

# MCOA News

MCOA 116 Pleasant Street, Room 306, Easthampton MA 01027 tel: 413.527.6425 email: [Janiece@mcoaonline.com](mailto:Janiece@mcoaonline.com)

Notes from the Executive Director: October 2011

**Please Circulate to Your Staff & Board**  
**Point them to [www.mcoaonline.com](http://www.mcoaonline.com)**

## Enclosed in This Mailing:

- Details on the Nov 9<sup>th</sup> Rally to Protect Social Security and Medicaid
- MCOA Announces Annual Awards for 2012
- List of MCOA's Board of Directors and New Regional Reps – elected Oct 5, 2011  
MCOA Annual Report can be found at [www.mcoaonline.com/content/main/leadership.php](http://www.mcoaonline.com/content/main/leadership.php)
- List of Fall Conference Sponsors, Exhibitors and NonProfit Vendors
- List of Fall Conference Volunteers – Take Time to thank them!
- MCOA Charity Campaign – Senior Centers Helping Statewide
- MCOA Legislative Alert
- Things You Need to Know Now! – Important updates – please circulate!
- Job Opportunities, Member Requests, and News You Should Use
- New Calendar of Events for MCOA [MCOA CALENDAR] – Note Significant Changes  
Please read carefully and log into your daily planners.
- Upcoming Events, including details and registration forms for:  
MCOA Outreach Summit, November 2<sup>nd</sup> – Milford  
MCOA Volunteers Working Group, November 3<sup>rd</sup> – Bellingham  
MCOA Membership Meeting, November 18<sup>th</sup> – Belmont Senior Center
- **Note: WMACA Fall Conference Scheduled for Nov 7<sup>th</sup> in Pittsfield has been postponed**

## **MCOA Announces it Fall 2011 Awards – delivered at our Fall Conference**

- Director of the Year — Liz Smith, Orleans
- Innovator of the Year — Hampshire/Franklin TRIAD Program
- Advocate of the Year — Diane F. Paulson, Medicare Advocacy Project
- NISC Accreditation — Callahan Senior Center, Framingham, MA
- Certified Director — Karen Alves, Franklin Senior Center
- Certified Program Manager — Angela Smith, Carlisle Council on Aging
- Recertified Staff —

### COA DIRECTORS

Diane Bertolino – Rockport  
Carolyn Brennan – East Longmeadow  
Pat Carty-Larkin – Westwood  
Joanne Collins – Woburn  
Barbara Farnsworth – Hingham  
Sharon Lally – Rochester  
Sandra Lapollo – Chicopee  
Joanne Moore – Duxbury  
Pat Roberts – Marblehead  
Susan Schwager – Marion

### PROGRAM MANAGERS

Karen Albright – Blackstone  
Teri Allen McDonough – Marblehead  
Dorothy Blain-Hamel – Holyoke  
Amy Kent Wilson – Mendon  
Jared Krok – Chicopee  
James Leyden – Chicopee  
Gail Murley – Beverly  
Mary McLeod – Hopkinton  
Judith Tanner – Woburn  
Deborah Thompson – Groton  
Lynne Waterman – Mashpee

# Stop the Attacks on Social Security, Medicare and Medicaid

The Super Committee is meeting behind closed doors to decide how to cut **\$1.5 Trillion** from federal spending by November 23<sup>rd</sup>....

Congress will then vote Yes or No to their proposal, by December 23<sup>rd</sup>. No changes can be made to the proposal....



Will it be your Social Security? Your COLA?

Your Medicare or Medicaid?

What about your children's Social Security or Medicare?

## Hands Off Social Security, Medicare, and Medicaid

Invest in job creation and secure retirement

RALLY AT

**Wang Center, Boston**

**Wednesday, November 9<sup>th</sup>, 2011**

**11am**

FREE Lunch and Transportation!

Call Mass Senior Action 617-284-1234

# ¡Paremos los ataques contra Social Security, Medicare y Medicaid!

El “Super Comité” se está reuniendo en secreto para decidir cómo recortar **\$1.5 Billónes** del presupuesto federal para el 23 de Noviembre...

El Congreso votará Si o No para el 23 de Diciembre.  
No pueden cambiar nada de la propuesta del comité....



¿Será su Social Security? ¿Su COLA?  
¿Su Medicare o Medicaid?  
¿O el Social Security o Medicare de sus niños?

**Miércoles, 9 de Noviembre, 2011**

Nos uniremos para decir,

**“¡No toquen el Social Security, Medicare, ni Medicaid!”**

Inviertan en la creación del trabajo y el retiro seguro.

LA MANIFESTACION  
Wang Center, Boston

11am

Miércoles, 9 de Noviembre, 2011

¡Almuerzo y Transporte GRATIS!

Llame a MassSeniorAction 617-284-1249

# MCOA

## 2011-2012

### Nominations for Election of Officers & Regional Representatives

submitted by the Nominating Committee:

Chair Kathy Bowler – Holyoke  
Mary Parcher – Framingham  
Laura Mailman – Merrimac  
Mary Ellen Gomes – Westport  
Carol Hamilton – Marshfield

### Board of Directors

<u>Board Position</u>	<u>Slate to be elected on October 5, 2011</u>	<u>Region</u>
President	Barbara Farnsworth – Hingham	SE
Vice President	Jayne Colino – Newton	Metro
Secretary	Laura Mailman – Merrimac	NE
Assistant Secretary	Marge McDonald – Burlington	NE
Treasurer	Sandra Lapollo – Chicopee	West
Assistant Treasurer	Carolyn Brennan – East Longmeadow	West
Conference Chair	Kathy Bowler – Holyoke	West
Legislative Chair	Ruthann Dobek – Brookline	Metro
Certification Chair	Joanne Moore – Duxbury	SE
Past President	Sharon Lally – Rochester	SE
At Large	Pam Hunt – North Attleboro	SE
At Large	Norma Simons Fitzgerald – Sharon	Metro
At Large	Cindy Hickey – Somerville	Metro
At Large	Pat Roberts – Marblehead	NE
At Large	Amy Waters – Worcester	Central
At Large	Donna Popkin – Billerica	NE
At Large	Tina Gorman – Westfield	West

*Committees, Working Groups, Task Force and Liaisons appointments will be made by MCOA's President. Interested parties should complete the FY12 "Call for Participation".*

**2010-2012 MCOA  
REGIONAL REPRESENTATIVES**

<b>Listed By AAA/HCC District</b>	<b>Towns Located within this Region</b>	<b>MCOA Regional Representatives with Towns and Telephone Number</b>
<b>Minuteman</b>	Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Harvard, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester, Woburn	Terry Marciello/ Wilmington COA (978)657-7595 Charlotte Rodgers/ Lexington COA (781)861-0194 Ginger Quarles/ Concord COA (978)318-3020
<b>West Suburban</b>	Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley, Weston	Eileen Bogle/ Weston COA (781)893-0154 Nava Niv-Vogel/ Belmont COA (617)993-2975
<b>Mystic Valley</b>	Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, Wakefield	Judy Luciano/ Wakefield COA (781)245-3312
<b>NSACA covering the AAA/HCC districts of North Shore Elder Services, Greater Lynn Senior Services, and Senior Home Care Services</b>	Beverly, Danvers, Essex, Gloucester, Hamilton, Ipswich, Lynn, Lynnfield, Manchester, Marblehead, Middleton, Nahant, Peabody, Salem, Saugus, Swampscott, Rockport, Topsfield, Wenham	Carolyn Wynn/ Peabody COA (978)531-2254 Pam Parkinson/ Danvers COA (978)762-0208
<b>Merrimack Valley</b>	Amesbury, Andover, Billerica, Boxford, Chelmsford, Dracut, Dunstable, Georgetown, Groveland, Haverhill, Lawrence, Lowell, Merrimac, Methuen, Newbury, Newburyport, North Andover, Rowley, Salisbury, Tewksbury, Tyngsborough, Westford, West Newbury, West Newbury	Pam Blaquiere/ Boxford COA (978)887-3591 Joanne Sheehan/ Westford COA (978)692-5523 Colleen Ranshaw-Fiorello/ Georgetown COA (978)352-5726
<b>Boston, Cambridge, Somerville, Chelsea, Revere, Winthrop</b>	Boston, Cambridge, Somerville, Chelsea, Revere, Winthrop	Eileen Ginnetty/ Cambridge COA (617)349-6220
<b>Bristol County</b>	Attleboro, Berkley, Dighton, Fall River, Freetown, Mansfield, North Attleboro, North Westport, Norton, Raynham, Rehoboth, Seekonk, Somerset, Swansea, Taunton, Westport	Gale Farrugia/ Mansfield COA (508)261-7368

<b>Listed By AAA/HCC District</b>	<b>Towns Located within this Region</b>	<b>MCOA Regional Representatives with Towns and Telephone Number</b>
<b>Coastline</b>	Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, New Bedford, North Dartmouth, Rochester	Felice Monterio/ New Bedford COA (508)991-6251
<b>South Shore</b>	Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate, Weymouth	Coral Grande/ Cohasset COA (781)383-9112 Sharmila Biswas/ Braintree COA (781)848-1963
<b>Old Colony</b>	Abington, Avon, Bridgewater, Brockton, Carver, Duxbury, East Bridgewater, Easton, Halifax, Hanover, Hanson, Kingston, Lakeville, Marshfield, Middleborough, North Easton, Pembroke, Plymouth, Plympton, Rockland, Stoughton, Wareham, West Bridgewater, Whitham	Carol C. Hamilton/ Marshfield COA (781)834-5581 Andrea Priest/ Middleboro COA (508)946-2490
<b>Cape &amp; Islands</b>	Barnstable, Bourne, Brewster, Buzzards Bay, Chatham, Chilmark, Dennis, Eastham, Edgartown, Falmouth, Gay Head, Harwich, Hyannis, Mashpee, Nantucket, Oak Bluffs, Orleans, Provincetown, Sandwich, Tisbury, Truro, Vineyard Haven, Wellfleet, West Tisbury, Yarmouth	Liz Smith/ Orleans COA (508)255-6333 Madeline Noonan/ Barnstable COA (508)862-4750 James Long/ Mashpee COA (508)539-1440
<b>Montachussetts</b>	Ashburnham, Ashby, Ayer, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton, Hubbardston, Lancaster, Leominster, Lunenburg, Pepperell, Princeton, Shirley, Sterling, Templeton, Townsend, Westminster, Winchendon	oreen Noble/ Lunenburg COA (978)582-4166 Kathi Bailey/ Clinton COA (978)365-9416
<b>Elder Home Care of Worcester</b>	Auburn, Barre, Boylston, Grafton, Hardwick, Holden, Leicester, Millbury, New Braintree, Oakham, Paxton, Rutland, Shrewsbury, West Boylston, Worcester	Sharon Yager/ Shrewsbury COA (508)841-8642 Patty Hainsworth/ Worcester EOE (508)799-1232
<b>Tri Valley</b>	Bellingham, Blackstone, Brookfield, Charlton, Douglas, Dudley, East Brookfield, East Douglas, Franklin, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Spencer, Sturbridge, Sutton, Upton, Uxbridge, Warren, Webster, West Brookfield	Ruth Anne Bleakney/ Milford COA (508)473-8334 Pamela Woodbury/ Spencer COA (508)885-7546 Laura DeMattia/ Bellingham COA (508)966-0398

<b>Listed By AAA/HCC District</b>	<b>Towns Located within this Region</b>	<b>MCOA Regional Representatives with Towns and Telephone Number</b>
<b>Bay Path</b>	Ashland, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlboro, Natick, Northboro, Sherborn, Southborough, Sudbury, Wayland, Westborough	Moira Munns/ Natick COA (508)647-6540
<b>HESSCO</b>	Canton, Dedham, Foxborough, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole, Westwood, Wrentham	Janet Angelico/ Wrentham COA (508)384-5425 Pat Carty-Larkin/ Westwood COA (781)329-8799 Sue Hinski/ Plainville COA (508)699-7384 Vicki Lowe/ Foxborough COA (508)543-1252
<b>Greater Springfield</b>	Agawam, Brimfield, East Longmeadow, Hampden, Holland, Longmeadow, Monson, Palmer, Springfield, Wales, West Springfield, Wilbraham	Rebecca Moriarty/ Hampden COA (413)566-5588 Janet Rodriguez Denney and Laurel Rancitelli/ Springfield COA (413)750-2654
<b>Western Mass.</b>	Belchertown, Chicopee, Granby, Holyoke, Ludlow, South Hadley, Ware	Joanne Trybus/ South Hadley COA (413)538-5042 Jodi Ahern/ Ludlow COA (413)583-3564
<b>Highland Valley</b>	Amherst, Blandford, Chester, Chesterfield, Cummington, Easthampton, Goshen, Granville, Hadley, Hatfield, Huntington, Middlefield, Montgomery, Northampton, Pelham, Plainfield, Russell, Southampton, Southwick, Tolland, Westfield, Westhampton, Williamsburg, Worthington	vacancy
<b>Berkshire County</b>	Adams, Alford, Becket, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Hinsdale, Lanesborough, Lee, Lenox, Monterey, Mount Washington, New Ashford, New Marlborough, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, Windsor	Brian O'Grady/ Williamstown COA (413)458-8250 Vincent Marinaro/ Pittsfield COA (413)499-9346
<b>Franklin County</b>	Ashfield, Athol, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Monroe, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royalston, Shelburne, Shutesbury, Sunderland, Warwick, Wendell, Whately	vacancy



## *2011 Fall Conference*

*At the Center of it All.*

*MCOA would like to express our gratitude to the following agencies that joined us at this year's conference at the Sturbridge Host Hotel and Conference Center.*

### *Sponsors*

AARP Massachusetts  
Berkshire Healthcare  
Blue Cross Blue Shield of Massachusetts  
Community Publications, A Division of LPi  
Executive Office of Elder Affairs  
Miracle – Ear  
Myseniorcenter  
Retired Residents Association  
Tufts Health Plan Medicare Preferred

### *Exhibitors*

ABISec, Inc.  
Accessible Solutions/SERVtracker  
Amramp LLC  
Boston Partners Financial Group LLC  
Boston Walk-In Bath & Stairlift Company  
Citi Performing Arts Center  
Griswold Special Care  
HB Alarm  
Home Instead Senior Care  
Mass. Audiology  
Northern Bus Sales Inc.  
Peoplefirst Home Care & Hospice  
Philips Lifeline  
Precision Fitness Equipment  
Quality Van Sales Inc.  
Saint Francis Rehabilitation & Nursing Center & Adult Day Center  
Senable Living, Inc.  
Seniors Helping Seniors In-Home Services  
Senior Whole Health  
Shepard Bros. Inc.  
Worcester County Memorial Park

### *Non Profits*

Arthritis Foundation MA Chapter  
Better Business Bureau  
Department of Fire Services  
Elder Service Plan of the North Shore  
Goddard House in Brookline  
Healthy Aging and Disability Unit/  
MA Department of Public Health  
Home Care Alliance of Massachusetts  
Home Staff, LLC  
ITN Greater Boston  
Mass - ALFA  
MA Association of Older Americans, Inc.  
MA Commission for the Blind  
MA Council for Home Care Aides Services  
MA Rehabilitation Commission/CEDAC  
Massachusetts Senior Care Association  
McLean Hospital  
MCPHS – Pharmacy Outreach Program  
Office of the Secretary of State  
Old Colony Hospice  
Operational Services Division  
Overlook VNA  
Perkins Braille & Talking Book Library  
Screening for Mental Health, Inc.  
SHINE Program  
Social Security Administration  
State 911/MA Equipment Distribution Program  
Summit Elder Care and Navi Care  
UMass Boston Gerontology Program

### *Advertisers*

Tufts Health Plan Foundation, Inc.

# MCOA

## *Fall Conference at the Sturbridge Host Hotel & Conference Center*

### **THANK YOU: VOLUNTEERS**

This year the fall conference offered over 67 workshops for you to choose. Our successes are due in large part to the generosity of our sponsors, and by several individuals who work diligently behind the scenes. First, we owe a great deal of thanks to Secretary Ann Hartstein, UnderSecretary Sandy Albright, Assistant Secretary Ruth Palumbo, and the rest of the team from the Executive Office of Elder Affairs. Their hard work provides us with guidance and support not only for this event, but all year long. I personally want to single out Emmett Schmarsow and Carole Malone for their tireless efforts on behalf of COAs throughout our Commonwealth. In addition, we want to thank Ruth Gabel, Ed Pomfred, and Anita Albright from the Massachusetts Department of Public Health, and Commissioner Janet LeBreck and Andrea Schein from the Massachusetts Commission for the Blind who have also contributed to make this event a success.

**More Thank You's:** Continuing on the subject of gratitude, MCOA also needs to thank members of the Workshop Committee: Co-Chairs Donna Popkin and Terri Marciello, with Judy Tanner, Marilyn Keating, Jean Teehan, Judy Ramirez, Kathy Bowler, Carole Malone, and Emmett Schmarsow who reviewed all of the workshop submissions; the members of the Local Arrangements Committee co-chaired by Jodi Ahern and Becky Moriarty; our Volunteer Coordinator Laurie Cassidy and our Conference Chair Kathy Bowler for holding this together. In addition I wish to recognize the extraordinary efforts and Flexibility of our staff: Janiece Leach, Peter Kubaska, Natalie Skrzyziarz, Bruce Callahan, and Tom Gagnon, Paul Kingston and Rita Vollinger. Inviting 600 of your closest friends over for three days can be a roller coaster.

#### **These individuals also helped with the preparation and onsite at this event.**

<b>Nava Niv-Vogel</b>	<b>Belmont COA</b>	<b>Liz Boucher</b>	<b>Westfield COA</b>
<b>Marilyn Keating</b>	<b>Billerica COA</b>	<b>Tina Gorman</b>	<b>Westfield COA</b>
<b>Donna Popkins</b>	<b>Billerica COA</b>	<b>Marion Kraus</b>	<b>Westfield COA</b>
<b>Jean Teehan</b>	<b>Billerica COA</b>	<b>David Lawson</b>	<b>Westfield COA</b>
<b>Joanne Moore</b>	<b>Duxbury COA</b>	<b>Judy Ramirez</b>	<b>Westford COA</b>
<b>Nancy Hill</b>	<b>East Bridgewater COA</b>	<b>Joanne Sheehan</b>	<b>Westford COA</b>
<b>Barbara Brenton</b>	<b>Halifax COA</b>	<b>Ray Barbieri</b>	<b>West Springfield COA</b>
<b>Becky Moriarty</b>	<b>Hampden COA</b>	<b>Laurie Cassidy</b>	<b>West Springfield COA</b>
<b>Kathy Bowler</b>	<b>Holyoke COA</b>	<b>Terri Marciello</b>	<b>Wilmington COA</b>
<b>Rachelle S. Cloutier</b>	<b>Leicester COA</b>	<b>Judy Tanner</b>	<b>Woburn COA</b>
<b>Bill Moore</b>	<b>Leicester COA</b>	<b>Barbara Reynolds</b>	<b>Retired Director – Tyngsborough COA</b>
<b>Barbara Paszuk</b>	<b>Leicester COA</b>	<b>Barbara Search</b>	<b>Retired Director – Sturbridge COA</b>
<b>Jodi Ahern</b>	<b>Ludlow COA</b>	<b>Jeffrey K. Rankin</b>	
<b>Doreen Noble</b>	<b>Lunenburg COA</b>		
<b>Cindy Jasak</b>	<b>Palmer COA</b>		
<b>Erin Pincince</b>	<b>Palmer COA</b>		
<b>Joanne Trybus</b>	<b>South Hadley COA</b>		

This is a list of volunteers as of 10/13/11 — volunteers who are not listed will be recognized in the next newsletter.

**In addition:** This conference continues to welcome Partners who join our ever-expanding eldercare coalition who wish to share resources, build more effective advocacy teams, and provide cross training between disciplines. We welcome the following Partners who have worked to make this conference a success: AARP Massachusetts; Alzheimer's Association of Massachusetts; Local Officials Human Service Council of Massachusetts; MA Aging and Mental Health Coalition; Massachusetts Assisted Living Association; Massachusetts Association of Older Americans; Massachusetts Association of RTA Providers; MA Commission on the Deaf and Hard of Hearing; Massachusetts Council for Home Care Aide Services, Inc.; MA Department of Public Health: Office of Healthy Aging; Mass Extended Care Federation; Massachusetts Gerontology Association; Mass Home Care; Massachusetts Public Health Association; Massachusetts Senior Action Council; National Association of Social Workers (NASW); UMass Gerontology Institute; and the National Institute of Senior Centers (NISC) with the Connecticut Association of Senior Center Programs (CASCP); the New Hampshire Association of Senior Centers, and the Rhode Island Senior Center Director's Association (RISCD).



Dear Colleagues:

Earlier this year the Massachusetts Association of Councils on Aging and Senior Center Directors (MCOA) established the MCOA Charity Committee to bring senior centers across the state together in an annual fundraising effort. The committee is tasked with determining which organization will be the target of the annual fundraiser and announcing the annual campaign to you. The first MCOA charity campaign information is contained within this letter and we hope that you will support this important cause.

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.

All of the discussions among senior center directors in these areas referred to the changed landscape and the way in which the older adults of the community are dealing with the aftermath of this disaster. At this time, most of the immediate needs have been met and people are working on the rebuilding of property and repairing damages with insurance funds and assistance from FEMA.

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. Fundraising can be done in a way that is most comfortable for your senior center; however, the charity campaign committee has listed some ideas on the back of this letter, should you need suggestions.

We have set a goal of \$25,000 for this campaign. We are asking each senior center raise \$100. With participation from every senior center in the state, we will surpass our goal. This is a small amount that will go a long way towards helping older adults in the affected communities. We would like to complete this statewide campaign by December 31, 2011.

Many of you have not seen the damages from this storm. If you are interested in photos from the affected areas please visit [www.masslive.com](http://www.masslive.com) and type "tornado pictures" in the search bar. You will be amazed by what you see.

Please forward all donations (via check made out to MCOA) along with a short description of your fundraiser to the MCOA office at 116 Pleasant Street, Room 306, Easthampton, MA 01027. Please be sure to write TORNADO RELIEF in the memo line of the check. We are also interested in any pictures of your event for our Spring 2012 edition of Focal Points.

We appreciate your support of this important project.

Sincerely,

Barbara Farnsworth  
MCOA

Co-Chair Terri Marciello  
Director, Wilmington COA

Co-Chair Rebecca Moriarty  
President,  
Director, Hamden COA

## Ideas for Tornado Relief Fundraising

- Use this template (found on the MCOA website) and allow people to purchase a square in support of this campaign. Post these around your senior center to show who donated. Change the amount shown in the in the upper left corner or leave blank to allow people to give any amount.



- Have a penny or loose change drive and call it “Money for Maples” or “Pennies for Poplars” or “**Changing** the Landscape”. Come up with something clever. Put out a donation can to accept any change or bills for the planting of new trees.
- Print some pictures from the web showing the damage caused by the tornado next to a can for donations.
- Announce this drive in your monthly newsletter ... help us reach our goal and help the communities who need it most.

## MCOA Legislative Alert: Get Involved

The AARP logo consists of the letters "AARP" in a white, bold, sans-serif font, set against a red, wavy, horizontal background.

[www.aarp.org/protectseniors](http://www.aarp.org/protectseniors)

*Call Congress and tell Washington you're not a pushover – Don't let them cut your Medicare and Social Security benefits*

***No cuts to Medicare or Social Security as part of the "supercommittee" deficit reduction recommendations***

The stakes are clear, and couldn't be higher: "Supercommittee" members are considering proposals requiring cuts to Medicare and Social Security that would dramatically increase health care costs for seniors, threaten our access to doctors, and reduce the benefit checks we rely on to pay our bills.

**Congress needs to hear from you.**

Call AARP's toll-free number and be connected to your members of Congress.

**1-888-722-8514**

**Tell them that Medicare and Social Security cuts must be off the table as part of the supercommittee's consideration.**

# MCOA Legislative Alert: FY12 Budget



STATE CAPITOL BRIEFS – TUESDAY, OCT. 4, 2011  
STATE HOUSE NEWS SERVICE

## SEPTEMBER TAX COLLECTIONS RISE 8.9 PERCENT

As House leaders teed up a spending bill for consideration on Wednesday, Patrick administration officials announced tax collections in September, a big month historically, surged 8.9 percent from last September and totaled nearly \$2.2 billion. The monthly take exceeded benchmarks by \$141 million and collections during the first quarter of fiscal 2012 are up 6.5 percent and \$190 million above benchmarks. In a statement, Revenue Commissioner Amy Pitter said the revenue growth was due to higher than forecast income tax cash estimated payments and withholding collections and noted that retail sales tax receipts were flat and corporate and business tax collections grew "modestly" due to one-time settlements.

END 10/04/2011 Serving the working press since 1910 <http://www.statehousenews.com>



RAINY DAY FUND BALANCE UP TO \$1.4 BILLION AS PATRICK SIGNS BUDGET BILL  
By Matt Murphy and Michael Norton STATE HOUSE NEWS SERVICE

STATE HOUSE, OCT. 27, 2011.....Cities and towns will receive \$65 million in promised local aid, the state's rainy day fund balance will grow to \$1.4 billion and infrastructure projects will receive a \$39 million infusion under a supplemental budget bill signed Thursday by Gov. Deval Patrick.

The law includes \$169 million in spending initiatives, and directs \$350 million to the rainy day fund that when combined with other deposits into the fund in the fiscal year that ended June 30 resulted in a total fiscal 2011 stabilization fund deposit of \$712 million, according to the administration.

In addition to imposing spending cuts and tax increases, Patrick and the Legislature drew down the rainy day fund from a high of about \$2.3 billion before the 2008 recession, but with the new deposits the fund's balance becomes the third largest among the states, administration officials said.

"I am pleased to approve the vast majority of this legislation, which provides key investments in job creating projects across the Commonwealth and programs that spur on-the-job training, continuing education and workforce development," Patrick wrote in his signing letter to the House and Senate.

The bill, which lawmakers tagged with scores of items unrelated to spending the fiscal 2011 surplus, includes nearly \$20 million in aid for a series of natural disasters, \$9 million for collective bargaining agreements and \$10 million to allowing substance abusers to be committed by the courts to a treatment program for up to 90 days.

The bill also directed \$12 million in new assistance and \$8 million in retained revenue to the trial court system where judges and administrators in recent months have cautioned that budget cuts have unacceptably hampered basic operations.

"The supplemental funding for the trial court is desperately needed, as the judicial branch continues to grapple with the effects of sustained budget cuts and enormous staff reductions over the past few years," Martin Healy, chief legal counsel and chief operating officer of the Massachusetts Bar Association, said in a statement.

Patrick, however, vetoed one section that would have spent \$6 million to allow nursing homes to hold beds open for up to 10-days if a patient is hospitalized for an extended period, and returned two other outside sections with amendments.

The governor cited a recent audit that found 4,000 empty beds in nursing homes across the state, making the additional spending "unnecessary."

The Legislature had approved a special commission to review the state electronic benefit transfer card system, which provides cash assistance for welfare recipients. Patrick's amendment recommends adding two additional members to the commission, including a representative from the Retailers Association of Massachusetts and a gubernatorial-appointed representative for cash-assistance recipients.

The governor also proposed a correction to a provision in the bill governing the public disclosure of small business impact statements required to be filed by state agencies when proposing new regulations.

Administration officials predicted "hundreds" of jobs will be created by spending \$39 million on the MassWorks Infrastructure Program.

Other spending authorized under the new budget law:

- \$10 million in aid to cities and towns affected by the June 1 tornadoes;
- \$6.2 million to reimburse cities and towns for costs associated with the December 2008 ice storms;
- \$9.5 million in tax credits to support affordable housing projects;
- \$3 million for adult basic education programs;
- \$850,000 for adult immunization and vaccines.

Patrick took the full 10-day review period afforded the governor before signing the legislation Thursday after a number of delays held the bill back from his desk until Oct 17.

## **MCOA Legislative Alert: SHN Rainy Day Funds continued**

The state Republican Party criticized Patrick for taking his time to review the bill after Democratic Party Chairman John Walsh and House leaders whacked Rep. James Lyons for refusing for two days to let the bill, which they said contained critical funding for disaster relief and local aid, move forward without an amendment requiring the Patrick administration to provide a detailed breakdown of all public benefits.

"The Democratic Party goes to great lengths to criticize Republicans when we stand up for transparency and try to protect taxpayers," MassGOP Chairman Jennifer Nassour said on Wednesday. "Apparently the legislation is only important to the Democratic Party when they can score political points with it." Lyons, during informal sessions where any one lawmaker can stop a bill by doubting the presence of a quorum, stayed in the House chamber for hours, demanding a formal session so that members could vote on the issue.

He dropped his objection only when Secretary of Health and Human Services JudyAnn Bigby offered to provide the information Lyons requested. END 10/27/2011 Serving the working press since 1910 <http://www.statehousenews.com>

## **MCOA Legislative Alert: Supplemental Funding Update from MA Council for Home Care Aide Services**

This week, the House of Representatives and Senate each passed their own versions of a supplemental spending bill. These supplemental spending plans make use of a \$460 million surplus that remained at the end of FY11. The Council is extremely pleased to announce that both the House and Senate spending proposals include language to allocate \$10 million for a one-time Direct Care Worker's Salary Reserve. It is important to note that the language included in these supplemental budgets is different than the Salary Reserve language has been written in previous years. According to this new language, the Reserve would be established if tax revenues meet or exceed a \$20.6 billion benchmark by January 15, 2012.

The Salary Reserve language in the bill reads as follows:

*SECTION 95. Notwithstanding any general or special law to the contrary, if as of January 15, 2012, tax revenues as estimated under section 5B of chapter 29 of the general laws meet or exceed \$20,615,000,000, there shall be established and set up on the books of the commonwealth a human salary reserve fund. Provided that upon the establishment of this fund, the comptroller shall transfer \$10,000,000 from the general fund to the human service salary reserve fund. Provided that any funds transferred under this section shall be used to provide one time salary bonuses to personnel earning less than \$40,000 in annual compensation who are employed by private human service providers that deliver human and social services under contracts with departments within the executive office of health and human services and the executive office of elder affairs.*

There are some differences related to other initiatives within the House and Senate supplemental budget proposals. These differences need to be reconciled before the bill can be sent to the Governor. The Legislature will resume action on Tuesday.

The Council is extremely grateful to the Legislature for including funding to support the direct care workforce in their spending packages. Thank you also to the Massachusetts Council of Human Service Providers (Provider's Council) for their leadership on this initiative. In September, members of the Council Board joined 170 individuals from the business community and signed onto a letter in support of the Salary Reserve spearheaded by the Provider's Council.

The Council will continue to gather information on the both the supplemental budget and the Salary Reserve language and share more information as it becomes available.

Sincerely, Lisa Gurgone, Executive Director MA Council for Home Care Aide Services 174 Portland Street Boston, MA 02114 617-224-4141; fax 617-227-1190 [lgurgone@mahomecareaiders.com](mailto:lgurgone@mahomecareaiders.com)  
[www.mahomecareaiders.com](http://www.mahomecareaiders.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](mailto:Ruthann_Dobek@town.brookline.ma.us) and Jayne Colino/ Newton — [jcolino@newtonma.gov](mailto:jcolino@newtonma.gov) **We also need a copy sent to [Peter@mcoonline.com](mailto:Peter@mcoonline.com)**

# MCOA Legislative Alert: Passive Enrollment – Here It Comes

ADMINISTRATION READYING PLAN TO LINK MEDICARE, MEDICAID SERVICES

By Kyle Cheney STATE HOUSE NEWS SERVICE



STATE HOUSE, BOSTON, OCT. 27, 2011.....Describing a “fragmented” system of care for the 115,000 Bay State residents eligible for both Medicaid and Medicare, Massachusetts’s top Medicaid official said Wednesday that the Patrick administration is preparing to unveil a plan for a new system of services that could save millions of dollars and chip away at an issue that is vexing policymakers across the country.

“I think the important point to make is, there are a set of Medicaid services and there are a set of Medicare services. That is the status quo,” said Julian Harris, director of the state’s Medicaid Office, known as MassHealth. “There is no coordination across those services.”

“We’re going to add some additional services ... because we have a belief that those additional services will improve the quality of care and actually help to save money,” he added. “I think people will be very excited to have access to a model that includes additional services and includes access to better coordination of services that already exist.”

Harris said Medicare and Medicaid were established in 1965 with little expectation that Americans would someday seek to access both programs simultaneously. Residents eligible to access Medicare and Medicaid – known as “dual eligibles” – are between the ages of 21 and 64. Most suffer from behavioral health disorders, while others experience chronic physical conditions or have developmental disabilities, and in some cases they fall into multiple categories. Cutting costs for dual eligibles has become a focal point of efforts to curb soaring health care costs around the country.

Harris said he envisioned moving many of the 115,000 dual eligibles to a new plan by January 2013.

Although Patrick administration officials say their proposal has been well-received by advocates clued in on the broad framework, some opposition has formed over a proposal to “passively enroll” all 115,000 eligible residents in the new program, requiring them to actively opt-out in order to maintain their current health plan. Critics of the plan also say they’re worried that residents will lose access to community-based care, although administration officials have waved off that argument.

Massachusetts was one of 16 states in April to receive a \$1 million grant from the Obama administration to design a new plan to care for dual eligibles, funding authorized by the 2009 health care law signed by President Barack Obama. Using that grant, the state will seek proposals from health care providers to design a new offering for dual eligibles – called an integrated care organization – that will make use of available Medicare and Medicaid services, and offer additional services not covered by either program. Harris said the state envisions proposals will include options for patients to access community-based care.

Harris described the Patrick administration’s efforts as an attempt to eliminate waste of health care dollars because of a lack of coordination between the two programs. For example, he said, Medicare isn’t authorized to repair a broken wheelchair and may simply order a new one when requested by a patient, whereas on Medicaid, some wheelchair repairs are accessible. In another example, he said, a patient who has both bipolar disorder and diabetes may miss an insulin injection during a bout of depression or mania and end up in the emergency room.

“If that member had had access to a community health worker ... they would actually have avoided that ER visit,” he said. “Neither Medicaid or Medicare actually pay for community care workers.”

But Al Norman, executive director of Mass Home Care, argued that the administration has taken too heavy-handed an approach by requiring participants to actively opt out, rather than to voluntarily join an integrated care organization.

“They’re using terms like voluntary opt-out, which is bureaucratic babble,” he said. “It’s like being put in a plan that you didn’t choose and you have to get yourself out. This is not the best way to go. For an actuarial plan, that might make a lot of sense. We’re not developing plans for actuaries. We’re developing plans for poor people ... Many of them are not sophisticated health care consumers.”

Norman contended that there is no assurance that integrated care organizations will feature an “independent” adviser to patients to ensure they are getting only needed care, rather than a care coordinator who is “owned by the health network.” He added that he expects that only large networks will apply to form integrated care organizations, calling a reassurance by Harris about community-based options for patients a “meaningless statement.”

-END-

10/27/2011

Serving the working press since 1910

<http://www.statehousenews.com>

## **MCOA: Job Opportunities**

### **Volunteers Needed for Homeless Children**

Horizons for Homeless Children is seeking fun-loving, dependable people to interact and **play with children living in family shelters throughout Western Massachusetts**. A minimum 6 month commitment of 2 hours per week is required. **Day and evening hours are available**. Trainings are held regularly and are listed on our website. Our next training will be held in the Springfield area on **November 9<sup>th</sup> and 10<sup>th</sup>, 2011** from 6-9PM. For more information about the program, or to register for a training, please visit [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org) or contact our office directly by phone at (413) 532-0467 or email at [aditmer@horizonsforhomelesschildren.org](mailto:aditmer@horizonsforhomelesschildren.org). It is a fantastic experience that benefits everyone involved. Thanks! Flyer: <http://www.mcoaonline.com/content/jobs/index.php>

### **Chelmsford COA – Program Coordinator**

Under the supervisor of the Director of Human Services/Elder Services, this position has the primary responsibility of establishing comprehensive, community wide wellness and social service programs for the age 50+ citizens of Chelmsford. Work includes program scheduling, and developing funding sources for program implementation. The incumbent also maintains an active outreach/PR/marketing program providing aging information and senior center programming/services. This includes preparation of the monthly newsletter, flyers and weekly media notices. Full Job Description: <http://www.mcoaonline.com/content/jobs/index.php>

### **Prescription Advantage, Director of Operations**

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

### **HOME – Housing Counselor**

Homeowner Options for Massachusetts Elders (H.O.M.E.) is a private non-profit organization. Our mission is to enable low and moderate income elder homeowners to successfully age in place. Housing Counselors carry out our mission by advising clients on financial matters, assisting them in accessing available resources and benefits, and identifying viable options to financial and housing problems. Housing Counselors provide information to clients on property tax relief, home repairs, consumer protection, budgeting, debt management, public benefits, foreclosure prevention, and equity conversion options. Please submit resumes to Jacob Mandell, Deputy Director for Operations, H.O.M.E., 87 Hale Street, 2nd Floor, Lowell MA 01851. Full Job Description: <http://www.mcoaonline.com/content/jobs/index.php>

# MCOA: Transitions

## New Appointments

- The Dalton Selectboard appointed Kelly Pizzi-Smith as the new director succeeding Sue Jacobs last night. She was at ARC for 17 years and headed up the HIV/ AIDS program most recently.. She'll start November 7.
- MA Foundation Tax-Aide has named a replacement for John Woods as our State Coordinator! Her name is Terri Linker. This week, NE Regional Coordinator, Dan Arnold appointed Terri to the position after meeting with her along with some members of the SMT. Terri comes to us after working for more than 32 years with the IRS. She served in various management positions. Among her titles were Director of the Federal Women's Programs, Chief of Return Delinquency Sector and Acting Director of Compliance Research Studies and Tests. After a period of absence from her career and all things 'taxes', Terri is looking forward to joining us as State Coordinator of the MA Tax-Aide program. Terri's husband, Eric, is about to retire from his own career at the IRS and is also joining Tax-Aide as a volunteer this season. The Linkers live in Dracut.
- The new Health Insurance and Delivery System Policy Analyst at Health Care For All will be Alyssa Vangeli. In this role, she will be managing the Massachusetts Prescription Reform Project (MPRC), and coordinating HCFA's prescription drug work in general. She recently transitioned from a fellowship at Health Law Advocates, Please feel free contact her anytime at [avangeli@hcfama.org](mailto:avangeli@hcfama.org) or 617-275-2922.
- Hope Macary has returned as Director of the Greenfield COA

## With Sadness

MCOA wishes to send condolences to the family of Carole Malone (EOEA) on the death of her mother O'HALLORAN, Jean A. (Merlinos) Of Waltham, October 9, 2011. Wife of William J. O'Halloran. Mother of Gayle A. Mattone and her husband, John, of Longwood, FL, Jeanne M. Macdonald and her husband, Brian, of Wakefield, Carole L. Malone and her husband, John, of Sudbury, John W. O'Halloran and his wife, Adrienne, of Summerfield, NC, Michael T. O'Halloran and his wife, Lynne, and Paul S. O'Halloran and his wife, Dawna, all of Waltham. Sister of Maria Montanaro of Portsmouth, NH and the late Angela Noel and Michael Merlinos. Also survived by 15 grandchildren, 2 great-grandchildren and many nieces and nephews. Family and friends will honor and remember Jean's life by gathering for calling hours in The Joyce Funeral Home, 245 Main Street (Rte. 20), WALTHAM on Tuesday, October 11th, from 4 to 8 p.m. and again at 9 a.m. on Wednesday morning before leaving in procession to Saint Jude Church, 147 Main Street, Waltham where her Funeral Mass will be celebrated at 10 a.m. Burial will be in Newton Cemetery. Memorial donations may be made to St. Jude Church, 147 Main Street, Waltham, MA 02453 or to the Alzheimer's Association , 311 Arsenal Street, Watertown, MA 02472. For complete obituary, guest book and directions please visit [www.joycefuneralhome.com](http://www.joycefuneralhome.com)

## New Address

As of Monday, October 17, 2011, the MA Council of Home Care Aide Services (Council) has moved to Waltham. Our office is now located at the Waltham headquarters of Jewish Family and Children's Service. We are extremely grateful that JF&CS was able to accommodate the Council in their Waltham location.

### **Please note our new contact information:**

Our new phone number is: 781-693-5719

Our new address is: 1430 Main Street, Waltham MA 02451.

Sincerely,

Lisa Gurgone, Executive Director

# MCOA Member Requests

## Problems with CPi – Newsletter Publications

- **Community Publications CPi contracts ?**

I am seeking input from our members on any issues/concerns regarding Community Publications, especially with regards to the Newsletter Publishing Agreement. CPi is trying to reduce our newsletter from 10 pages to “up to 6 pages”, 25% of the newsletter space will contain paid advertising (now we are down to 4.5 pages), 5 year contract and more. Your thoughts, comments, suggestions would be greatly appreciated. Linda Talbot, Executive Director Easthampton COA [ltalbot@easthampton.org](mailto:ltalbot@easthampton.org)

- CPi is dropping the Town of Avon's newsletter. They will not print it after December because they claim they can't find advertisers and have indicated that I should be looking for businesses to place ads to support the brochure. I'd like to speak with other COA directors that are having the same issue and wonder if you have an idea of what other communities are being dropped. CPi won't return my phone calls and I need to find another solution that doesn't involve \$\$\$\$\$, or a lot of it. Thank you for your time, Jane Hanley Avon COA [jhanley@avonmass.org](mailto:jhanley@avonmass.org) 508-559-0060

**MCOA will help facilitate/publicize any forum that members wish on this topic — one possibility is during lunch at the November 18 Membership Meeting in Belmont — How can we help! David P. Stevens 413.527.6425**

## MCOA Member Requests, continued

### Home Contractors ‘listening in’ on disaster alerts

I had an unusual incident occur when assisting with a crisis intervention. I had an elder who had 8" of water and extreme mold in her basement due to a leaking hot water tank. The fire department was called to also assist. During the incident, a contractor 'stopped by' to view the concerns and completed an estimate for the elder woman...who was in distress. I asked how he happened upon the house and he said his boss told him to go. Apparently, his boss heard the fire call on the scanner and decided to send a worker. The fire department stated that this happens frequently with fire calls. I asked other COAs if this has happened to them and Gale Farrugia said that she was aware of this happening, too. I have great concerns about contractors possibly scamming elders in an emergency situation or taking advantage of them during a difficult time.

Has any other COAs in the state talked about this at meetings? Is there anything legislative-wise that could address this issue? I know contractors are having a difficult time financially but ... Let me know,

Anne C. Bisson, Director Department of Human Services/ Taunton Council on Aging 30 Olney Street Taunton, MA 02780 508.821.1420 [cths2@tmlp.net](mailto:cths2@tmlp.net)

### Directors Hired with Multi-Year Contracts

Our office has received an inquiry regarding COA directors who are employed via a (multi-year) contract for your services. If this description fits your circumstances (or has in the past) and you would care to share that information with this office, would you kindly let me know? Thank you. Sincerely,  
Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD 1-800-698-9723

### Guidelines/Regulations re Rude Behavior?

As of late, I've been faced with many different issues regarding bad and disrespectful behavior by seniors in our four senior centers, and am looking to our City's Corporation Counsel for guidance. I was wondering if other cities/towns have written rules/regulations regarding bad/rude behavior in their centers, whether they've banned seniors from coming into their centers, whether they have all of that information posted, etc. I'd greatly appreciate any and all guidance you, and other MCOA Directors, could give me at this time. Thanks so much.  
Pauline D. Gousie, Associate Director/Fall River COA – [Pgousie@fallriverma.org](mailto:Pgousie@fallriverma.org)

## **MCOA Member Requests continued**

### **On-Location Hairdressing Services ?**

Does any Center provide hairdressing services on location? If so, do you ask for a donation or other?  
Corinne LaCharite, Director, Methuen Council on Aging — 978-983-8825

### **“Beacon of Light” Program ?**

For those COAs involved in their local SALT Council or TRIAD - Do you have the "Beacon of Light" program? If so, could you please contact me at the phone or email below. Thanks.

Elaine Kingston, Director, Charlton Council on Aging/Senior Center, 37 Main Street, Charlton MA 01507  
(ph) 508-248-2231 — (fax) 508-248-2379 — (cell) 508-726-9906 — website: [www.townofcharlton.net](http://www.townofcharlton.net)

### **COA By-Laws for amending purposes ?**

I am looking for copies of your COA By-Laws. We are in the process of amending our By-Laws and I need a guide. Thank you. Felice Monteiro, COA Coordinator, 181 Hillman St., Bldg. 9, New Bedford MA 02740  
508-991-6251 — 508-979-1514 Fax — [Felice.Monteiro@newbedford-ma.gov](mailto:Felice.Monteiro@newbedford-ma.gov)

### **Information on New Center Funding ?**

The building site committee in Sterling believes that grants will fund 75% of a new Senior Center. For those of you with a relatively new center, what percentage was covered by grants and what percentage was covered by the town? Thanks, Karen L. Phillips, Director, Sterling COA/Senior Center, 1 Park Street, PO Box 243, Sterling MA 01564 978-422-3032 || 978-422-9916 fax || [kphillips@sterling-ma.gov](mailto:kphillips@sterling-ma.gov)

### **Successful Collaboration w/ area YMCAs ?**

The Beverly Council on Aging is gathering information on successful collaborations with area YMCA's. If your COA partners with the Y for any activities, we would love to hear what and how you are doing. Also, if your Y has a Senior Membership rate, we would love to know that as well. Please contact Kendra Seavey, Activities Coordinator at [kseavey@beverlyma.gov](mailto:kseavey@beverlyma.gov). Thanks.

### **Seeking Needs Assessment Surveys**

Seeking Needs Assessment surveys – the Hampden Senior Center is looking to create a new town wide needs assessment and would like to see what other towns have done. If you can email a copy of your assessment to [coa@hampden.org](mailto:coa@hampden.org) or fax 413 566-2103, I would greatly appreciate it. Thanks, Becky Moriarty, Director, Hampden Senior Center.

### **Volunteer Library Aide Job Sample ?**

I am in need of a job description for a volunteer library aide job here in Concord.  
I can be reached at 978 318-3020 — [Coa\\_volunteer@concordma.gov](mailto:Coa_volunteer@concordma.gov) — Fax : 978 318-0856  
Thank You so much, Carol Dromgoole

### **Tap Dance Instructor for Bellingham ?**

Looking for a Tap Dance Instructor for Bellingham Senior Center. If you know anyone in this area, please email me at [ldemattia@bellinghamma.org](mailto:ldemattia@bellinghamma.org) Thanks — Laura DeMattia Director, Bellingham Council on Aging/Senior Center, 40 Blackstone Street, Bellingham MA 02019 – 508-966-0398 - website: [www.BellinghamMA.org](http://www.BellinghamMA.org)

### **Line Dance Instructor for Charlton ?**

Looking for Line Dance Instructor for Charlton Senior Center. If you know anyone in this area, please email me at [elaine.kingston@townofcharlton.net](mailto:elaine.kingston@townofcharlton.net) Thanks — Elaine Kingston, Director, Charlton Council on Aging/Senior Center, 37 Main Street, Charlton, MA 01507 — (ph) 508-248-2231 — (fax) 508-248-2379 — (cell) 508-726-9906 website: [www.townofcharlton.net](http://www.townofcharlton.net)

### **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](mailto:coadirector@shirley-ma.gov)

# MCOA: EOE A Survey Request

Dear Colleagues,

If your COA **does not receive** site-delivered Title III C meals, kindly complete the attached survey and return it to Elder Affairs at your earliest convenience. Thank you in advance for your consideration.

Sincerely, Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD 1-800-698-9723

Fax: 617-727-9368

**Name of COA:** \_\_\_\_\_

Average # <b>meals per day:</b> (check one)	Less than 20	<b>At least 20</b>
Average # <b>days per week</b> of food service:	#	
Are meals offered <b>LESS THAN</b> <b>once/week?</b>	Yes	No
Do you prepare meals " <b>on site</b> "	<b>Yes</b>	No
<b>If YES</b> , how would you best describe your menu type:		
Short Order		
Soup & Sandwich		
Café		
Complete Meal/s		
Other:		
Popular menu items you prepare and/or comments:		

Please reply to: [emmett.schmarsow@state.ma.us](mailto:emmett.schmarsow@state.ma.us). Thank you! Meal Program, type...18Oct11

# News You Can Use from the CDC – thanks to Emmett Schmarsov/EOEA

## Get Your Flu Vaccination Now

According to the Centers for Disease Control and Prevention (CDC), the 2011-12 flu season starts in October and can last for more than six months. The best prevention to getting the flu is to get a vaccination, now. Available on the CDC website is information on the importance of getting vaccinated. Included is information on the types of flu for the 2011-12 flu season. Also accessible at the site, for download only, are a number of posters and other resource materials and activities individuals and organizations can use to spread the word about getting a flu vaccination.

To view the CDC Seasonal Flu web page, please go to <http://www.cdc.gov/flu/about/season/>.

You can also learn more about the 2011-12 flu season at <http://www.flu.gov/>

## I. Resources, Reports, and Announcements

### **AARP Public Policy Institute Releases Report Examining Housing for Older Adults: The Impacts of the Recession**

This paper summarizes findings from State Housing Profiles 2011, which uses several sources, including the 2009 American Community Survey, to look at key housing indicators for older adults. The data show that conditions have deteriorated significantly for older households during the last decade. Older homeowners and renters face greater affordability issues, and many low-income households face more unsustainable housing costs since the housing crisis and recession that began in 2007. Disability rates, family structures, foreclosure rates, and the age of homes are other factors that have shifted in the decade, as older households adapt to face new and continuing challenges. To view the full report, please visit <http://www.aarp.org/home-garden/housing/info-09-2011/insight-53.html>

### **Advance Care Planning Online Course Now Available**

CDC's Healthy Aging Program is pleased to announce a new, online course titled, *Advance Care Planning: An Introduction for Public Health and Aging Services Professionals*. The overall goal of the course is to equip professionals in the public health and aging services networks with the information and resources they need to assist their clients in better understanding issues related to advance care planning and the availability of tools (e.g., advance directives) useful in documenting their care wishes and preferences. The course was developed by CDC in collaboration with Myra Christopher, President and CEO of the Center for Practical Bioethics and the Directors of Health Promotion and Education. The course has been accredited and the CDC is authorized by IACET to offer 0.3 ANSI/IACET CEU's for this program. The course is also designed for Certified Health Education Specialists (CHES) to receive up to 2.5 Category I CECH in health education. CDC provider number GA0082. The online modules are available at [www.cdc.gov/aging/advancecareplanning](http://www.cdc.gov/aging/advancecareplanning).

### **The CDC Healthy Brain Initiative Progress 2006-2011**

Cognitive health has only recently been recognized as an important issue for the public health system. Supported by a Congressional appropriation in fiscal year 2005, the Centers for Disease Control and Prevention (CDC) established the Alzheimer's-specific segment of CDC's Healthy Aging Program, referred to as The Healthy Brain Initiative. CDC then formed a partnership with the Alzheimer's Association, National Institute on Aging, Administration on Aging, AARP, and other public and private sector organizations to launch the activities of The Healthy Brain Initiative. Together these organizations embarked on a deliberative 18-month process to examine the current state of knowledge regarding the promotion and protection of cognitive health, to identify important knowledge gaps, and to define the unique role and contributions of public health. A new progress report documenting CDC's Healthy Brain Initiative's accomplishments during the past five years has been released, focusing on priorities relevant to CDC's public health mission in four areas: conducting surveillance, supporting policy change, advancing communication, and guiding applied prevention research. To learn more, please visit <http://www.cdc.gov/aging/healthybrain/resources.htm>

PDF versions of the full report and report summary can also be accessed using the links below:

- [Full Report << OLE Object: Picture \(Device Independent Bitmap\) >> \[PDF-1.5Mb\]](#)
- [Report Summary << OLE Object: Picture \(Device Independent Bitmap\) >> \[PDF-857Kb\]](#)

### **Communication Is Key to Better Health Care**

*Questions are the Answer*, a new initiative from the Department of Health and Human Services' Agency for Healthcare Research and Quality (AHRQ) and the Ad Council, encourages clinicians and patients to engage in effective two-way communication to ensure safer care and better health outcomes. An original series of new videos on the AHRQ website features real patients and clinicians discussing the importance of asking questions and sharing information. The website also features new resources to help patients be prepared before, during and after their medical appointments. To access this new resource tool, please go to <http://www.ahrq.gov/questions/>

## News You Can Use from the CDC, continued

### **Drug Enforcement Administration Schedules Another National Drug Take Back Day**

The purpose of this National Take Back Day is to provide a safe and secure location for persons who wanted to dispose of unwanted and unused prescription drugs. The Drug Enforcement Administration (DEA), in conjunction with state and local law enforcement agencies throughout the United States, conducted the first ever National Prescription Drug Take Back Day on Saturday, September 25, 2010, and the Second National Drug Take Back Day took place earlier this spring. Due to the success of these previous events, the DEA has scheduled its next National Drug Take Back Day for **October 29, 2011** (from 10:00AM to 2:00PM). This is a great opportunity for those who missed the earlier dates or who have subsequently accumulated unwanted, unused prescription drugs, to safely dispose of them. This initiative addresses a vital public safety and public health issue. More than seven million Americans currently abuse prescription drugs, according to the 2009 Substance Abuse and Mental Health Administration's National Survey on Drug Use and Health. Each day, approximately, 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet. There are also environmental consequences of disposal of unused medications. Drugs that are dumped down drains and toilets can end up in our lakes, streams, and watersheds. By participating in the drug take-back day you will protect public health and safety and protect the environment. Further information about the second National Prescription Drug Take Back Day, including a link to locate a collection site near you can be found at [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html)

### **Early Release of Selected Estimates Based on Data From the January–March 2011 National Health Interview Survey**

In this release, the Centers for Disease Control and Prevention's (CDC) National Center for Health Statistics (NCHS) updates estimates for 15 selected health measures based on data from the January–March 2011 National Health Interview Survey (NHIS) and presents estimates from 1997 through 2010 for comparison. The 15 measures included in the present report are lack of health insurance coverage and type of coverage, having a usual place to go for medical care, obtaining needed medical care, receipt of influenza vaccination, receipt of pneumococcal vaccination, obesity, leisure-time physical activity, current smoking, alcohol consumption, human immunodeficiency virus (HIV) testing, general health status, personal care needs, serious psychological distress, diagnosed diabetes, and asthma episodes and current asthma. The 15 Early Release measures are being published prior to final data editing and final weighting, to provide access to the most recent information from NHIS. The estimates will be updated as each new quarter of NHIS data becomes available. To view the full report, please go to <http://www.cdc.gov/nchs/nhis/released201109.htm>

### **Institute on Assets and Social Policy at Brandeis University Explores Economic Insecurity for African-Americans and Latino Seniors**

Brandeis University's Institute on Assets and Social Policy recently released a policy brief concerning Economic Insecurity for African-Americans and Latino Seniors. Analysis using the Senior Financial Stability Index (SFSI) reveals dramatic increases in economic insecurity in recent years: Over half (52 percent) of African-American and 56 percent of Latino seniors are economically insecure; just four percent of Latino and eight percent of African-American seniors are economically secure, meaning they have adequate resources to maintain a secure standard of living for the remainder of their lives; ninety percent of Latino and 83 percent African-American senior households have insufficient retirement assets to last throughout their expected life spans; and sixty-two percent of African-American and Latino households spend 30 percent or more of their incomes on housing expenses. To learn more, please see <http://iasp.brandeis.edu/pdfs/InsecuritySeniorsOfColor.pdf>

### **Stay Healthy at 50+**

The Department of Health and Human Services Agency for Healthcare Research and Quality (AHRQ) recently published two informational brochures to help persons at ages 50 and above stay healthy. The brochures give information on which screening tests you need and when to get them, which medicines may prevent diseases and daily steps you can take for good health. Women: Stay Healthy at 50+ is accessible online at <http://ahrq.hhs.gov/ppip/women50.htm>. Men: Stay Healthy at 50+ is accessible online at <http://ahrq.hhs.gov/ppip/men50.htm>

## **II. Funding and Award Opportunities**

### **National Service Agency Announces 2012 AmeriCorps Funding Opportunities**

The Corporation for National and Community Service (CNCS) has released three funding notices for its 2012 AmeriCorps grant competition. The grant competition carries out the goals of the bipartisan 2009 Edward M. Kennedy Serve America Act and the agency's 2011-2015 Strategic Plan to achieve greater impact by targeting resources on a core set of challenges and using performance measures to assess and demonstrate impact.

*Deadline: January 18, 2012*

[http://www.nationalservice.gov/for\\_organizations/funding/nofa.asp](http://www.nationalservice.gov/for_organizations/funding/nofa.asp)

# News You Can Use from the CDC, continued

## III. Articles

### **A CDC Morbidity and Mortality Weekly Report:**

**Million Hearts: Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors --- United States, 2011**  
[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6036a4.htm?s\\_cid=mm6036a4\\_e%0d%0a](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6036a4.htm?s_cid=mm6036a4_e%0d%0a)

### **Certain 'Senior Moments' May Signal Mental Decline**

“Getting lost in familiar places, trouble following a group conversation are red flags, study finds”

(By Amanda Gardner, HealthDay, September 15, 2011) <http://consumer.healthday.com/Article.asp?AID=656880>

### **Dementia Patients Face Burdensome Transitions in Last 90 Days** “Often needless relocations affect 1 in 5 in nursing homes”

(By David Orenstein, Brown University, September 28, 2011) [http://www.eurekalert.org/pub\\_releases/2011-09/bu-dpf092311.php](http://www.eurekalert.org/pub_releases/2011-09/bu-dpf092311.php)

### **Diabetes May Significantly Increase Your Risk of Dementia**

“People with diabetes were more likely to develop Alzheimer's disease and other types of dementia, such as vascular dementia” (By Angela Bobb, American Academy of Neurology, September 19, 2011)

[http://www.eurekalert.org/pub\\_releases/2011-09/aaon-dms091311.php](http://www.eurekalert.org/pub_releases/2011-09/aaon-dms091311.php)

### **Elderly Patients May Be Undertreated for Prostate Cancer**

“Men over 75 with prostate cancer are being undertreated, while patients with a single comorbid condition such as peripheral vascular disease or those in wheelchairs are being over-treated and doing much more poorly than expected”

(By Kim Irwin, University of California – Los Angeles Health Sciences, September 26, 2011)

[http://www.eurekalert.org/pub\\_releases/2011-09/uoc--epm092611.php](http://www.eurekalert.org/pub_releases/2011-09/uoc--epm092611.php)

### **End-of-life Discussions Do Not Affect Survival Rates, Study Shows**

“Discussing and documenting patients' preferences for care at the end of life does not cause them any harm, contrary to recent claims”

(By Jennifer Beal, Wiley-Blackwell, September 28, 2011) [http://www.eurekalert.org/pub\\_releases/2011-09/w-edd092211.php](http://www.eurekalert.org/pub_releases/2011-09/w-edd092211.php)

### **Heart Failure Care Influenced by Insurance Coverage**

“Study found those on Medicaid, Medicare fared worse than those with private insurance”

(By Steve Reinberg, HealthDay, September 19, 2011) <http://consumer.healthday.com/Article.asp?AID=657009>

### **Hip Fracture in Elderly Women Boosts 1-Year Mortality**

“Women who break a hip at age 65 years or older face double the risk of dying within the coming year compared with those without a hip fracture, even if they have an otherwise excellent bill of health” (By Kate Johnson, MedScape Medical News, September 27,

2011) <http://www.medscape.com/viewarticle/750447>

### **Living With Dementia and Making Decisions**

“People with dementia can still make decisions in their everyday lives and with support from partners can continue to do so as their condition advances” (By Danielle Moore, Economic and Social Research Council, September 29, 2011)

[http://www.eurekalert.org/pub\\_releases/2011-09/esr-lwd092911.php](http://www.eurekalert.org/pub_releases/2011-09/esr-lwd092911.php)

### **Middle-aged Women Happier with Moderate Exercise**

“Middle-aged women encouraged to exercise at moderate intensity were much happier and more likely to continue working out than peers who exercised more intensely” (By Fran Lowry, Reuters Health, September 29, 2011)

<http://www.reuters.com/article/2011/09/29/us-middle-aged-exercise-idUSTRE78S4AE20110929>

**Racial Health Disparities Discovered in Elderly Women in the US** “African-American women's health can fail earlier than white females from the US” (By Martine Ward, International Federation of Gynecology and Obstetrics, September 28, 2011)

<http://www.figo.org/news/racial-health-disparities-discovered-elderly-women-us-004379>

### **Safeguards Needed to Prevent Discrimination of Early Alzheimer's Patients in the Workplace**

“Policies needed to prepare individuals, society for earlier diagnosis and high risk of Alzheimer's”

(By Kim Menard, University of Pennsylvania School of Medicine, September 15, 2011)

[http://www.eurekalert.org/pub\\_releases/2011-09/uops-snt091511.php](http://www.eurekalert.org/pub_releases/2011-09/uops-snt091511.php)

### **Stressed and Strapped: Caregivers for Friends, Relatives Suffer Emotional and Financial Strain**

“The study looked at California's estimated 6 million-plus informal caregivers of all ages and found higher levels of serious psychological distress and negative health behaviors, such as smoking, compared with the general population”

(By Gwen Driscoll, University of California – Los Angeles, September 21, 2011)

[http://www.eurekalert.org/pub\\_releases/2011-09/uoc--sas092111.php](http://www.eurekalert.org/pub_releases/2011-09/uoc--sas092111.php)

### **YouTube Videos Can Inaccurately Depict Parkinson's Disease and Other Movement Disorders**

“Looking online for medical information? Viewers beware, doctors caution”

(By Nicole Garbarini, NIH/National Institute of Neurological Disorders and Stroke, September 21, 2011)

[http://www.eurekalert.org/pub\\_releases/2011-09/nion-yvc092111.php](http://www.eurekalert.org/pub_releases/2011-09/nion-yvc092111.php)

###

# News You Can Use from Emmett Schmarsow — EOEA Formula Grant

Dear Colleagues,

Please know that the FY2012 state Formula Grant Award contracts have been posted to a file at the web-site called "800AgeInfo.com For Professionals": <http://coadmin.800ageinfo.com/2011/10/headline-fy12-formula-grant-contract.html>.

When you arrive at the website "800AgeInfo.com For Professionals" ... **COA Administrator**, scroll down to "**Download FY12 Contracts 9-22-11** (PDF, 9 megs)" ...*this document may take a few minutes to download!*

□ The **Instructions** for completing the contract are immediately below the "**Download.**" We suggest you read these to: a) **locate your contract amount** and b) **familiarize yourself with the language** regarding the need to comply with the "The Guide" material issued previously by this office for FY12 and continuity based on satisfactory completion of prior grant/contract related requirements. (If you need a copy of "The Guide" [for FY12], please contact this office.)

**To locate your contract**, scroll through the "Download" (arranged in alphabetic order).

At the top of the screen indicating **your** city/town, go to the **print icon** and do **one of two things**:

- **click on the circle** that indicates "CURRENT PAGE" **or**  
... **note the page number in the gray bar near the top of that screen and...**
- **click on the circle** and type in the page # for your agency.

□ **If you do NOT** use one of the above procedures, when you hit the print icon *it will start printing all 349 documents!!*

Mail the signed/dated/completed contracts to: Executive Office of Elder Affairs; 1 Ashburton Place, 5th Fl.; Boston, MA 02108 ATT: COA GRANT PROGRAM

Contracts will be processed in the order they are received. Our office notes no particular advantage to "overnighting." Thank you. If you have any questions regarding this procedure, please feel free to contact Elder Affairs.

Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD;  
1-617-222-7471; 1-800-698-9723

Sherri L. Sore Field Service Coordinator Councils on Aging and Senior Centers

Phone: 617.222.7576 FAX: 617.727.9368

sherri.sore@state.ma.us

Executive Office of Elder Affairs

## **FY 2012 Formula Grant Allocation**

- A Message from Governor Patrick and Elder Affairs (EOEA) to Massachusetts Council on Aging (COA) Directors Regarding FY2012 Formula Grant Allocation and Award Process.

- Adjustment Schedule for 18 Towns experiencing +10% drop in 60+ population (Emmett Schmarsow)

Two Documents: <http://www.mcoaonline.com/index.php>

# News You Can Use from SHINE

SHINE Program

Revised 9/2011

## Medicare Part B Preventive Services (Medicare Advantage Plan co-pays for these services may vary)

**Please note:** Medicare now covers a *“Welcome to Medicare Exam”* and an *“Annual Wellness Visit”* free of charge.\*

These visits provide you and your doctor an opportunity to develop a personalized prevention plan to improve your health and early detection for many diseases. These visits include routine measurements of height, weight and blood pressure; review of individual and family history; review of medications; mental health risk and cognitive status check; and discussion and monitoring of recommended schedule for vaccinations and screening tests, *many of which are covered by Medicare at no charge.*

HOWEVER ... It is important to understand that these free visits *do NOT cover a comprehensive physical exam or lab tests.* Therefore, beneficiaries *may be charged co-insurance or co-pays* for some services provided during the appointment that are outside the scope of either the *Welcome to Medicare Exam* or the *Annual Wellness Visit.*

- The *“Welcome to Medicare”* exam is covered one time only within the first 12 months of your Part B coverage.
- The *“Annual Wellness Visit”* (AWV) is covered once a year *after* you have been with Medicare for more than one year *AND* it has been at least one year since your *“Welcome to Medicare”* exam (if you had one).

\* *It is important for your doctor’s office to use the correct billing codes for these visits (listed in chart below) to ensure accurate processing of claims.*

COVERED SERVICES	ELIGIBLE BENEFICIARIES	BENEFICIARY COST
<b>“WELCOME TO MEDICARE EXAM”</b> (Billing code is G0402.)  May include a referral for AAA (Abdominal Aortic Aneurysm) Ultrasound Screening for those with certain risk factors.	All beneficiaries (one time only within first 12 months of joining Part B).	No cost.
<b>ANNUAL WELLNESS VISIT (AWV)</b> (Billing code for first AWV is G0438 and G0439 for all other AWVs).	Beneficiaries with Part B for more than 12 months.	No cost.
<b>BONE MASS MEASUREMENTS</b> Once every 24 months. More often if medically necessary.	Beneficiaries at risk for osteoporosis or meet other criteria.	No cost.
<b>CARDIOVASCULAR SCREENING</b> Once every 5 years. (Includes blood tests for cholesterol, fat or lipids, and triglyceride levels.)	All beneficiaries.	No cost for the tests, but you generally have to pay 20% of the Medicare-approved amount for the doctor’s visit.
<b>COLORECTAL CANCER SCREENING</b> <i>Fecal Occult Blood Test</i> Once every 12 months. ----- <i>Flexible Sigmoidoscopy</i> Once every 48 months or 10 years after previous colonoscopy if not at high risk. ----- <i>Colonoscopy</i> Once every 24 months if at high risk for colon cancer – once every 10 years if not at high risk or 48 months after a flexible sigmoidoscopy. ----- <i>Barium Enema</i> Once every 48 months or 24 months if high risk, when used instead of a sigmoidoscopy or colonoscopy.	All beneficiaries age 50 and over. ----- All beneficiaries age 50 and over. ----- All beneficiaries. ----- All beneficiaries age 50 and over.	No cost for test, but you generally have to pay 20% of the Medicare-approved amount for the doctor’s visit. ----- No cost. ----- No cost. ----- 20% of the Medicare-approved amount for the doctor’s services. In out-patient hospital setting, you also have co-payment.

## News You Can Use from SHINE, continued

SHINE Program

Revised 9/2011

COVERED SERVICES	ELIGIBLE BENEFICIARIES	BENEFICIARY COST
<b>DIABETES SCREENING LAB TESTS</b> Up to two diabetes screenings per year based on risk factors and results of screenings. Includes fasting plasma glucose test.	Beneficiaries with risk factors such as high blood pressure, abnormal cholesterol levels, obesity, or history of high blood sugar.	No cost for the test, but you generally have to pay 20% of the Medicare-approved amount for the doctor's visit.
<b>DIABETES SELF-MANAGEMENT TRAINING</b> Education for people who have diabetes Doctor must refer for service.	Beneficiaries at risk for complications from diabetes.	20% of the Medicare-approved amount after the yearly Part B deductible.
<b>MAMMOGRAMS</b> Once every 12 months.	All female beneficiaries age 40 and older.	No cost.
<b>GLAUCOMA TESTING</b> Once every 12 months for people at high risk for glaucoma. Test are conducted by or supervised by an ophthalmologist or optometrist.	Beneficiaries at high risk (people with diabetes or a family history; African Americans age 50 or over; and Hispanic 65 or over).	20% of the Medicare-approved amount after the yearly Part B deductible.
<b>HIV SCREENING</b> Covered once every 12 months or up to 3 times during a pregnancy.	All beneficiaries.	No cost for the test, but you generally have to pay the doctor 20% of the Medicare-approved amount for the doctor's visit.
<b>MEDICAL NUTRITION THERAPY</b> Nutrition counseling to help manage diabetes or kidney disease – doctor must refer for service.	Beneficiaries with diabetes or kidney disease.	No cost.
<b>PAP TESTS AND PELVIC EXAMS</b> Once every 24 months. Once every 12 months, if at high risk for cervical cancer or had an abnormal Pap test in the preceding 36 months.	All female beneficiaries.	No cost.
<b>PROSTATE CANCER SCREENING</b> Digital Rectal Exam and Prostate Specific Antigen (PSA). Once every 12 months.	All male beneficiaries age 50 and over.	No cost for PSA test. You pay 20% of the Medicare-approved amount after the yearly Part B deductible for the doctor's visit.
<b>SHOTS (VACCINATIONS)</b> <i>Flu Shot</i> Once per year. ----- <i>Pneumococcal (Pneumonia) Shot</i> Usually once in lifetime- ask your doctor. ----- <i>Hepatitis B Shots</i> Talk with your doctor.	All beneficiaries. ----- All beneficiaries. ----- Beneficiaries at risk.	No cost. ----- No cost. ----- No cost.
<b>SMOKING CESSATION</b> Counseling for 2 cessation attempts for total of 8 visits within a 12-month period – doctor must refer for service.	Beneficiaries that have not been diagnosed with an illness caused or complicated by tobacco use.	No cost.

## News You Can Use: More Resources

### The Latest on Medicare/Medicaid

Each week new articles and updates are added to our Medicare/Medicaid website.

**Medicare/Medicaid:** <http://www.mcoaonline.com/content/medicare/index.php>

### Updated Medicare/Medicaid webpage

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

## News You Can Use from CMS

Details for: MEDICARE COVERS SCREENING AND COUNSELING FOR ALCOHOL MISUSE AND SCREENING FOR DEPRESSION

### **MEDICARE COVERS SCREENING AND COUNSELING FOR ALCOHOL MISUSE AND SCREENING FOR DEPRESSION**

#### **THE NEW COVERAGE POLICIES ADD NEW PREVENTIVE SERVICES FOR MEDICARE BENEFICIARIES**

The Centers for Medicare & Medicaid Services (CMS) today announced two new national coverage determinations that cover alcohol misuse screening and behavioral counseling for Medicare beneficiaries as well as screening for depression. These new coverage policies add to the existing portfolio of covered preventive services, most of which are now available to people with Medicare at no additional cost.

“Preventive services bring relief to Medicare beneficiaries for whom preventive care means early identification of disease and greater opportunity for treatment and recovery,” said CMS Administrator Donald M. Berwick, MD. “It’s just as important for our elderly beneficiaries to enjoy access to preventive services as it is for any American.”

Alcohol misuse puts individuals at risk for ill health as misuse is linked to diseases such as cancer, liver disease and cardiac disease, as well as mental and emotional problems. For society at large, alcohol-related problems include economic losses from illness and injury, and disruption of family and social relationships.

Annual alcohol misuse screening by primary care providers, such as a beneficiary’s family practice physician, internal medicine physician, or nurse practitioner, in settings such as physicians’ offices are covered under CMS’ new policies. The benefit also includes four behavioral counseling sessions per year furnished by the primary care provider, if beneficiaries screen positive for alcohol misuse.

Depression is a medical disorder characterized by feeling sad, diminished interest in pleasurable activities, feelings of guilt, decreased ability to concentrate and other symptoms experienced nearly every day. Depression may also include thoughts of suicide. Among people 65 years and older one in six suffers from depression.

Annual screening for depression for Medicare beneficiaries is now covered in primary care settings that have staff resources to follow up with appropriate treatment and referrals. The purpose of this screening is to assure accurate diagnosis, effective treatment and follow-up.

“These new coverage policies address important issues related to mental health and prevention of substance abuse,” said Patrick Conway, MD, CMS chief medical officer and director of the agency’s Office of Clinical Standards and Quality. “We at CMS continue to carefully and systematically review the best available medical evidence to identify those preventive services that can keep Medicare beneficiaries as healthy as possible for as long as possible.”

The coverage decision on alcohol misuse screening is online at <http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=249> and the decision on depression screening is online at <http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo>

## MCOA News You Should Use: Grant Opportunity

### **Mass-ALFA \$10K in Grants Available**

The Massachusetts Assisted Living Facilities Association (Mass-ALFA) is pleased to announce the availability of a total of \$10,000.00 in grant monies to be awarded in late 2011 to three (3) Massachusetts Councils on Aging/Senior Centers (COA). Each one-time award will be for no more than one third of the \$10,000.00 total funds available, or \$3,333 per award.

**The deadline for responses is Friday, November 4 at 5 PM.**

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

### ***Worth Repeating***

***Don't Wait Until It's Too Late! Medicare's New Open Enrollment Period***

**October 15 – December 7**

**Medicare plans change every year!**

**SHINE Can Help!**

SHINE counselors provide Medicare counseling free of charge.

Call your senior center for a SHINE appointment now!

**Or**

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.

**Or**

For assistance from a Medicare customer service representative

24 hours/day, 7 days/week, call **1-800-MEDICARE (1-800-633-4227)**.

**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.

# MCOA News You Should Use, continued

## Flood Assistance

FEMA Flood Assistance — 1-800-621-3362 — [www.disasterassistance.gov](http://www.disasterassistance.gov)

Franklin & Berkshire County Filing Deadline — Wednesday 2 November

## Tornado Relief Resources

See our updated Emergency Management page.

Information & Link: <http://www.mcoaonline.com/content/consumer/EM.php>

## Important SSA info on Open Enrollment

Social Security recently shared two important tips/messages relating to **accidental disenrollment** to keep in mind when meeting with clients, especially this Open Enrollment. We'd like to share these with you, in case you haven't heard, and encourage you to pass this along:

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

## Prescription Drug Take-Back Day 10/29

The next Drug Enforcement Administration (DEA) National Prescription Drug Take-Back Day will take place **Saturday, October 29, 2011 from 10 AM to 2 PM**, providing consumers in every state with a safe means for the disposal of unwanted, unused prescription medications.

Your Local Drop-Off: [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html)

## NIH's New Go4Life Campaign

Being physically active is vital to maintaining health and independence as we age, and a new federal campaign for people 50 and older will help them to get active and keep going. Introduced today by the National Institutes of Health (NIH), the Go4Life campaign encourages sedentary older adults to reap health benefits by making physical activity part of their daily lives. Only 25 percent of people aged 65-74 say they engage in regular physical activity. Information Page: <http://www.mcoaonline.com/content/wellness/index.php>

## Mass Senior Legal Helpline – Flyers

The Massachusetts Senior Legal Helpline is a project made in collaboration with the Massachusetts Executive 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 grant from the U.S. Department of Health & Human Services, Administration on Aging. Flyers: <http://www.mcoaonline.com/content/legal/index.php>

## MARTap Driver Training at Medfield

Please know that Medfield COA is hosting driver training at the Center on the following dates:

Thursday, November 17                      9am-1pm    ADA Driver Training

Please RSVP to Roberta Lynch 508-359-3665. If interested in HESSCO lunch (11:30am) cost is \$2.50.

## Read NCOA's News & Publications

New toolkit offers budget basics for seniors — We're taking your stories to Congress — Understanding evidence-based health care Information & Link: <http://www.mcoaonline.com/content/ncoa/index.php>

## AARP's \$2 Million Grants Initiative

The Washington, D.C.-based AARP Foundation has announced a \$2 million program to support nonprofit organizations working to improve the lives of low-income Americans age 50 and older.

The AARP Foundation Grants Program will focus on four impact areas — hunger, housing, income, and personal connections. Information: <http://www.mcoaonline.com/content/grants/index.php>

# MCOA News You Should Use, continued



## Operation A.B.L.E. of Greater Boston Incumbent Worker Training Frequently Asked Questions



### **I thought Operation A.B.L.E. ran computer training programs for job seekers.**

#### **Why have you decided to offer instruction to incumbent workers?**

Training adult learners on office productivity applications is a large part of what we do – and since 1982, we've built a strong reputation for doing that very well. This program will enable us to extend that expertise to help organizations provide training that not only improves workplace performance, but enables them to maintain the continued employability of their most valued asset: a highly skilled, knowledgeable, and effective workforce.

#### **How much will the training cost?**

As an established non-profit, Operation A.B.L.E. believes that small-to-medium size employers need a more cost-effective and proven alternative to pricey, for-profit training vendors to maintain the productivity and morale of their incumbent workers. We can work with you to develop a program that works within your budget. And we can assist you in applying for funding that could cover much of the cost. Prices will vary based on factors such as type of course, number of students, location of classes, and number of sessions required.

#### **What funding source are you talking about?**

Funding is available from the Massachusetts Office of Labor & Workforce Development, which operates the Workforce Training Fund. If you have 50 or fewer employees and pay into unemployment insurance, your organization could be eligible to have 50% of the cost reimbursed after training is completed. You should know that funds are also available for employers with more than 50 employees; however, the process is more involved. Operation A.B.L.E. is happy to assist you with either the shorter Workforce Training Fund Express application process or the longer Workforce Training Fund paperwork for employers with more than 50 employees.

#### **What other organizations have outsourced their training to Operation A.B.L.E.?**

Our past clients include, the Boston and Quincy Housing Authorities for resident computer training, and the Boston YMCA, Boston Scientific, Healthcare For All, The Public Policy Institute, and Community Catalyst to provide computer training to employees.

#### **How do I determine if employees actually need computer skills training?**

Ask the workers if they are using technology as skillfully as they could. Ask their managers if boosting user productivity would improve workgroup results. Ask senior staff if learning a new Microsoft application would bolster their productivity. For example, we recently were asked to help a client transition the company from MS Office 2003 to 2010 because users were expressing a need for skills improvement.

#### **Is there any limit on the number of students enrolled in each class?**

We can build training programs for as few as one or as many employees that need the training.

#### **Where does the training take place?**

Training can be conducted at an Operation A.B.L.E. facility or on-site at your location.

#### **Will employees be required to be away from their jobs for extended periods of time?**

We work with employers to create training schedules that minimize disruption of employees' work routines.

#### **If classes take place at your location, do you run the most up-to-date versions of the required software?**

Our training facility runs Microsoft Office 2010 Professional and the Windows 7 operating system, two of the most widely deployed Microsoft products in the workplace.

#### **What if an "off-the-shelf" curriculum is not what we need?**

This is an area in which we can be particularly helpful. We can work with you to create a training program that is tailor-made for your end users' specific needs, from running mail merges in MS Access and using Outlook for contact management, to mastering the database, chart creation, and pivot table features of MS Excel. The possibilities are boundless.

#### **Is the training Operation A.B.L.E. provides limited to Microsoft Office?**

Definitely not. We provide incumbent worker training in a range of areas, including QuickBooks, using social media effectively, conducting research on the Internet, transitioning from one version of a Microsoft application to another, improving customer and client relationships, enhancing communication skills, ESL training, management and supervisory skills, project management, and medical terminology.

#### **Who do I contact for more information?**

Call or email Training Services Director Mark Gyurina at 617.542.4180 x128 or at [mgyurina@operationable.net](mailto:mgyurina@operationable.net).

## MCOA News You Should Use, continued – *worth repeating*

**Policy Recommendations to Increase Older Worker Engagement in the Massachusetts Workforce** can be found at [http://www.mass.gov/Eelders/docs//news\\_employment\\_policy\\_recommendedations.doc](http://www.mass.gov/Eelders/docs//news_employment_policy_recommendedations.doc)

**The Community Guide – Mental Health and Mental Illness** can be found at <http://www.thecommunityguide.org/mentalhealth/index.html> The Guide recommendations on collaborative care management of depressive disorders that I mentioned at the Collaborative meeting Friday (9:30-11:00). These are published by the US Preventive Services Task Force and represent an analysis of numerous studies of both outcomes and economic impact. These findings are very relevant to our discussions.



### **ITNGreaterBoston, a new non-profit transportation option drives success through grass-roots collaboration and community connections**

ITNGreaterBoston is part of a national nonprofit organization called Independent Transportation Network® that was founded in Portland, ME in 1995. As the newest addition to a network of over 20 Affiliates nationwide, ITNGreaterBoston brings together families, businesses, healthcare providers and community organizations to weave a strong local web of support for mobility for seniors and the visually impaired. After signing up as members (individual \$60, family \$100/year) riders open a Transportation Account and begin to enjoy door-through-door, arm-through-arm

service, 24 hours per day, 365 days a week to any destination of their choice. As she works to establish a solid infrastructure for service to begin in late Fall Jean Patel Bushnell shares her conviction, “for this to be successfully sustained we need the community to own the service. The need is great; the options are limited. Together we must combine our resources and connections to expand today’s supply in an efficient way that puts seniors first.” In phase one of the service members enjoy going between any of the towns of Fenway, Mission Hill, Hyde Park, Jamaica Plain, Roslindale, West Roxbury, Allston, Brighton, Brookline, Newton, Needham, Wellesley, Natick, Framingham and Ashland. The service is cost effective through a mix of volunteer drivers and paid drivers. Volunteer drivers with a good driving record and a sedan in good working order, who love to drive give time to ITNGreaterBoston that fits their schedule, in exchange for credits. Beyond helping to solve a national problem and enhancing the lives of community members, volunteer drivers earn credits which they can use in 3 ways; **SAVE** them for their future use, **TRANSFER** them to a loved one or **DONATE** them to the Road Scholarship Program for low income riders. Families get involved by donating to the mission, driving and earning credits for a loved one or helping a member manage their transportation account. The organization works closely with local businesses to maintain their visually impaired and older customer-base. Donations, volunteers and riders are being accepted. To learn more about the service and how you can participate please visit [www.itngreaterboston.org](http://www.itngreaterboston.org) or contact: Executive Director, Jean Patel Bushnell [jpbushnell@itngreaterboston.org](mailto:jpbushnell@itngreaterboston.org) or 781 275 8097.

### **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	<a href="mailto:msc@worldband.net">msc@worldband.net</a>	60 North Bow Street	Milford MA 01757-3405	Tel: (508)473-8334	Fax: (508)634-2339
-------------	--------------------	--	---------------------	-----------------------	-----------------------	-----------------------

**ALWAYS ONLINE @ [www.mcoaonline.com](http://www.mcoaonline.com)**

**Discover the MCOA Bulletin Board**

[http://www.mcoaonline.com/members\\_only/mcoabb/](http://www.mcoaonline.com/members_only/mcoabb/)

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

***MCOA Members: As we adjust to our 'new calendar'- please note our next Annual Meeting is scheduled for June 7, 2012 at the Four Points Sheraton in Norwood. Please Save the Date!***

Book these events in your calendar now-

Send additional dates to [david@mcoaonline.com](mailto:david@mcoaonline.com)

## **MCOA 2011-2012 Planning Calendar**

### **UPCOMING Events: – *Circulate to Your Staff***

#### **2011**

November 2	MCOA Outreach Summit, Worcester Senior Center
November 3 <sup>rd</sup>	Volunteer Working Group, Bellingham COA
November 18	MCOA Membership Meeting (am) Advisory Council Meeting (afternoon) Belmont COA
December 31 <sup>st</sup>	MCOA Charity Campaign for Tornado Relief Concludes-

#### **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
May 22	Joint WMASS Spring Conference (DPH, ASAPs, COAs), Holyoke Community College
June 6	Aging and Dignity Conference, Holy Cross
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:**

<b>WMACA</b>	represents the four western MA counties, meets quarterly. Jodi Ahern, Ludlow (413)583-3564
<b>CIRCA</b>	represents SE MA and Cape Cod and the Islands, meets quarterly. Jan Timmons/Sandwich (508)888-4737
<b>NSACA</b>	represents greater North Shore area meets quarterly. Contact Diane Bertolino/ Rockport (978)546-2573
<b>DUN/MetroWest</b>	Consortium meets regularly. Contact Mary Parcher/ Framingham (508)6204819
<b>Minuteman</b>	Consortium meets regularly. Terri Marciello/ Wilmington (978)657-7595
<b>Merrimack Valley</b>	Consortium meets regularly. Lynne Stanton/ Groveland COA (978)372-1101 or Colleen Fiorello (Georgetown: (978)352-5726
<b>HESSCO Area</b>	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
<b>Greater Boston</b>	Unaffiliated COAs in Boston, Chelsea, Revere, Winthrop, Somerville, & Cambridge
<b>LOHSC</b>	Meets the 2 <sup>nd</sup> 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: October 4, 2011

Check out [www.mcoaonline.com](http://www.mcoaonline.com) for latest Calendar of Events

## **MCOA: UpComing Events**

### **Sharon – 6-week Music Course**

Leslie Goldberg, Chair of the Music Department at Stonehill College will be our presenter. She will cover a broad range of new classical, ethnic, multi-media, jazz and more in this newest musical offering. We hope you will join us as participants in this musical Live and Learn Series, by either signing up for the entire 6-week course at only \$35 or attending a single lecture at \$8 per lecture. Bring your friends! If you have any questions at all, please call me at the Adult Center at 781-784-8000 or email me at [mbooks@townofsharon.org](mailto:mbooks@townofsharon.org). Regards, Marsha Books, Program Coordinator, Sharon Adult Center/COA, 219 Massapoag Ave., Sharon MA 02067 — 781-784-8000

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

### **CMS Medicare training webinar schedule**

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

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

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

### **Haydenville Health Fair**

HEALTH , SAFETY AND INFORMATIONAL FAIR

**November 7, 2011** — 10 am–1 pm — Town Office Building, 141 Main Street, Haydenville MA

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

### **Gerontological Society of America Mtg**

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

**GSA Conference – Special Day of Sessions** NCOA will host a special day of sessions during the Gerontological Association of America (GSA) 64th Annual Scientific Meeting. Mark your calendars now to join us!

**Monday 21 November 2011** — Location: **Boston, MA**

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

### **MA Transportation Listening Sessions**

**Transportation Access for All – The Governor's Commission to Reform Community, Social Service, and Paratransit Transportation Services September 21 — October 4, 12, 27 — November 7**

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

### **New England Boomers and Seniors Expo 2011** <http://boomersandseniorsexpo.com/>

We invite you to attend the New England Boomers and Seniors EXPO 2011 which will take place October 29-30, 2011 at the Seaport World Trade Center in Boston, Massachusetts. EXPO hours are Saturday 9am-6pm and Sunday 9am-4pm. The New England Boomers & Seniors EXPO 2011 is as much a social event as it is an opportunity for mature New Englanders to gather important information on everything from travel and financial planning to health and wellness... and so much more! EXPO visitors will enjoy interactive exhibits including a Travel Pavilion, Green Pavilion, Small Business Start Up/Entrepreneur area, Health & Wellness Stage, wine/food tasting, etc. The EXPO also features fashion shows, prize giveaways, live music and entertainment including theatre, dance and Boston Pops members' The April Hall Group, plus workshops and seminars...and much more! All entertainment (except the David Cassidy concert) is free with your EXPO admission. In addition, David Cassidy (of Partridge Family fame) and his band will perform live in concert on our main stage at 8pm on Saturday night! Tickets purchased for the concert include free admission on Saturday to the EXPO.

## MCOA: UpComing Events, continued

### MCOA Briefs: Upcoming Events — MArtap Driver Training at Medfield

Please know that Medfield COA is hosting driver training at the Center on the following dates:

**Thursday, November 17** 9am-1pm ADA Driver Training

Please RSVP to Roberta Lynch 508-359-3665. If interested in HESSCO lunch (11:30am) cost is \$2.50.

### MCOA Briefs: Upcoming Events — Greater Haverhill Annual Home Repair

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

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

## SAVE THE DATE Vision Awareness Day Wednesday, November 2, 2011

Join us for a very SPECIAL Vision Awareness Day at the new Grousbeck Center for Students and Technology at the Perkins School for the Blind campus in Watertown, Mass. Stop by anytime between 9 AM to 4 PM for an exciting day that includes:

- Presentations and hands-on demonstrations of new products from Freedom Scientific, Humanware and Perkins Products.
- Interactive discussions of the kinds of challenges you (as a user, teacher, administrator, etc.) have in selecting and using the appropriate devices.

[Register online](http://support.perkins.org/site/Calendar?id=103301&view=Detail) at <http://support.perkins.org/site/Calendar?id=103301&view=Detail> or email [perkinsproducts@perkins.org](mailto:perkinsproducts@perkins.org).



STATE CAPITOL BRIEFS – LUNCH EDITION – MONDAY, OCT. 24, 2011  
STATE HOUSE NEWS SERVICE

#### AARP PLANS TEN FORUMS ON MEDICARE, SOCIAL SECURITY

With a meeting today in Hyannis, AARP plans to begin collecting stories from senior citizens and their families about the benefits of Medicare and Social Security and will then disseminate those to members of a Super Committee examining deficit reduction ideas. The committee faces a Nov. 23 deadline to offer plans totaling \$1.5 trillion in deficit reduction over ten years and AARP says Congress should focus on “waste and tax loopholes” rather than the two massive benefit programs, which assist more than 1 million Massachusetts residents. “Over the past few weeks alone, we’ve heard from thousands of AARP members from across the Bay State who are very concerned about Medicare and Social Security,” Linda Fitzgerald, state president of AARP Massachusetts, said in a statement. “It doesn’t matter if they’re Democrats, Independents, or Republicans, they think it’s wrong for the Supercommittee to cut the benefits they’ve worked for and depend on.” AARP officials are making the case that seniors who have worked to earn for Medicare and Social Security benefits should not have those benefits cut. AARP forums are planned Oct. 26 in Plymouth, Oct. 27 in Wellfleet, Oct. 28 in Quincy, Nov. 3 in Nantucket, Nov. 7 on Martha’s Vineyard, Nov. 14 in Great Barrington, Nov. 16 in Lee, Nov. 17 in Pittsfield and Nov. 18 in Adams. Sen. John Kerry is one of the 12 Super Committee members.

## Discovering What’s Next® 2nd Annual ENCORE CAREERS SUMMIT

**November 4, 2011 | 8:15 A.M.– 12:00 P.M. Charles Mosesian Theater @**

**Arsenal Center for the Arts, Watertown, MA** Discovering What’s Next® invites you to a morning of Encore exploration and inspiration, featuring key note speaker [Liz Walker](#), award-winning television journalist, documentary film producer, entrepreneur and humanitarian. Encore Careers provide personal meaning, continued income, and social impact, inviting people to put their passion to work for the greater good. *Don’t miss this once a year opportunity to learn more, get engaged, and take that important next step!*

# MCOA: UpComing Events, continued

Massachusetts  
Gerontology  
Association

www.massgeron.org  
MGA

A STATEWIDE ORGANIZATION ADVANCING THE FIELD OF AGING

## INNOVATION IN AGING SERVICES

*The Massachusetts Gerontology Association's Annual Fall  
Policy Forum to be held on Friday, November 4<sup>th</sup>  
from Noon to 4 PM*

The Massachusetts Gerontology Association (MGA) invites providers of aging services to display information about innovative services or policies at its annual Fall Policy Forum on **Friday, November 4<sup>th</sup>**. The forum will be held in Great Meadow Hall at the Hebrew Senior Life's NewBridge on the Charles located at 45 West Street, Dedham, MA. The forum will begin at noon and conclude at 4 PM.

Organizations interested in showcasing their innovative program or policy should send a one-paragraph proposal by e-mail to MGA President Dr. Sarita Bhalotra at [bhalotra@brandeis.edu](mailto:bhalotra@brandeis.edu). The deadline for proposals is Wednesday, October 19<sup>th</sup>. Exhibitors will be selected on a competitive basis. Organizational members of MGA whose proposals are selected will be able to display their innovation without charge. Nonmembers will be asked to pay a \$ 75 display fee to help offset conference expenses.

# MCOA

## OUTREACH SUMMIT WORKING GROUP & BUFFET LUNCHEON

Worcester Senior Center

Wednesday, November 2, 2011

### Agenda:

9:30 - 10:00 Registration

10:00 - 10:15 Welcome and Introductions

10:15 – 12:00 “The Annual Enrollment Period: Are You Really Ready”

Representatives from the Boston Regional Office for the Centers for Medicare and Medicaid Services will explain improvements to Medicare under the Affordable Care Act that will improve quality and enhance choice for beneficiaries. Changes we will cover include changes in the enrollment periods, marketing of plans, plan ratings and special enrollment periods for 5 star plans. We will also highlight current Affordable Care Act provisions assisting the uninsured.

**Presented by: Maureen Kerrigan, JD**

She is Partnership and Outreach Manager for the Division of Medicare Health Plans, Centers for Medicare and Medicaid Services, Boston Regional Office, serving the 6 New England States. Among her roles is heading the National Medicare Training Program in the Boston Region, organizing and providing trainings throughout the Region. Maureen has more than 25 years experience in health care policy.

12:15 -1:00 Lunch/Round Table Discussion

Many of you have asked to have more of an opportunity to share with each other, so let’s eat and discuss what is working and not working at our Senior Centers.

1:00 - 2:45 “Maintaining Professional Boundaries”

Professional boundaries are those invisible lines that exist between the worker and the client as well as the client’s caregiver. This session will assist you in identifying these “lines” which allow all of those involved to maintain a professional relationship and avoid having a work relationship evolve into one on a social level. Learn the definition of the term “Professional Boundaries”; Examples of when it is or is NOT appropriate to cross professional boundaries and examples of preventing it.

**Presented by: CherylAnn S. Owoc, RN, BSN, MEd; Outreach Worker, Holden COA**

\*\*\*\*\*

Registration deadline is Wednesday, October 26, 2011

**Registration: \$20.00 including morning coffee & luncheon**

**\$10.00 for morning only**

**Registrant’s Name**

**COA/Agency**

---

---

**Total Due \_\_\_\_\_**

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

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

Or: Tel: (413)527-6425, Fax: (413) 527-7138 or Email: [janiece@mcoaonline.com](mailto:janiece@mcoaonline.com)

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

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

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



Registration Deadline: November 15<sup>th</sup> noon

**MCOA**  
**Membership Meeting**  
**Belmont Senior Center**  
**Friday, November 18, 2011**

**Agenda**

- 9:30 - 10:00**      **Registration**
- 10:00 - 10:30**      **Business Meeting**  
                         **FY13 Formula Grant Campaign**  
                         **Planning for June 7 Annual Meeting and Fall Conference 2012**
- 10:30– 12:30**      **Program: Local, State and Federal Viewpoints of the ElderCare System**  
*Newly appointed AoA Regional Administrator Kathleen Otte joins our own EOEAs Secretary Ann Hartstein to talk about the new federal healthcare law, AoA funding and the status of the Older American’s Act, projections of the FY13 state budget, status of MA elder care initiatives and the role of municipal COAs. Moderated by MCOA’s President Barbara Farnsworth*  
**Ann Hartstein, EOEAs Secretary**  
**Kathleen Otte, AoA Regional Administrator**

\*\*\*\*\*

Registration deadline is Wednesday, November 30, 2011  
**Registration: \$20.00 including morning coffee & luncheon**  
**\$10.00 for morning only**

<b>Registrant’s Name</b>	<b>COA/Agency</b>
_____	_____
_____	_____

**Total Due \_\_\_\_\_**

**Payment or Purchase Order should accompany registration form. Make checks payable to MCOA.**  
Send to: MCOA, 116 Pleasant Street, Ste 306, Easthampton, MA 01027-1283  
Or: Tel: (413)527-6425, Fax: (413) 527-7138 or Email: [janiece@mcoaonline.com](mailto:janiece@mcoaonline.com)

**Directions: Google or Mapquest**  
**Belmont COA at the Beech Street Center 266 Beech Street, Belmont, MA 02478 tel: 617. 617 993 2970**