

MCOA BRIEFS
Weekly News from your State COA Association

Friday 18 December 2009

 **A Happy and Healthy Holiday Season** 
from the Staff of MCOA

(There will be NO 12/25 or 1/1 holiday issues of MCOA Briefs)

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ONLINE NOW @ www.mcoasonline.com

The latest monthly MCOA Newsletter — **December 2009**

Discover the MCOA Bulletin Board

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

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

Please join us on

Friday, December 18 @ 9:30 AM - 11:30 AM
at the Milford Senior Center
60 N. Bow Street, Milford Ma
For a Required (Start-up) Certification Workshop

Coffee and donuts provided!

Please RSVP to Joanne Moore
at Joannemoore@duxburycoa.com or call at 781-934-5774 x 102
(so that we make sure we have enough printed materials!)

Look forward to seeing you there.

MCOA Briefs: For our Members — New Foodstamp/SNAP Guidelines

Go to: <http://www.mcoasonline.com/content/consumer/foodstamps.php>

(12/18)

MCOA Briefs: For our Members — Older Adult Drivers: CDC Fact Sheet

In 2008, there were 31 million licensed drivers ages 65 and older in the United States. Motor vehicles allow older adults to maintain mobility; but as adults 65 years and older age, so does their risk of being injured or killed in a motor vehicle crash. More than 500 older adults are injured every day as occupants of motor vehicles. Thankfully, there are steps that older adults can take to stay safer on the roads.

- Per mile traveled, fatal crash rates increase starting at age 75 and increase notably after age 80. This is largely due to increased susceptibility to injury, particularly chest injuries, and medical complications among older drivers rather than an increased tendency to get into crashes. (12/11)

Go to: http://www.cdc.gov/MotorVehicleSafety/Older_Adult_Drivers/adult-drivers_factsheet.html

MCOA Briefs: For our Members — EPA's "Growing Smarter, Living Healthier"

EPA Aging Initiative — "Growing Smarter, Living Healthier"

Go to: <http://www.epa.gov/aging/bhc/guide/index.html> (12/11)

MCOA Briefs: For our Members — 2010 Prescription Advantage Letters

These letters explain the Prescription Advantage benefits for 2010. If you have any questions, please feel free to contact:

Kathy Campbell, Outreach Coordinator, Prescription Advantage Program, Executive Office of Elder Affairs, One Ashburton Place, Boston, MA 02108 — Phone: 617-222-7529 — Fax: 617-727-9368

E-Mail: Kathy.Campbell@state.ma.us (11/27)

MCOA Briefs: For our Members — 2010 Prescription Advantage Benefit Change

Important Note: Your Medicare drug plan will be sending you a premium bill each month. It is very important that you pay the bill or you could lose your Medicare prescription drug benefits!

See: <http://www.mcoaonline.com/content/wellness/prescription.php> (12/4)

MCOA Briefs: For our Members — CDC Phishing Scam Alert

For further information, go directly to the CDC website:

http://www.cdc.gov/hoaxes_rumors.html (12/4)

MCOA Briefs: For our Members — Mass Eye & Ear – Safety Tips

At the MCOA Convention we were asked to provide some tips for visually and hearing impaired seniors — especially with regard to designing senior centers. Beth Grande in the Marketing Department

developed the attached with the help of Lynn Bushee (Vision Rehab), Ellen O'Neil (Audiology) and Pat Carleton (Social Work). <http://www.mcoaonline.com/content/wellness/index.php> (11-20)

MCOA Briefs: For our Members — USDA Grants

Community Programs provides grants to assist in the development of essential community facilities in rural areas and towns of up to 20,000 in population. Grants are authorized on a graduated scale.

Applicants located in small communities with low populations and low incomes will receive a higher percentage of grants. — http://www.rurdev.usda.gov/rhs/cf/brief_cp_grant.htm (11/20)

MCOA Briefs: For our Members — Property Tax Workoff Questionnaire

<http://www.mcoaonline.com/content/consumer/property-tax.php> (11-20)

MCOA Briefs: For our Members — Prescription Advantage 2010

Prescription Advantage Final Update 17 November 2009

<http://www.mcoaonline.com/content/wellness/prescription.php> (11/20)

MCOA Briefs: For our Members — Webinars on Depression Management

Monthly Webinar Dates: <http://www.mcoaonline.com/content/wellness/index.php> (11/20)

MCOA Briefs: For our Members — Update on Circuit Breaker Tax

Hi all, I have already sent you the updated Circuit Breaker but several people asked for it again. Also, Pat Costello updated the exemptions guidelines - a generic form useful for any town. We just ask that you check with the town assessor to find out what YOUR town/city has chosen for income, age, etc. where there are options on these. Feel free to download and tailor to your town's needs.

These forms will be posted at www.mcoaonline.com

Norma Simons Fitzgerald, MSW, LICSW, Executive Director, Sharon Council on Aging,
office: 1-781-784-8000, fax: 1-781-784-6126

MCOA Briefs: Member Inquiry — Levels of Membership for Friends?

Do any Friends groups have different levels of membership? If so, would you please email me the levels and corresponding amounts for membership. Also, what does the “member” receive as a result of being a member at each level? Does your Friends group have an auditor go over your finances?

Thanks so much. — P: 978-251-0533 — F: 978-251-3794

(12/18)

Diana Ryder, Director, Chelmsford Elder Services, 75 Groton Road, N. Chelmsford, MA 01863

MCOA Briefs: Job Opportunity — Town of Belmont PT Admin Assistant II

The Town of Belmont has a 15 hour per week opening for an Administrative Assistant for the Council on Aging. Responsibilities include: providing general secretarial support; compiling and distributing agenda materials; composing, preparing and typing correspondence, reports, and spreadsheets; managing and updating website content; responding to citizen requests for information; maintaining office and payroll records; tracking office expenditures; and performing special projects as assigned. This position could be combined with a 25 hour Senior Center Coordinator position if qualified.

Requires a high school diploma, training in office management or related field with three years of progressively responsible administrative support experience, or equivalent. Must be proficient in Microsoft Office and have excellent interpersonal and communication skills. Starting salary is \$18.46.

Resumes accepted at the Human Resources Department, 455 Concord Avenue, 2F, Belmont, MA 02478, or humanresources@belmont-ma.gov by **December 18, 2009**. EEO

(12/11)

MCOA Briefs: Job Opportunity — Town of Belmont PT Senior Ctr Coordinator

The Town's Senior Center has an opening for a part-time Center Coordinator. Oversees the overall functioning of the Center under the direction of the COA Director. Responsibilities include media coverage, enrollment issues, educational programs, supplies, referrals, and data entry. Must be able to function creatively, independently and problem solve, as well as possess good written, verbal and organizational skills. College degree and experience in Human Services and events coordination, or equivalent. Must be proficient in Microsoft Office, including Publisher, and have excellent interpersonal and communication skills.

This is a 25 hour position with flexible hours that could be combined with a 15 hour administrative position, if qualified. The starting salary is \$22.67, including benefits. Resumes accepted at the Human Resources Department, 455 Concord Avenue, 2F, Belmont, MA 02478 or

humanresources@town.belmont.ma.us or fax 617-993-2741 by **December 18, 2009**. EEO (12/11)

MCOA Briefs: Job Opportunity — Town of Plymouth – Elder Affairs Director

The Town of Plymouth (pop. 58,000) seeks qualified applicants for position of Elder Affairs Director. Responsible for professional, administrative and supervisory work in developing and implementing programs, in an effort to meet the social and emotional needs of the Town's elderly and provides support to the Board of Directors of the Council. Responsibilities also include preparing and managing budget and grant writing. Supervises, directs and coordinates the duties of all staff members and numerous volunteers, assigns work activities, conducts annual employee evaluations and recommends personnel actions.

Bachelor's Degree in a relevant field of social science; three years of progressively responsible experience in group adult programs; supervisory experience strongly preferred; or an equivalent combination of education and experience. Must be a Licensed Social Worker. Must have ability to develop effective and constructive working relationships with Town, State and Federal officials, the elderly, service providers and the general public.

Salary range \$52,872.07 - \$64,899.13, full benefit package, 37.5 hrs. per week.

Position open until suitable candidate chosen. Please send cover letter and resume to Town of Plymouth, Human Resources, 11 Lincoln Street, Plymouth MA 02360. AA/EOE

MCOA Briefs: Job Opportunity — Town of West Springfield Executive Director

The Town of West Springfield (approx. population 28,000) seeks qualified applicants for the position of Executive Director. Reporting to the Mayor, this individual will be responsible for providing social programs and delivery of services by administering and supervising all operations and activities to meet the social and nutritional needs of senior citizens of the community.

Candidates must possess a Bachelor's degree, preferably with a concentration in gerontology or social services with five years of related experience; Master's degree preferred; demonstrated communication skills, with the ability to maintain confidentiality; proficiency in personal computer applications, grant writing and most importantly an individual who has energy, enthusiasm and is a friendly senior citizen-oriented individual able to work effectively with a diverse population.

To apply, please send resume to: Director of Human Resources, J. Edward Christian Municipal Office Building, 26 Central Street, Suite 6, West Springfield, MA 01089.

Review of resumes will commence immediately and continue until a suitable candidate is selected.

The Town of West Springfield is an affirmative action/equal opportunity employer and is strongly and actively committed to diversity within its community. (12/11)

MCOA Briefs: Condolences — Joanne Collins' mother Anne (Woburn COA)

<http://www.lynch-cantillon.com/Obituary?id=2032> (11/27)

— ★ WORTH REPEATING ★ —

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

MCOA Briefs: For our Members — Best Practices Roundtable

Best Practices Roundtable — 2009 MCOA Conference Results — <http://www.mcoaonline.com/>

MCOA Briefs: For our Members — Job Posting Strategies

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

MCOA Briefs: For our Members — Past issues of Civic Engagement Times

<http://www.mass.gov/Agov3/docs/cetmayjun09.pdf>

Search "civic engagement times" at www.mass.gov for prior issues.

(12/11)

MCOA Briefs: For our Members — Mass DPH Flu Information Brochures

Here is the link for the H1N1 (Swine) weekly Flu Updates — www.mass.gov/flu

Here is the link for ordering flu info brochures in several languages — www.mass.gov/dph/flu (9/11)

MCOA Briefs: For our Members — Differences among Cold, Flu, H1N1

<http://www.mcoaonline.com/content/pdf/Cold-Flu-H1N1-chart.pdf> (11/13)

MCOA Briefs: For our Members — Massachusetts H1N1 Situation Reports

November 13 Report: <http://www.mcoaonline.com/content/wellness/index.php>

Please go to DPH's flu website at <http://www.mass.gov/flu> to receive the most up to date information on the H1N1 response. The next Situation Report will be sent out on Friday, November 20th.

for further information, please contact: Naomi Hernandez, Massachusetts Department of Public Health, Emergency Preparedness Bureau, 250 Washington Street, 1st Floor, Boston, MA 02472,

Phone: (617) 994-9826 — Email: naomi.hernandez@state.ma.us (11/20)

MCOA Briefs: For our Members — Medicare Prescription Drug Plan Scams

NEVER provide data such as social security numbers, Medicare or other health insurance numbers, dates of birth, bank account information, and similar information to anyone unless you are absolutely certain of who is making the request. Be wary about responding to someone seeking identifying information IF YOU DID NOT INITIATE the telephone call, e-mail, written correspondence or conversation. Check previously received written materials to confirm whether the contact information seems legitimate.

Please see information provided by the Attorney general about Medicare prescription drugs plans. Go to: <http://www.mass.gov/?pageID=cagotopic&L=3&L0=Home&L1=Consumer+Protection&L2=Scams+and+Identity+Theft&sid=Cago>

If you have been victimized, contact your local police department as well as the Attorney General's Office of Public Inquiry & Assistance Center Hotline, call (617) 727-8400.

Further Information on Scams: <http://www.mcoaonline.com/content/consumer/scams.php> (10/30)

MCOA Briefs: For our Members — Call for Participation 2010

MCOA recognizes that Members' volunteer time is as valuable as the dues annually contributed, but we can only accomplish our many goals and objectives with assistance from our members. Volunteering just a few hours a month in combination with other COA Directors will provide MCOA the talents and cooperation necessary for accomplishing the membership's set tasks that we are pledged to achieve in FY2010.

<http://www.mcoaonline.com/content/pdf/Call-for-ParticipationFY10.pdf>

UPDATED REQUEST

MCOA and Mass Municipal Association are collaborating on a Survey

We are collecting info on any cuts...

SAVE OUR Senior Centers Task Force: Is actively tracking the impact the FY09 budget on senior centers and staffing. Please send updates and your concerns to Ruthann Dobek/Brookline — Ruthann_Dobek@town.brookline.ma.us and Jayne Colino/ Newton — jcolino@newtonma.gov

We also need a copy sent to Peter@mcoaonline.com