

5) After you've selected your city/town... scroll your page up and check the selections box in the upper left corner of your page. If everything is there, **GO BACK AND CLOSE OUT YOUR GEOGRAPHY OVERLAY BOX BY CLICKING ON THE X.**

6) After you've closed out your overlay box, a number of results will appear... more than 300.

You can go back to the left side of the page in Topics and click on people and begin to filter for exactly the data you're interested in. For example, if you need single years of age. Go to topics, click on people, a sub menu will open - click on age and sex; then click on age. Same sex data - click on people, a sub menu will open; click on relationship - another submenu will open - click on unmarried partner. At the bottom of the table, you'll see this: "NOTE: Responses of "same-sex spouse" were edited during processing to "unmarried partner."

If you're searching data by census tracts in your communities: you have to go the long way. {I hope you have your map with tracts or know your tracts }

Click on geography and when the overlay box comes up - click on summary levels in the box called geography filter options. When the menu expands, click on 140-census tracts. **KEEP YOUR EYES** in that box and click on WITHIN STATE and choose MA. Then Click on WITHIN COUNTY and choose your county. Now you can move your eyes to the right and select your tracts {if more than one, put a check mark next to each of yours and then click on add. If you have to go to the next page to find more tracts - make sure you click add before you go to another page }

Check your selections box on the upper left corner and if your tracts are all there - **CLOSE OUT YOUR OVERLAY BOX.** Have fun searching/discovering all that data.

Would you mind forwarding this email to anyone who've attended your workshops {if you hosted one}.

Please let me know if you've gotten this email and have any questions before the end of today. I'll be in Newport, RI on Wednesday doing a workshop so when I leave today it will be a while before I can answer you.....

I hope this helps,

Coleen Harry Partnership Specialist US Census Bureau - Boston Regional Office 617-424-4514 617-388-2360 (cell)

Note: At MCOA's Fall Conference in Sturbridge on Thursday, October 6th from 9am-noon there will be an intensive workshop conducted by the US Census Bureau helping participants understand and navigate the 2010 US Census results.

To MCOA Members: Note Calendar Changes-worth repeating -Save The Dates

On June 17th MCOA's Membership voted to make changes to our annual calendar - briefly:

- Beginning after this year's fall conference, our annual meeting will be moved annually June.
- We cancelled September Membership Meetings since they were 'too close' to the fall conference.
- The November Advisory Council and the December membership Meetings have been combined and will be conducted on the 3rd Friday in November.
- A membership survey indicated a desire to move off of our traditional meeting date of the 3rd Friday-this Calendar reflects those results. **Please note changes and log them into your planners.**

Book these events in your calendar now-

Send additional dates to david@mcoasonline.com

MCOA 2010-2011 Planning Calendar

UPCOMING Events: – Circulate to Your Staff

2011

August 18	MCOA Board Meeting, AARP, Boston
October 5-7	MCOA Fall Conference, Sturbridge Host
November 2	MCOA Outreach Summit, Worcester Senior Center
November 18	MCOA Membership Meeting (am) Advisory Council Meeting (afternoon) Belmont COA

2012

January 13	MCOA Board Meeting, Milford COA
February 3	MCOA Membership Meeting TBA
March 9	MCOA Advisory Council TBA
April 20	MCOA Board Meeting TBA
May 18	MCOA Advisory Council TBA
June 7	MCOA Annual Meeting, Sheraton Four Points, Norwood
July 19 (Th)	MCOA Advisory Council TBA
August 23	MCOA Board Meeting TBA
October 3-5	MCOA Fall Conference. Sea Crest Resort
November 16	MCOA Membership Meeting (am) Advisory Council Meeting (afternoon) TBA

TBA = Date or Location to be announced

Regional Meetings:

WMACA	represents the four western MA counties, meets quarterly. Jodi Ahern, Ludlow (413)583-3564
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 Sue Baldauf, 781-275-7727

UpComing National Conferences:

March 28-April 1, 2012, Joint Conference of NCOA and the American Society on Aging, Washington DC

Revised: July 25, 2011 Check out www.mcoasonline.com

MCOA Awards 2011

A Call for Nominations

Submit your nomination and any supplemental material by September 2, 2011

- Nominate someone from a COA/Senior Center

MCOA Director of the Year,

who you feel achieves, articulates, brings together, and exemplifies leadership in the field of aging as well as in senior center development, operations, and marketing.

- Nominate an individual or group for

MCOA Advocate of the Year,

who you feel by 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 seniors and their families according to need, compatible with dreams, and adaptable to other communities.

Submit by September 2, 2011

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

MCOA 2011 Awards Nomination Form

I, _____ from _____

nominate _____ from _____ for 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 this individual or organization should be considered for the award you have specified.

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

MCOA Alert: EOEA FY12 Formula Grant Information

Dear Colleagues:

You will find the official posting of available Formula Grant amounts on the web-site:

https://www.800ageinfo.com/files/pdf/2011_08_12_FY2012_Announcement_on_COA_Formula_Grant_Allocations.pdf. ELD *strongly suggests* you read the language at the website as it clarifies the expectations

with respect to both what/when material is due, and our timeline for issuing payments and other materials to your agency. It will also confirm the Formula amount to your municipality.

If your city/town experienced a census drop of at least ten percent (10.0%) of persons 60 or older between the 2000 federal census and the 2010 federal census, you will find your community listed below. Nearly all communities in this group will use "Column J" to learn of their transition Formula Grant amount for FY2012. This will be a one-year adjustment only; had there been no transitional funding, your Formula Award would have been the figure noted in "Column E."

If you have any questions regarding this table or how the calculations were reached, please feel free to give me a call (1-800-698-9723) or send an email. Thank you.

Sincerely, Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD

Transitional Awards, FY2012 COA Formula Grant/Allocation Funding

Allocation by Muni				"Column E"						"Column J"
TOWN	HISTORICAL COUNT	FY11 Formula (Historical x 7.00)	CY10 Census Count	FY12 Formula (CY10x6.25)	Census Loss >10%	Funding Loss >10%	Funding Loss as a Pct	Funding Loss v FY11 Formula	Max 90% loss v FY11	
Adams	2,204	15,428	2,180	13,625	-12.39%	1,803	11.69%	1,962	13,885	
Chelsea	4,986	34,902	4,331	27,069	-23.06%	7,833	22.44%	3,898	31,412	
Clinton	2,524	17,668	2,470	15,438	-13.32%	2,231	12.62%	2,223	15,901	
Everett	6,972	48,804	6,527	40,794	-17.08%	8,010	16.41%	5,874	43,924	
Fall River	18,879	132,153	18,194	113,713	-14.64%	18,441	13.95%	16,375	118,938	
Fitchburg	7,010	49,070	6,872	42,950	-13.17%	6,120	12.47%	6,185	44,163	
Holbrook	2,180	15,260	2,210	13,813	-10.21%	1,448	9.49%	1,989	use column "E"	
Holyoke	7,565	52,955	7,658	7,863	-10.34%	5,093	9.62%	6,892	use column "E"	
Lynn	14,407	100,849	14,483	90,519	-10.96%	10,330	10.24%	13,035	90,764	
Malden	9,941	69,587	9,834	61,463	-12.38%	8,125	11.68%	8,851	62,628	
Medford	11,929	83,503	11,425	71,406	-15.17%	12,097	14.49%	10,283	75,153	
New Bedford	19,162	134,134	18,765	117,281	-13.26%	16,853	12.56%	16,889	120,721	
North Adams	3,312	23,184	3,035	18,969	-18.84%	4,215	18.18%	2,732	20,866	
Somerville	10,290	72,030	9,759	60,994	-16.00%	11,036	15.32%	8,783	64,827	
Springfield	23,647	165,529	23,884	149,275	-10.54%	16,254	9.82%	21,496	use column "E"	
Watertown	6,645	46,515	6,571	41,069	-12.41%	5,446	11.71%	5,914	41,864	
Worcester	30,054	210,378	29,190	182,438	-13.97%	27,941	13.28%	26,271	189,340	
Yarmouth	8,908	62,356	8,862	55,388	-11.89%	6,969	11.18%	7,976	56,120	

MCOA Legislative Update:

NCOA Week August 2, 2011



Debt ceiling deal: Good, bad, and what's ahead

After months of negotiations, Congress and President Obama have agreed on budget cuts along with raising the debt ceiling. As with any compromise, there's good news and bad. On the plus side, thanks to advocacy by NCOA and other senior groups, cuts affecting Medicare beneficiaries and low-income programs like Medicaid are not included in the initial package and are exempt from potential automatic cuts later. But significant cuts to discretionary programs like the Older Americans Act are included. And Medicare, Medicaid, and Social Security could still be targeted in a second round of cuts recommended by a new "super committee" that must act by the end of the year or trigger automatic cuts. That means our job is far from over. [See what's in the deal](#)

<http://www.ncoa.org/news-ncoa-publications/aging-news/the-debt-ceiling-deal-the.html>

STATE HOUSE 
NEWS SERVICE

STATE CAPITOL BRIEFS – TUESDAY, AUG. 2, 2011
STATE HOUSE NEWS SERVICE

STATE TAX COLLECTIONS CONTINUE UPSWING IN FIRST MONTH OF FY 2012. State tax collections began fiscal 2012 the way they ended fiscal 2011: shattering projections. The Department of Revenue announced Tuesday that officials collected \$1.442 billion in taxes in July, a 6.6 increase from a year earlier and \$60 million better than lawmakers and the Patrick administration predicted. DOR Commissioner Navjeet Bal attributed the better-than-expected results to a 9.9 percent -- \$71 million – increase in income tax collections in July from the same month a year earlier. The state also benefited from "several one-time estate tax payments" totaling \$25 million, according to DOR. Sales tax collections remained flat last month, coming in at \$449 million, down \$41 million from last July. Lawmakers and the Patrick administration estimate that the state will collect \$20.636 billion in fiscal 2012, which began July 1, although the estimate will be adjusted downward by \$20.5 million to reflect the projected impact of an Aug. 13 to Aug. 14 sales tax holiday. Massachusetts tax officials collected nearly as many tax collections in fiscal 2011 as they are expected to bring in during fiscal 2012, raising questions about whether midyear adjustments to reflect revenue growth are a likelihood.

STATE HOUSE 
NEWS SERVICE

STATE CAPITOL BRIEFS – LUNCH EDITION – THURSDAY, AUG. 4, 2011
STATE HOUSE NEWS SERVICE

FEDS ANNOUNCE DROP IN AVERAGE MEDICARE RX PREMIUM

Citing increased use of generic drugs, the effects of competition, and the choices of Medicare enrollees, federal officials announced Thursday that the average Medicare prescription drug premiums will not increase in 2012. In a conference call, Centers for Medicaid and Medicare Services Administrator Donald Berwick said the average monthly premium of \$30, based on bids submitted by Part D plans, will be about one dollar lower than last year and 44 percent lower than the premium projected in 2003. Officials also said new data indicates 17 million people with Medicare have received free preventive services this year and 900,000 program enrollees who have hit the so-called prescription drug donut hole have received a 50 percent discount on their prescription drugs. According to CMS data, 15,631 Medicare beneficiaries in Massachusetts so far have used donut hole discounts to save an average of \$500 on the cost of brand name drugs. CMS also released data showing 810,644 Massachusetts residents are enrolled in Medicare Part B, with 56.7 percent receiving free services this year and 8.2 percent of those enrollees receiving new free annual wellness services. Federal officials declined to answer questions about the impact of the new deficit reduction law on premiums, deferring to the White House.

MCOA Legislative Update: continued



BILL LOOKS TO EXPAND HOSPICE COVERAGE
By Colleen Quinn
STATE HOUSE NEWS SERVICE

BOSTON, STATE HOUSE, AUG. 15, 2011....More terminally ill people covered by the state's low-income health insurance plans could be eligible for hospice coverage, making their end of life care a little more comfortable, under a bill recently filed by a handful of top lawmakers. Out of the 1.3 million MassHealth recipients, approximately 1 million are already entitled to hospice care as part of their plans, but the proposed law would extend coverage to people with more limited plans, known as MassHealth Basic and MassHealth Essentials. Approximately 120,000 people are covered under those two plans, according to an Executive Office of Health and Human Services spokesperson. Last week, lawmakers sent the bill expanding hospice care (S 1999) to the Joint Committee on Health Care Financing. The bill is sponsored by Sen. Patricia Jehlen (D-Somerville) and Sen. Richard Moore (D-Uxbridge.), Rep. Thomas Conroy (D-Wayland) and Rep. Patricia Haddad (D-Somerset). Haddad is House Speaker Pro Tempore while Jehlen co-chairs the Elder Affairs Committee, Moore co-chairs the Health Care Financing Committee and Conroy co-chairs the health finance panel. The idea to extend hospice care to more MassHealth recipients stems from a year-long legislative and expert panel formed to study end-of-life care in Massachusetts. MassHealth is the state's health insurance program that serves low-income, elderly and disabled residents. Ruth Palombo, assistant secretary at the Executive Office of Elder Affairs and a member of the Massachusetts Commission on End-Of-Life Care, said they want to make hospice care available to everyone with MassHealth coverage. "It is a very compassionate, comprehensive way of helping someone feel comfortable at the end of life," Palombo said. "This way it is a different kind of care where people have their pain taken care of. They have all their needs taken care of, and they can be at home if they want. They have more control over their life." According to AARP, the fastest-growing segment of the United States population is 85 and older, and the number of adults age 65 and up is expected to double by 2030, according to AARP. The Massachusetts Commission on End-Of-Life Care was established in 2009 by the Legislature to look at how people die in the state, and recommend policy changes surrounding care. The panel found that life expectancy in Massachusetts is nearly two years longer than the national average, and the state is seeing declining death rates from cancer, heart disease and other serious illnesses, according to the report. But one aspect lacking in end-of-life care is that health care providers do not routinely discuss end of life care preferences with their patients, the expert panel found. Because of that, fewer people die at home. While approximately 67 percent of Massachusetts residents say they would prefer to die at home, only 24 percent actually do, according to statistics compiled by the commission, the Massachusetts chapter of AARP, and the state Department of Public Health. While most residents of the commonwealth would prefer to die at home, too few actually do," the commission report stated in its summary. "Too many patients suffer from inadequate treatment of pain and other physical symptoms, and too few patients and their families receive the emotional and spiritual support they need." Hospice care takes place most often in a patient's home, but also can be in a nursing facility, hospice residence or hospitals. Families who have experienced a loved-one die during hospice care say it allows them to spend more quality time with family, while still receiving pain treatment. Sen. Moore said expanding hospice care would give terminally ill patients the opportunity for better quality care at lower costs than the alternative. Moore said he expects the bill to have a hearing in the early fall, and added it has a good chance of receiving a favorable recommendation. "Increasingly, we are learning people who are seriously ill, with a diagnosis that they are terminal, in hospice they are able to have their pain managed and have a better quality of life," Moore said. "They are not hooked up to all kinds of tubes and wires." Moore added he has read studies that found people who choose hospice care often live three months longer than they were expected to live. Sen. Jehlen said giving more people hospice care would save the state money. "It is less expensive. If they don't get hospice care they may end up spending their last weeks or months in a hospital, which is really expensive and not good for them," she said. Under Medicare and most private health insurance plans, a patient's physician must document they have a terminal illness with less than six months to live in order for them to be eligible for hospice care. In Massachusetts the average length of stay in hospice care is 51 days, according to the commission report. Hospice care in the U.S. grew out of work in the 1960s by English physician Dame Cicely Saunders, who pioneered methods of symptom management and emotional support for dying patients and their families.
END 8/15/2011

Serving the working press since 1910 <http://www.statehousenews.com>

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**

MCOA Legislative Update: continued -ADH Success

From: Deborah Thomson [mailto:dthomson@thepassgroup.com]
Sent: Monday, August 08, 2011 4:28 PM
Subject: Governor Signs ADH Bill

Hello – I am delighted to tell you that on August 3rd Governor Patrick signed the final budget amendment language which you all advocated for. I am attaching Chapter 87 of the General Laws for your review. The new law freezes rates and clinical eligibility criteria at current levels until December 31, 2011. It creates a working group to make recommendations for the financial stability and future needs of adult day health programs in Massachusetts. It also requires that the Administration continue to work on licensure standards for ADH programs. In addition to Chapter 87 the FY12 budget fully funds ADH programs through December 30, 2011. There is still much work to be done to ensure that ADH services continue to be accessible and affordable for frail elders and persons with disabilities in Massachusetts. For now Chapter 87 and the budget appropriation will protect programs and their clients in community-based settings. It will avoid unnecessary institutionalization and help to realize the Community First agenda of the Patrick Administration. We cannot thank you, our allies, enough for the support you provided to MADSA and their clients over the past 8 months. We look forward to continuing our work together.

Deb Thomson and Paul Donovan

H 3579

Chapter 87

THE COMMONWEALTH OF MASSACHUSETTS

In the Year Two Thousand and Eleven

AN ACT RELATIVE TO THE ADULT DAY HEALTH PROGRAM.

Whereas, The deferred operation of this act would tend to defeat its purpose, which is to assess forthwith the needs of the state adult day health program, therefore it is hereby declared to be an emergency law, necessary for the immediate preservation of the public convenience.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

(a) The executive office of health and human services shall conduct a study of the feasibility and potential cost savings of implementing a moratorium on the acceptance and approval of applications for enrollment of new adult day health providers and expansion of the certified capacity of already approved adult day health providers as provided in 130 C.M.R. 404.400 et seq. This moratorium shall not apply to a PACE program as defined in 42 U.S.C. section 1396u-4(a)(2).

The executive office shall continue to develop regulations that include statewide requirements for the licensure of adult day health programs and shall, after a public hearing, promulgate said regulations.

(b) There shall be established an adult day services working group, hereinafter called the working group, to study and make recommendations on the present structure of adult day services. The working group shall consist of 9 members, 1 of whom shall be the secretary of health and human services, or a designee, who shall serve as chair; 1 of whom shall be the secretary of elder affairs, or a designee, 1 of whom shall be the director of the office of Medicaid, or a designee, 2 of whom shall be the chairs of the joint committee on elder affairs, 2 of whom shall be the chairs of the joint committee on health care financing, and 2 of whom shall be appointed by the governor, and 1 of whom shall be from the Massachusetts Adult Day Services Association. The working group shall complete a study that includes recommendations to (1) update the basis for the current adult day health rate structure by developing a model for imputing actual costs into the rate structure and stabilizing the overall financing structure of adult day services; (2) assess the current manner of categorizing clients as basic or complex; and (3) project the commonwealth's current and future adult day health services needs so as to be able to recommend changes that these needs require. The working group shall report the results of its study and any recommendations to the house and senate committees on ways and means on or before December 31, 2011.

H 3579

(c) Notwithstanding the provisions of any general or special law or regulation to the contrary, the division of medical assistance and the division of health care finance and policy shall make no changes in the clinical eligibility or level of reimbursement paid to providers of adult day health services for basic and complex levels of care prior to December 31, 2011.

House of Representatives, July 27, 2011.

Preamble adopted,

 , Speaker.


In Senate, July 27, 2011.

Preamble adopted,

 , President.

House of Representatives, July 27, 2011.

Bill passed to be re-enacted,

 , Speaker.


In Senate, July 27, 2011.

Bill passed to be re-enacted,

 , President.

3 August, 2011.

Approved,
at 10 o'clock and 59 minutes, P. M.


Governor.

MCOA Legislative Update: continued

Media Release: August 11, 2011 Elder Rights Group Ask Kerry To Raise Revenues in Balanced Deficit Approach

Attached is a letter Mass Home Care's emailed this afternoon to U.S. Senator John Kerry congratulating him for his appointment to the Joint Select Committee on Deficit Reduction, and urging him to take a "balanced" approach to revenues and cuts in formulating any deficit reduction plan.

Mass Home Care suggests:

- * Congress must raise revenues, not just slash programs**
- * Congress must protect the most vulnerable populations, from children to seniors**
- * Social Security should be taken off the table because it has nothing to do with the present deficit issue**
- * Medicare and Medicaid should not be singled out for health care cuts; patients should not be punished for health care inflation**
- * Congress should avoid arbitrary across-the-board budget cuts**
- * Raising the tax rate on upper income taxpayers and large corporations is a form of shared responsibility**
- * Congress should close tax loopholes and means-test certain tax deductions and exemptions**

According to Mass Home Care Executive Director Al Norman, there is a simple economic fact that underlies government spending on elderly home care. "The home care field is a perfect example of an industry that the private sector would never address," Norman explained. "Thousands of adults and seniors on Medicaid are receiving care today using government health care funding. These consumers could never afford to buy such care in the private market — they don't have the income to do so. But the existence of this program creates as many as 40,000 jobs for homemakers, home health aides, and personal care attendants. These workers spend almost all of their paycheck on basic living expenses, so their payroll goes right back into the economy. That's a stimulus to economy with a multiplier effect well beyond the initial federal investment."

Norman said if home care jobs are cut back, the economic stimulus created by having these workers active in the economy will be lost. "Government is rarely given credit as an engine of growth," Norman concluded. "But a dollar of public money can create as many jobs and economic spinoff as a private sector dollar. There really is very little difference in terms of payoff to the economy."

SEE ATTACHED LETTER TO SENATOR KERRY



Mass Home Care

Mass Association of Home Care Programs/Area Agencies on Aging
24 Third Avenue, Burlington, MA 01803. Ph: 781-221-7077; Fax: 781-229-619
www.masshomecare.org/ info@masshomecare.org

Linda George

President

Al Norman

Executive Director

August 11, 2010

Hon. John F. Kerry

U.S. Senate

218 Russell Bldg., 2nd Floor

Washington D.C. 20510

Dear Senator Kerry,

We were pleased to learn of your appointment to the Joint Select Committee on Deficit

Reduction.

Mass Home Care represents all the Area Agencies on Aging and Aging Services Access Points in the Commonwealth, a total of 30 non-profit agencies.

As you consider the range of options to reduce the federal deficit, we hope you will be guided by the principles that were articulated in a July 29th letter to the President and key Congressional leaders from the Legislative Council of Aging Organizations: *"We believe the nation can and should reduce its deficit over time through a balanced approach that includes budget savings, from increases in revenue and thoughtful, targeted reductions in spending when and where necessary..."*
Among the principles we support for a budget agreement are:

- 1. Establish BALANCE:** Any budget agreement must adopt a balanced approach, including revenue raisers, as well as savings from mandatory and discretionary spending.
- 2. Protect the most VULNERABLE:** protect Americans in greatest need, both socially and economically; protecting low-income people, taking no actions that increase economic vulnerability or poverty. Programs like the Older Americans Act, which are targeted to low income populations, should be protected as a priority mission of the federal government through the "general welfare" clause in the Constitution. Every \$1 provided to the aging services network is leveraged by nearly \$3 in non-federal support.
- 3. Remove Social Security As An Issue:** Social Security has not contributed to the federal deficit--it has alleviated it. The Trust Funds have been used for borrowing in the past to lower the perceived deficit. The system is solvent in the near-term, and any adjustments to accommodate future growth in beneficiaries should take place among the Trustees, not in the context of deficit reduction. The Social Security COLA, which already is biased against the elderly, should not be reduced. Instead, remove the cap on earned income subject to the FICA tax, and consider making unearned income subject to Social Security taxation.

4. **Build a better future:** enhance the economic security for Americans of all ages, strengthening the middle class and promoting job growth.

5. **Address system wide health care inflation:** do not shift higher costs on to consumers, to states or single out Medicare and Medicaid. Address the systemic causes of health care inflation, but do not punish patients for have a chronic condition.

6. **Protect consumers from devastating health costs:** Maintain the federal government's authority to determine eligibility and consumer protections for federal programs serving older adults and those with disabilities, particularly those living on low, fixed incomes. Medicaid block grants and Medicare privatization in the form of vouchers or premium support, must be averted.

7. **Reject arbitrary caps and triggers:** Avoid resorting to automatic, arbitrary spending caps and sequestration mechanisms which deny legislators the opportunity to set priorities in the allocation of tax dollars, now and in the future.

8. **Ensure flexibility to protect low-income Americans:** Protect income and supports and social insurance programs for low-income Americans. A balanced strategy must include revenue raisers and, where necessary, spending cuts. Raising the tax rate on upper income earners (including unearned income), and on corporate revenues, is a reasonable sharing of the burden of meeting our obligations to the vulnerable in our communities. Closing tax loopholes and exemptions, or means testing deductions and exemptions, is also an approach worth considering.

We believe that reducing the federal budget deficit is important, but spending cuts should not be made at the expense of economically disadvantaged seniors and younger Americans. Due to the recent economic downturn, more seniors than ever need assistance and support to make ends meet.

We in Massachusetts have been working to target tax dollars efficiently. Our efforts have helped reduce institutional long term care use by 29% over the past decade, saving Medicaid hundreds of millions of dollars. At the same time, tax cuts already enacted into law have made it harder for us to get the support we need to keep people living independently at home. As Thomas Jefferson once said, "Taxes should be proportioned to what may be annually spared by the individual."

We would like to meet with you to review specific ideas for imprinting the notion of 'shared sacrifice' into a deficit reduction package.
We wish you well during these imminent deliberations,

Al Norman

Executive Director

Mass Home Care

413-773-5555

MCOA Briefs: Member Inquiries

Home Rule Petitions on Elder Tax Help ?

Do any of you have information on the various home rule petitions that have been filed and passed related to helping seniors with their taxes. I know there is a "Hamilton" proposal and a Sudbury one but I don't have the details and the "process" for moving it forward in Shirley. There may be others and better ones. Any help you can give is appreciated. John Oelfke, Director, Shirley COA — coadirector@shirley-ma.gov

Free pool table in Worcester, anyone ?

If you are interested in a free pool table for your senior center, and can transport it from Worcester, please contact Amy Waters at watersa@worcesterma.gov

Property Tax Credit – income limits ?

Hopedale, MA has had a Property Tax Credit program for sixteen (16) years. We have no restrictions in regard to a participant's income. We have also always been able to offer jobs to everyone who has applied to the program. We give each participant the maximum credit (\$750.00 currently). This year we have two Tax Credit Program participants who still work part-time for the town; a coach at the High School and a sub. teacher at the pre-school. Our town Treasurer feels these two individuals are "double-dipping". I don't believe these folks would be working unless they needed the money. I only care if their participation under these circumstances is legal...and it is. There isn't an issue currently, however I realize that there could be one in the future if applicants exceed the number of available positions. We are discussing income guidelines for next year. What are other towns' practices/policies? Is Hopedale the only program without income limitations? Thanks, Carole Mullen, Director, Hopedale Senior Center — Hopedalecoa@comcast.net

In-Service Training Topics ?

Just wondering if any COAs/Senior Centers do in-service trainings for staff members on topics like: Maintaining dignity, Confidentiality, Treatment of senior citizens/elders, etc.... If so, please contact me via email or phone. Thanks. Elaine Kingston, Director, Charlton Council on Aging/Senior Center, 37 Main Street, Charlton, MA 01507, (ph) 508-248-2231 Elaine.Kingston@townofcharlton.net

CORI Check Do COAs offer recommended lists of contractors or have a relationship with a non-profit that does this? Is your COA allowed to make recommendations of contractors for painting, roofing, handyman service? If so, is there any liability issue? How do you get around it? Do you do a CORI check or other type of check? Thanks so much – Debra Galloway, Director, Sudbury Senior Center, 978-443-3055 — gallowayd@sudbury.ma.us

Strategic Planning Process ?

I'm looking for someone to guide Arlington COA through a strategic planning process. If you have recently undergone this process and/or know of someone who does this well, please contact me. Thanks, John — John F. Jope, Ed.M., LCSW, Executive Director, Arlington Council on Aging, phone: (781) 316-3401, fax: (781) 316-3409

Nutritional Analysis Software ?

We are currently looking to purchase through a grant, software to analyze our menu content for calories, salt and fat. We have to do the research on our own. On internet explorer, I found a Recipe Calc 4 for \$24. or a Nutrition Pro for \$595. GSSS uses Compnutrition and I don't know the price of that. There is such a wide range of pricing!!! Are you familiar with any of this type of software? Is the school using anything? I am looking for some recommendation since we only need simple nutrition analysis. Thanks for your help! — JLinnehan@agawam.ma.us

Kitchen Manager Job description?

Does anyone have job descriptions for a kitchen manager? I am trying to put one together and would appreciate any and all input. Thanks in advance, Christine Clish, Townsend, cclish@townsend.ma.us

Outreach – Cold Calls?

I am curious as to how other COAs are doing outreach to seniors in the community that you have never served before? Is anyone using the phone to do "cold calls"? Would you be willing to share the questions or tools that you use to outreach to these individuals? Thanks, Meg Pascucci, Assistant Director, Beverly COA mpascucci@beverlyma.gov

In Center Companion Programs?

We are thinking about implementing an in-center companion program, for those seniors that may need a little extra cueing and reminders while they are here, but may not be fully ready for an adult day program yet? Has anyone done anything like this or have any experience with a model like this? Thanks, Meg Pascucci, Assistant Director, Beverly COA mpascucci@beverlyma.gov

COAs and Churches ?

Are any COAs currently using church property to hold functions or to operate their senior centers? Laura Arsenault, Boxborough Senior Center — laura.arsenault@town.boxborough.ma.us

Recently Renovated Senior Centers ?

I am looking for a list of new Senior Centers or Centers that have recently renovated in the past 3 years. Thanks, Sharon Mercurio, Acton Council on Aging Director, 978-929-6652

MCOA Transitions:

Moving On: My fellowship at Health Care For All will end next Friday and I will start work at the law firm Ropes & Gray, which has been my fellowship sponsor for the past 12 months. It was a great pleasure working for the coalition and meeting many of you, even if over email and phone. No school that I've ever attended prepared me for the real life experience (I have been in school for 27 years straight since kindergarten even while working) and I am sincere when I say I could not have done it without your support and guidance.

Health Care For All is committed to continuing efforts through MPRC and is currently actively seeking to hire a private market manager who will oversee the work. Until next week, please feel free to contact me with anything coalition related. After that, please contact Matt Noyes, HCFA's Government Relations Director regarding coalition issues. He can be reached at mnoyes@hcfama.org. I will be working for Ropes' health care practice, so I'm sure I will come across many of you in the future. My personal email is jekkiekim@gmail.com if you ever need to reach out. Thank you! Warm regards, Jekkie Kim, MA Prescription Reform Project. *Jekkie was instrumental in keeping Elder Advocates up-to-date with efforts to repeal the Gift Ban on MDs from Rx Companies- DPS*

Contact Information Changes:

Thanks to Emmett Schmarsow/EOEA for posting these contact information updates: For Changes see **yellow**.

Barnstable	825 Falmouth Rd.	Hyannis, MA	02601	Madeline	Noonan	Director	508-862-4759	madeline.noonan@town.barnstable.ma.us	
Essex	17 Pickering Street	Essex, MA	01929	Keith	Symmes	Chair	978-768-7932	kisymmes@msn.com	coa@essexma.org
Littleton	P.O. Box 1305	Littleton, MA	01460	Janice	Nowicki	Director ELD/HS	978-540-2470	jnowicki@littletonma.org	
Sturbridge	P.O. Box 746	Sturbridge, MA	01566	Barbara	Search	Director	508-347-7575	bsearch@town.sturbridge.ma.us	retired, but remaining @ 4hrs/wk
Fairhaven	229 Huttleston Ave.	Fairhaven, MA	02719	Cynthia	Vandenburgh	Int Director	508-979-4029	cvandenburgh@fairhaven-ma.gov	
Wendell	32 West St.	Wendell, MA	01379	Nancy	Spittle	Coordinator	978-544-6760	nan_rick@wildblue.net	
Chester	15 Middlefield Road	Chester, MA	01011	Susan	Kucharski	Chairperson	413-354-9655	skuk840@gmail.com	
Somerville	167 Holland St.	Somerville, MA	02144	Cindy	Hickey	Director	617-625-6600	chickey@ci.somerville.ma.us	retained as COA director
Hinsdale	39 South Street	Hinsdale, MA	01235	Lois	Murray	Chair	413-655-2310	loismurray@msn.com	
Colrain	7 Main Street	Shelburne Falls, MA	01370	TBD -- Jamie	TBD -- Godfrey	Director	413-625-2502	bos@colrain-ma.gov	
Dedham	735 Washington St.	Dedham, MA	02026	Laura	Leventhal	Director	781-326-1650	llevanthal@dedham-ma.gov	returned as COA director
Rockport	58 Broadway	Rockport, MA	01966	Diane	Bertolino	Director	978-546-2573	rockportcoa@town.rockport.ma.us	
Southbridge	153 Chestnut St.	Southbridge, MA	01550	Michael J.	Trombley	Director	508-764-5436	southwetserv@charter.net	
Webster	116 School St.	Webster, MA	01570-4310	Jean	Travis	Int. Dir.	508-949-3845	jtravis@charter.net	
Hardwick	P.O. Box 524	Gilbertville	01031	Joyce E.	Patch	Coordinator	413-477-8260	hardwickcoa@live.com	
Harvard	P.O. Box 615	Harvard, MA	01451-0615	Debbie	Thompson	Director	978-456-4120	coa@harvard.ma.us	
Hubbardston	7 Main St., Unit #3	Hubbardston, MA	01452-1451	Claudia R.	Provençal	Chair	978-928-5294	coa@hubbardstonma.us	
Sandisfield	P.O. Box 603	Sandisfield, MA	01255-9603	Mary	Slater	Co-Chair	413-258-4778	sandisfieldcoa@hotmail.com	
Montgomery	161 Main Rd.	Montgomery, MA	01085	Ann-Marie	Bulkus	Chair	413-862-4482	COA-MontgomeryMA@hotmail.com	
Tyngsborough	P.O. Box 94	Tyngsborough, MA	01879-0094	Barbara	Roche	Director	978-649-9211	broche@tyngsboroughma.gov	
Upton	2 Farm Street	Upton, MA	01568	Jamie	Gardner	Director	508-529-4558	jgardner.coa@upton.ma.us	

In addition, MCOA also notes these transitions

- Resigned: Mattapoissett COA Director, Vanessa Williams, resigned. Last day is Aug. 18th. FYI.
- Retiring: Sue Jacobs Director of the Dalton COA is retiring after 27 years. A garden party celebrating her service will be on Friday, August 26th at 5pm at the new Senior center on 40 Field Street Extension RSVP to 413.684.2000



PERSONNEL FILE – WEDNESDAY, AUG. 3, 2011
STATE HOUSE NEWS SERVICE

KELLY LOVE was recently appointed research director for the Committee on Elder Affairs. Love recently finished a year-long stint as an Americorps fellow, working at the Massachusetts Law Reform Institute. During law school, Love worked at Health Care for All and the Disability Law Center. Love is a graduate of Northeastern University Law School and a member of the Massachusetts bar.

MCOA Briefs: Job Opportunities:

For the most current listings always read our weekly MCOABriefs

Town of Dalton – COA Director

The Council on Aging Director is retiring after 27 years. Dalton is seeking qualified applicants for the position of Council on Aging Director (36 hrs/wk) — Application **Deadline Monday 15 August 2011.**

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

Town of Mattapoisett – COA Director

The Town of Mattapoisett, a seaside community of 6,300 residents is looking to hire a Council on Aging Director. Our current director is going to a new position. This position is a full time position and works out of Social and Wellness Center which occupies a floor in the historic portion of the Mattapoisett Center School. The salary for the position will be negotiable dependent upon experience and qualifications. The range would be 45-50,000. The Town offers a very attractive benefits package. All interested candidates should send their Resume to the Council on Aging electronically at coadirector@mattapoisett.net **by Friday, August 19th, 2011.** Should you have questions please call Vanessa Williams at 508-758-4110.

Town of Acton – Outreach Coordinator

The Town of Acton, Council on Aging, is seeking an Outreach Coordinator to assist local Seniors & their families/caregivers in obtaining social services. This is a full-time 40-hour/week position with benefits.

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

Northborough Sr. Ctr Program Coordinator

Town seeks Program Coordinator for 15 hr/wk temporary position to develop & implement programs and services for Northborough's Seniors. Some evening hours required.

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

Town of Georgetown PT Outreach Worker

The Town of Georgetown is seeking a qualified individual to fill a part-time Outreach Worker position with the Council on Aging. The position is part-time, non-benefited and up to 16 hours/week as needed.

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

Helping Hands/Maynard seeks Office Manager, Web Master, Marketing & Communications Specialist

Contact Brooks Kenny Chief Marketing Officer Lotsa Helping Hands™ 978-823-1636 office brooks@lotsahelpinghands.com or check out there website www.lotsahelpinghands.com

Create Community

Canton Council on Aging Outreach Worker

Diane Brady is retiring after 21 years of service. I will be posting the position this week in the local papers and would appreciate it if you could help me spread the word. Contact *Diane Tynan*, Director, Canton COA

Town of Georgetown PT Outreach Worker

The Town of Georgetown is seeking a qualified individual to fill a part-time Outreach Worker position with the Council on Aging. The position is part-time, non-benefited and up to 16 hours/week as needed.

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

Greenfield – Senior Center Director

Experienced and dynamic administrator / manager sought to direct and lead facilities of a multi-purpose COA and Senior Center. Full Job Description: <http://www.mcoaonline.com/content/jobs/index.php>

PCA Workforce Council

As I mentioned in my voicemail yesterday, the Office of Attorney General has requested that the Council submit additional names for the MCOA vacancy currently existing on the Council. I realize that you conducted an extensive outreach effort this past spring and summer and I appreciate your undertaking additional work at this time. I have attached an updated version of the flier we prepared to recruit candidates for the Council. With your permission, I will also circulate this to EOEAs with instructions that interested candidates must contact MCOA. If there are other tasks that I can do to help recruit candidates, please do not hesitate to contact me.

Thanks,
Jack Boesen, Director
PCA Quality Home Care
Workforce Council
600 Washington St., Room 5189
Boston, MA 02111
617-210-5083
Jack.Boesen@state.ma.us
website: www.mass.gov/pca



Personal Care Attendant Quality Home Care Workforce Council

The Council is looking for a new member. The Council, a nine member body, meets every other month in Boston and is charged with stabilizing and improving the Personal Care Attendant workforce. Current Council projects include bargaining with the union representing PCAs and operating a web based directory to make locating possible PCAs easier. **The new member must be a consumer of MassHealth PCA services.**

If you are interested, please call David Stevens of Massachusetts Councils on Aging at (413) 527-6425. For more information on the Council, go to www.mass.gov/pca or call Jack Boesen at 617-210-5083.

MCOA: UpComing Events

We are writing to let you know about a Free Hearing Loss Seminar that may be of interest to you or your constituents.

Have You Heard?

Free Hearing Loss Seminar

Don't miss our 11th annual free Public Forum on Hearing and Hearing Loss! Lectures will explore treatments and technologies for hearing loss, and the latest research that holds promise for future cures. Check out the Technology Table to learn more about wireless access to various audio devices and other ways to extend the benefit of hearing devices. After the program, attendees will have the opportunity to visit with our speakers. Details of the program can be found at: www.MassEyeAndEar.org **Search: Audiology Public Forum**

DATE: Saturday, Sept. 17, 2011

TIME: 9 a.m. (Registration opens at 8:30 a.m.)

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

This program is free, but seating is limited.

To reserve a space, call 617-573-4466 and leave a message for Peggy

or email us at: audiologypublicforum@meei.harvard.edu

This program will offer:

- 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

We hope to see you there!



REBUILDING TOGETHER GREATER HAVERHILL,
INC. IS NOW ACCEPTING
HOME REPAIR APPLICATIONS FOR ANNUAL
REBUILDING DAY 2012

ARE YOU or SOMEONE YOU KNOW a homeowner who is in need of essential safety or accessibility modifications, home repairs or maintenance? There may be help available!*

If you:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Boxford, Georgetown, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD –low income guidelines (Call for information)
- Are elderly, disabled, or a family with young children
- Experiencing hardship that may cause you to leave your home

** Priority is given to homes that require safety and accessibility modifications. Repair projects are performed by skilled and unskilled volunteers and are not guaranteed. Ability to perform projects based on resources available. Other restrictions may apply.*

Call for an Application TODAY! at 978-469-0800
or send an email to rtogether@verizon.net

Application Deadline is December 31, 2011 for consideration for home repair work scheduled for April 28th, 2012 at the Annual Rebuilding Day event.

WLEN

Save the Date!

Silent No More
A Conference About
The Emerging Needs of Aging LGBT Adults

Tuesday, October 4, 2011
1:30 - 4:30 p.m.
Worcester Senior Center
126 Providence Street, Worcester MA 01604

Featuring a screening of
Gen Silent
An award-winning documentary by Stu Maddux
The film follows the lives of a group of GLBT elders in the Boston area as they try to negotiate healthcare and aging services systems that are best equipped to meet their needs and are at worst openly hostile to them.

Sponsored by
Worcester LGBT Elder Network

WLEN
Central MA Agency on Aging
Central Massachusetts
Agency on Aging
Elder Services of Worcester Area

MCOA: UpComing Events – continued

SAVE THE DATE

Tuesday, September 13, 2011

Region-I Federal Interagency Council
is pleased to invite you to the

2011 Safety Networking Event

Time: 8:30 am – 1:30 pm

Location: Suffolk University Law School
120 Tremont Street
Boston, MA 02108

Target Audience: Community Service Providers

This free event is for partners/service providers only

We will not be able to provide information or services to the public

The free event will inform healthcare and social service organizations of the large array of Federal and State benefits available to your low income clients. Safety Networking will provide you with an opportunity to learn about many programs that could be of interest to your clients and to network with others who interact with those clients.

Among the agencies participating in Safety Networking you will find:

- Federal Deposit Insurance Corporation (FDIC)
- Internal Revenue Service (IRS)
- Massachusetts Executive Office of Elder Affairs
- Small Business Administration (SBA)
- Social Security Administration (SSA)
- U.S. Department of Agriculture – Food & Nutrition Service (FNS)
- U.S. Department of Health & Human Services (HHS)
 - Administration for Children and Families (ACF)
 - Administration on Aging (AoA)
 - Centers for Medicare & Medicaid Services (CMS)
 - Health Resources & Services Administration (HRSA)
- U.S. Department of Labor (DOL)

Registration is required - for additional information:

<http://www.cms.hhs.gov/apps/events/event.asp?id=643>

MCOA: UpComing Events – continued

Save the Date! October 4, 2011

Ounce of Prevention Conference 2011: Communities ~ Taking Charge ~ Making Change

Keynote Speaker:

Dr. James Marks, Robert Wood Johnson Foundation
Senior Vice President and Director, Health Group

Location:

Best Western Royal Plaza Hotel, Marlboro, MA

More information available

http://www.mass.gov/?pageID=eohhs2terminal&L=4&L0=Home&L1=Government&L2=Newsroom&L3=Department+of+Public+Health+News+and+Publications&sid=Eeohhs2&b=terminalcontent&f=dph_healthy_comm_g_conf_oz&csid=Eeohhs2

*This conference is brought to you by the
Massachusetts Department of Public Health*

UMass/Boston Gerontology Courses

UMass/Boston Gerontology Fall 2011 Courses – campus/online — **Registration Deadline 19 August**

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

Williamsburg COA Lecture Series

The Williamsburg Council on Aging will be holding a series of Free talks by guest speakers for seniors and caregivers on different topics.

Tuesday Evening Sessions 6 pm – Rm. 101 at 141 Main St., Town Office Building in Haydenville.

August 23rd — Caring Conversations

September 13th — Surviving the Sandwich Generation

Wednesday Afternoons at 12:15 – Rm. 101 at 141 Main St., Town Office Building in Haydenville

August 24th — Making the Most of Health Insurance

September 14th — Pre-planning for End of Life Decisions & Care

Acushnet COA Labor Day Benefit

On Labor Day Weekend (**September 3-4**), The Acushnet Police Association is sponsoring a fundraiser on behalf of the Acushnet Council on Aging. Please feel free to attend and participate!

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

Matter of Balance Coach Training

Wednesday & Thursday, September 7 and 8 from 12-4 at the Duxbury Senior Center.

Call Joanne Moore to Sign up 781-934-5774 x 102 or joannemoore@duxburycoa.com

Horse Mountain Jazz Band, Williamsburg

Monday 19 September at Noon, Williamsburg COA. Let us know by Sept. 14th, no later than 1 PM.

Fran Goebel, Williamsburg COA — 413-268-8407

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

MCOA: UpComing Events – continued

Fire & Life Safety Education Conference

17th Fire & Life Safety Education Conference — “Setting Sail for New Horizons”

September 21-22 (Wed-Thurs) — Westford Regency Inn and Conference Center

219 Littleton Road (Route 110), Westford MA 01886. **There is a discount** for council on aging or senior center folks who register with a community partner (someone from the fire department).

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

Falls Prevention Awareness Day

Falls Prevention Awareness Day is being held on **Thursday September 22nd** from 10am-12pm in the Great Hall of Flags at the Massachusetts State House. Senator Richard Moore will be making remarks about this important issue. More information coming soon. Let us know how you would like to be involved!

Please RSVP to aweintraub@maseniorcare.org

Mass Home Care 2011 Network Conf.

"Pay Globally, Link Locally" – The Connecting Role of Community Care

20 workshops on care & support in the community

Thursday, Sept. 22, 2011 — Hogan Campus Center, Holy Cross College, Worcester

9:30 am to 3:16 PM — RN & SW CEUs will be awarded

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

Assistive Technology Conference Boston

Products & Technologies that Change People's Lives

Friday 23 September 2011 — Hynes Convention Center, Boston MA

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

Silent No More – LGBT Conference

Silent No More — A Conference About the Emerging Needs of Aging LGBT Adults

Tuesday, October 4, 2011 — 1:30 - 4:30 p.m.

Worcester Senior Center, 128 Providence Street, Worcester MA 01604

For further information / registration: kmcgrath@eswa.org

Gerontological Society of America Mtg

Gerontological Society of America (GSA) Annual Meeting

November 18-22, 2011 — Location: **Boston, MA** — <http://www.geron.org/>

Save the Date: Falls Prevention Awareness Day will be on September 23rd, 2011 from 10am-12pm in the Great Hall of Flags at the Massachusetts State House.

Flyer and more information to come soon. RSVP to aweintraub@maseniorcare.org.

Alissa Weintraub Massachusetts Senior Care Foundation

2310 Washington Street, Suite 300 Newton Lower Falls, MA 02462

Phone: 617-558-0202, ext. 239 Fax: 617-558-3546

aweintraub@maseniorcare.org

Gerontological Society of America Mtg

Gerontological Society of America (GSA) Annual Meeting

November 18-22, 2011 — Location: **Boston, MA** — <http://www.geron.org/>

MCOA News You Should Use:

Chronic Disease Self-Management Master Training

Good Afternoon Everyone, Hope everyone is enjoying their summer!!

Please read below details of a **Chronic Disease Self-Management Master Training** that will be held in Springfield, MA. In order to expand Massachusetts' capacity to deliver My Life My Health to all of our residents a CDSMP Master Training will be held: September 12th, 13th, 14th, 15th and 16th

Where: Springfield Marriott Hotel, 2 Boland Way, Springfield

Time: Four all day trainings from 9:00 A.M. to 4:30 P.M.; one half day (9/16/11)

For this training the goal is to increase the number of Master Trainers in the Western and Southeastern regions of the state. As per the flyer priority will be given to those organizations and active leaders who will be able to make a commitment to support workshops and leaders in those regions. Consideration will be given to others as space is available. There are only 22 slots for the training so if you are interested please respond ASAP. .

For more information contact either me or Bridget Landers 617 624-5540 or bridget.land@state.ma.us.

Anita Albright, Director Office of Healthy Aging and Disability Massachusetts Department of Public Health

Tel: (617) 624-5440 <http://www.mass.gov/dph/healthyaging> <http://www.mass.gov/healthanddisability>

Flyer and Application can be found at:

<http://www.mcoaonline.com/content/pdf/20110914-CDSMP-MasterTrainingSpringfield.pdf>

Latest CDC News including Resources, Funding Opportunities, Articles and Conferences go to:

<http://www.mcoaonline.com/content/pdf/2011-August-CDC-News.pdf>

Medicare Open Enrollment is Changing! **New Dates: OCTOBER 15 – DECEMBER 7**

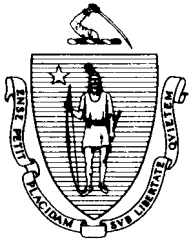
The annual Medicare Open Enrollment (**October 15 - December 7**) is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

Remember: The Medicare Open Enrollment ends on December 7!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE (**S**erving **H**ealth **I**nformation **N**eeds of **E**lders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.



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 5, 2011

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 7, 2011**.

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 Massachusetts Department of Public Health, Massachusetts Executive Office of Elder Affairs, Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts.

Directions and Application can be found at:

<http://www.mcoaonline.com/content/pdf/KM-RegistrationDirectionsAutumn2011.pdf>

MCOA News You Can Use: continued

NIA Tips for Older Adults to Combat Heat-related Illnesses

Recently, cities across the U.S. have experienced extreme heat and record-breaking temperatures. This special edition of the Public Health and Aging Listserv highlights information from the National Institutes of Health (NIH) and Centers for Disease Control and Prevention (CDC) that aims to help older adults face the risks related to hot weather.

As people age, their bodies lose some ability to adapt to heat. They may have medical conditions that are worsened by heat. And their medications could also reduce their ability to respond to heat. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid heat-related illnesses, known collectively as hyperthermia. Hyperthermia occurs when the body overheats. Conditions involving hyperthermia have different names, including heat stroke, heat fatigue, heat syncope (lightheadedness or fainting in the heat), heat cramps and heat exhaustion.

Health-related factors that may increase the risk of hyperthermia include:

- Pre-existing diseases such as congestive heart failure, diabetes and chronic obstructive pulmonary disease
- Decreased ability to move around
- Dementia or cognitive impairment
- Certain medications that may cause dehydration or that may affect the responses to heat by the heart, blood vessels or sweat glands
- Being substantially overweight
- Drinking alcoholic beverages
- Being dehydrated
- Age-related changes in the skin, such as decreased functioning of small blood vessels and sweat glands

Lifestyle factors that can also increase the risk of hyperthermia include hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions. Older people, particularly those at special risk, should pay attention to any air pollution alert in effect. People without fans or air conditioners should go to shopping malls, movie theaters, libraries or other places with air conditioning. In addition, they can visit cooling centers which are often provided by government agencies, religious groups and social service organizations in many communities. Heat stroke is an advanced form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. In heat stroke, the body temperature is at least 104 degrees Fahrenheit. Someone with heat stroke may have a strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering and mental status changes such as confusion, combativeness, disorientation or even coma. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Move them into an air conditioned or other cool place
- Urge them to lie down and rest
- Remove or loosen tight-fitting or heavy clothing
- Encourage them to drink water or juices if they are able to drink without choking, but avoid alcohol and caffeine
- Apply cold water, ice packs or cold wet cloths to the skin
- Get medical assistance as soon as possible

For more information on hyperthermia from NIH, please visit

<http://www.nia.nih.gov/HealthInformation/Publications/hyperthermia.htm>

To view the Center for Disease Control and Prevention's (CDC) recommendations for heat stress and older adults, please visit

- <http://www.cdc.gov/nceh/extremeheat/index.html>
- <http://emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp>
- [http://emergency.cdc.gov/disasters/extremeheat/.](http://emergency.cdc.gov/disasters/extremeheat/)

The Low Income Home Energy Assistance Program (LIHEAP) within the Administration for Children and Families in the U.S. Department of Health and Human Services helps eligible households pay for home cooling and heating costs. Individuals interested in applying for assistance should contact their local or state LIHEAP agency. For more information, go to www.acf.hhs.gov/programs/ocs/liheap/ or www.acf.hhs.gov/programs/ocs/liheap/brochure/brochure.html

MCOA News You Can Use: continued



Connect & Serve Gets A Makeover!

Connect & Serve is a free web-based volunteer portal administered by the Massachusetts Service Alliance (MSA). It recently went under construction to correlate with MSA's newly re-designed website. With the upgrade, we have added many features to increase the visibility of opportunities across the state, including a user-friendly design, a quick search function highlighting impact areas, and a monthly service projects calendar.

The Connect & Serve website is a valuable resource for organizations who recruit volunteers and for individuals who wish to find fulfilling volunteer opportunities in their communities. All volunteer opportunities are promoted through a statewide collaboration with volunteer connector agencies to build awareness in all regions of the state.

What Can You Do on Connect & Serve?

- **Communicate with Volunteers:** Track individual volunteer correspondence and referrals. View which opportunities volunteers are interested in to create successful matches.
- **Track Volunteer Hours:** Register volunteers to log hours served with your organization to assist with recognition and volunteer management.
- **Manage Events:** Post special events and service days to allow volunteers to register directly on the site.
- **Access Statistics:** View statistics on how many hits and referrals your organization and posted opportunities receive per month.



Use the site to search for opportunities that match your skills and interests.
Search by impact area or zip code.
Receive alerts via e-mail about upcoming events and opportunities.

Need Volunteers?

Register your agency and gain access to volunteer management tools. Use your profile to post volunteer opportunities including both periodic and one-time events.



Get Connected!

VOLUNTEERS:

1. Go to [Connect & Serve](#).
2. Search via zip code or impact area to find your next project.
3. Register to create a profile to track your volunteer hours, favorite agencies, and post reflections!

ORGANIZATIONS:

1. Go to [Connect & Serve](#).
2. Click Register to set up your profile.
3. Follow the steps to register your agency. Provide your Employer Identification Number and description of your agency for verification.
4. Post a volunteer opportunity or event.
5. Begin recruiting!

Questions? Contact us:
connect@serve@mass-service.org
617.542.2544



Massachusetts Service Alliance
100 N. Washington Street, 3rd Floor
Boston, MA 02114
www.mass-service.org

MCOA News You Can Use: continued

New Transportation Funding Opportunity

The Veterans Transportation and Community Living Initiative (VTCLI) notice of funding (\$30 million) is a partnership between the Departments of Defense, Health and Human Services, Labor, Transportation, and Veterans Affairs (VA). Applicants must be eligible to receive Federal Transit Administration (FTA) §5309 funding (i.e. public agencies such as a transit authority, city/county government —presumably including towns (ed. note)— metropolitan planning organizations, or the State). **The Application Deadline is September 16, 2011.** (Courtesy Emmett Schmarsow, ELDER)

Information and Link: <http://www.mcoaonline.com/content/grants/index.php>

Property Tax Workoff Program by Towns

The Property Tax Work-off Program — Survey of self-selected Massachusetts Towns.

Thanks to Donna Popkin (Billerica) for this survey and to towns that provided the information.

Survey Results: <http://www.mcoaonline.com/content/consumer/property-tax.php>

Americorps State Grants Deadline

Intent to Apply Due: Friday, August 19, 2011 / Application Due: Wednesday, Sept 7, 2011 by 12pm

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

Boston Area – Free Fun Fridays

FREE FUN FRIDAYS. The Highland Street Foundation invites Massachusetts residents and tourists to attractions every Friday this summer with free admission – no tickets – no reservations.

The Highland Street Foundation continues to support MA cultural, education and recreation programs!

http://www.highlandstreet.org/index.php?option=com_content&view=article&id=79 **OR**

<http://www.highlandstreet.org/images/stories/2011%20free%20fun%20fridays%20calendar.pdf>

Newsletter Highlights:

Ruth Anne Bleakney has volunteered to resume her column that highlights new and unique programs and activities that are described in your monthly newsletters. Please put Ruth Ann on your mailing lists to receive copies of your newsletter. If there is something specific that you wish her to highlight – contact her directly.

Milford COA	Ruth Anne Bleakney	mrc@worldband.net	60 North Bow Street	Milford, MA 01757-3405
Tel: (508)473-8334		Fax: (508)634-2339		

ALWAYS ONLINE @ www.mcoaonline.com

The latest MCOA Monthly Newsletter — **August 2011**

Discover the MCOA Bulletin Board

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

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

MCOA Briefs: News You Can Use: continued

Note: Deadlines September 13th

Below is a link to an N4A study sponsored by the MetLife foundation, which has long supported comprehensive, public sector focused aging research: The Maturing of America. The summary is thoughtful, highly readable and brief considering the breadth of the topic. Full Report is at http://www.n4a.org/files/MOA_FINAL_Rpt.pdf

Highlights

The Context: Challenging Times

The key overall finding of this survey is that, *due to severe economic challenges stemming from the Great Recession, communities have generally only managed to “hold the line,” maintaining existing policies, programs and services to meet the needs of an aging population.* It does not appear that a significant expansion of age-friendly policies, programs and services is occurring across the country. While there are clear differences among regions, in general, communities seem to be “just keeping their heads above water.”

The stresses on local government produced by sustained economic crisis show up in many places. In particular, the contrast between responses to questions about economic growth in the 2005 and the 2010 Maturing of America surveys is telling:

- In 2005, 67% of jurisdictions described their current economic condition as experiencing *some growth*; in 2010, only 42% indicated they were experiencing some growth—a *drop of 25 percentage points*.
- In 2005, 11% reported that they experienced *some decline*; in 2010, 30% experienced some decline, proportionately, a *nearly three-fold increase*.

This is the context in which we must view the findings of Maturing of America II. In view of these circumstances, it is not surprising—but is nonetheless disappointing—that community support for older adults has taken one very significant “back-step” in the area of property tax relief. The survey reveals a noticeable decrease in availability of *property tax relief for older adults on limited incomes*. In 2005, 72% of respondents reported this program; in 2010, only 54% reported its availability.

Another question asked in both surveys underscores the strain communities are feeling. Participants were asked to identify the “top three challenges your community faces in meeting the needs of or planning for older adults.” While responses varied, the challenges most often cited were financial/funding shortages, transportation and housing. This lineup contrasts with the top three identified challenges in 2005, which were, in the following order, housing, financial issues and various health issues.





THE COMMONWEALTH OF MASSACHUSETTS
EXECUTIVE OFFICE OF PUBLIC SAFETY AND SECURITY



MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY

400 Worcester Road

Frammingham, MA 01702-5399

Tel: 508-820-2000 Fax: 508-820-2030

Website: www.mass.gov/mema

Kurt N. Schwartz
Director

Timothy P. Murray
Deputy Governor

Mary Elizabeth
Hederman
Secretary

FOR IMMEDIATE RELEASE
August 2, 2011

CONTACT: Peter Judge, MEMA PIO
(508) 820-2002

HURRICANE CHALLENGES FOR PEOPLE REQUIRING ADDITIONAL ASSISTANCE

FRAMMINGHAM, MA - For many of the citizens in Massachusetts who have physical, medical, sensory or cognitive disabilities, as well as the elderly and others requiring additional assistance, emergencies such as hurricanes present real challenges. Therefore, the Massachusetts Emergency Management Agency (MEMA) offers a number of important steps to help ensure the safety of yourself and all of our friends, neighbors, and family members.

"MEMA has listed a number of tips, covering a variety of issues which those individuals who require additional assistance should consider, as they prepare for the hurricane season," stated MEMA Director Kurt Schwartz. "This planning is important, not just in preparation for hurricanes, but year-round, for any type of emergency."

- Create a 'Personal Support Network' or 'Self-Help Team'. They can help you identify and acquire resources; as well as assist you before, during and after the hurricane has passed. Your Team should include roommates, relatives, friends, neighbors and co-workers because disasters might strike at any time, when you are at home, school, the workplace, a volunteer site, or wherever you spend a lot of time.
- Complete a Personal Assessment of what you can do for yourself and what assistance you may need to respond to the challenges of a hurricane, based on the environment during and after the storm, your capabilities, and your limitations.
- Become informed. From your local Emergency Management Director, learn your area's vulnerabilities in a hurricane, as well as your community's Emergency Management Plans, including potential evacuation routes and shelter locations.
- Find out about your community's Alerting/Warning Systems. Learn what methods are utilized in your community. They could include: outdoor sirens or horns, the Emergency Alert System (EAS) which provides information over the radio and television, the NOAA Weather Alert Radio, one of a number of automated telephoning systems for sending recorded messages such as 'All Call', 'Reverse 911' or 'Code Red', commercial News Media, Residential Route Alerting, which dispatches Public Safety vehicles through neighborhoods announcing messages with public address systems or literally knocking on doors; U.S. Coast Guard Marine Broadcast, and Teletypewriters (TTY).

-more-

- Contact your local Emergency Management Director to learn of potential 'Special Needs' Notification, Transportation and/or Assistance Programs in your community. Your specific information will be treated with confidentiality.
- Develop the standard Disaster Supply Kit for your home, with supplies to accommodate you for up to 3-5 days. Also, from that you can pull key items for a 'Portable Kit' if asked to evacuate. Depending upon your needs, you may want to include extra eyeglasses, hearing aid batteries, wheelchair batteries, oxygen, the style and serial number of your medical devices, a list of your medications including dosage, a list of your allergies, medical insurance information and medical cards, and if you utilize a wheelchair include heavy gloves to help make your way over glass and debris.
- Make an Emergency Plan. As part of your overall planning, include a Family Communication Plan to best inform others of your condition and whereabouts. If you receive regular services, make a plan with each provider about their disaster plans and how to contact them. Work with them to identify back-up services.
- Wear medical alert tags or bracelets to help identify your disability.
- Teach others on your Team to operate any special equipment you might utilize, as well as where you keep your emergency supplies.
- Label with your contact information any special equipment including wheel chairs, walkers or canes.
- If asked to evacuate, inform your Team where you are staying, because it may not always be the first choice in your Plan. (a public shelter, relative, friend, hotel)
- Find the location of the main utility cutoff valves and switches in your home, and how and when to safely disconnect them during an emergency, either by yourself or a Team member.
- Prepare an Emergency Kit for your service animal and pets; include collars & leashes, a three-day supply of food, a manual can opener, plenty of water, bowls, litter boxes, photographs, and a week's supply of your pet's medications and instructions in case you and your animals are separated.
- Service animals may become frightened or confused during or after a hurricane. Be prepared to calm your animal and keep it confined or on a leash or harness. Make sure your service animal is familiar with your Team members, who may be asked to help care for them following the storm.
- Keep pictures of you with your pets or service animals for identification purposes, in case you are separated.
- In case your service animal is unable to assist you, be prepared to use alternative ways to negotiate your environment.
- Most people should be able to function well at a regular public shelter, although people with more serious needs might be directed to an 'additional assistance' shelter where medical issues can receive appropriate attention.
- When needed, be sure to ask for an accommodation from disaster personnel.

The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary and private resources during emergencies and disasters in the Commonwealth of Massachusetts. MEMA provides leadership to develop plans for effective response to all hazards, disasters or threats; train emergency personnel to protect the public; provide information to the citizenry; and assist individuals, families, businesses and communities to mitigate against, prepare for, and respond to and recover from emergencies, both natural and man made. For additional information about MEMA and Hurricane Preparedness, go to www.mass.gov/mema. Also, follow MEMA on Facebook and Twitter.

-30-

MCOA Briefs: News You Can Use

MASSACHUSETTS SENIOR LEGAL HELPLINE 1-866-778-0939 (Eff. 7/5/11)

The Helpline provides FREE legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law, including:

Social Security/SSI

Mass Health

Consumer issues

Unemployment

Guardianship

Bankruptcy

Landlord/Tenant

Family law

Veterans Benefits

Medicare

Public Benefits

Foreclosures

Powers of Attorney

Evictions

Utilities

Nursing Home

We provide interpretation services in many languages.

If you get our voicemail, please leave your name, telephone number and the town where you reside, and we will return your call within 2 business days.

The Massachusetts Senior Legal Helpline is a project made in collaboration with the Massachusetts Office of Elders Affairs, the Legal Advocacy & Resource Center, the Massachusetts Justice Project and the Massachusetts legal services providers. This project is made possible with a generous grant from the U.S. Department of Health and Human Services, Administration on Aging.