

MCOA BRIEFS
Weekly News from your State COA Association
Friday 14 May 2010

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

Table of Contents

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

This email was sent by peter@mcoaonline.com. To ensure that you continue receiving our emails, please add us to your address book or safe list.

Submissions / Updates / Comments — peter@mcoaonline.com

ALWAYS ONLINE @ www.mcoaonline.com

The latest MCOA Monthly Newsletter — **May 2010**

Discover the MCOA Bulletin Board

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

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

Call for Presentations

Early Submission DEADLINE: Friday 14 May 2010

MCOA Briefs: For our Members — Jim Hightower at MSAC Dinner 5/21

We are pleased to inform you that on **Friday, May 21, 2010** we will hold our annual dinner to celebrate 29 Years of Senior Action!, with Jim Hightower as our keynote speaker. Our celebration will take place from 5:30pm – 8:30pm at Freeport Hall (IBEW Local 103), 256 Freeport Street, Dorchester, MA. This promises to be a delightful evening to celebrate the hard work and success of our members and we hope you can join us! (If you have already heard about the evening, perhaps you could forward this to others - thanks!)

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

5/7

Older Americans' Mental Health Week, May 23-29 2010

<http://www.mentalhealthweek.org/Welcome.html>

MCOA Briefs: For our Members — Letter to Senate on Forced Enrollment

Coalition Forms to Fight Forced Enrollment into Managed Care Plans

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

5/7

MCOA Briefs: For our Members — Donut Hole \$250 Check Scam

Please know that “Any Medicare beneficiary who reaches the donut hole is automatically eligible to receive a rebate of \$250. The elder’s drug plan will contact CMS directly when this threshold is reached; CMS will issue the \$250 check directly to the senior during the next quarter.

There is NO application process; there are NO phone calls associated with the issuance of this check! Any contact/s, or attempted contacts, should be immediately reported to CMS (1-800-MEDICARE; 1-800-633-4227) and local police. COA staff may feel free to contact their SHINE counselor if you have any question/concern re: this email. Thank you. 5/14
Courtesy of Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD on behalf of the SHINE program.

MCOA Briefs: For our Members — 2009 Blue Cross Part D Billing Error

This error affected Prescription Advantage members in the S1, S2 and S3 categories who were enrolled in the Blue Cross stand-alone Part D plans during 2009. This error resulted in both over billing and under billing members. Adjustments have been made to member accounts and will be reflected in the April 2010 premium invoice scheduled to be mailed by May 7th.

See: <http://www.mcoaonline.com/content/wellness/prescription.php>

5/7

MCOA Briefs: For our Members — Boil Water Order— FAQs, Guidelines

Arlington / Belmont / Boston / Brookline / Canton / Chelsea / Everett / Lexington / Lynnfield Water District / Malden / Marblehead / Medford / Melrose / Milton / Nahant / Newton / Norwood / Quincy / Reading / Revere / Saugus / Somerville / Stoneham / Stoughton / Swampscott / Wakefield / Waltham / Watertown / Winchester / Winthrop — <http://www.mcoaonline.com/content/PressRelease/index.php>

5/7

MCOA Briefs: President Obama declares May 2010 Older Americans Month

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

4/30

MCOA Briefs: For our Members — Circuit Breaker Filing Time Extended

Time extended to file for 2006 CB Credit until **11 May 2010**. — Massachusetts DOR

4/30

MCOA Briefs: For our Members — Recent Census Scams

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

4/30

MCOA Briefs: For our Members — Expansion of LTC Options Counseling

Ann Hartstein 4/15/2010 Letter: MRC/EOEA Expansion of the Long Term Care Options Counseling Program

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

4/30

MCOA Briefs: For our Members — Regionalization Advisory Commission

The Joint Legislative Committee on Municipalities and Regional Governments, Lieutenant Governor Timothy Murray, and the Massachusetts Association of Regional Planning Agencies **Invite municipal officials and citizens to attend hearings to provide feedback on the Final Report of the Regionalization Advisory Commission.** Town Meetings held **Tuesday 4 May / Tuesday 11 May / Friday 14 May / Tuesday 18 May / Friday 22 May**

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

4/30

MCOA Briefs: For our Members — Formula & Service Incentive Grant Training

Formula and Service Incentive Grant Training

MCOA Briefs: For our Members — SBA Disaster Loans Available

The Small Business Association can help home owners renters and non-farm business of all sizes as well as private non-profit organizations with property damaged by disaster.

The filing deadline to return applications for physical property damage is **May 28, 2010**.

The deadline to return economic injury applications is **December 29, 2010**.

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

4/23

MCOA Briefs: For our Members — New & Old Disaster Scams in MA

“In the newest scam, con artists pose as insurance specialists or expeditors able to convince FEMA to increase home repair damage aid or the insurer to pay a larger settlement.”

More: : <http://www.mcoaonline.com/content/consumer/scams.php>

Thanks to Emmett H. Schmarsow, Prog. Mgr. COAs & Senior Centers, EOEA

4/30

MCOA Briefs: For our Members — 2009 Municipal Finance Law Changes

DOR Legislation 2009-22B includes Property Tax Workoff on pp. 3-4

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

FY 2010 Budget — Property Tax Work-off — Outside Section 24 site

http://www.mass.gov/bb/gaa/fy2010/os_10/hdefault.htm

4/23

MCOA Briefs: For our Members — National Center for Creative Aging

The National Center for Creative Aging is dedicated to ensuring that older people have access to artistic excellence. As such, each year we provide thousands of professionals in the fields of aging, health care, social work, education and the arts with highly interactive trainings that wed theory and practice. In addition, we distribute essential materials and publications for those serving older adults.

IT IS FREE TO SUBSCRIBE TO CREATIVE AGING, our email newsletter.

Simply email us to sign up — info@creativeaging.org

Thanks to Linn Morrill, Mass Department of Public Health

4/23

MCOA Briefs: For our Members — Funding Available for Pedestrian Workshops

Funding available for pedestrian workshops with a focus on older adults

http://www.hsrc.unc.edu/news_room/2010-03-25_older_ped.cfm

CHAPEL HILL, NC — Funding is now available to organizations interested in teaching pedestrian safety workshops focused on older adults in their communities.

The Highway Safety Research Center (HSRC) is seeking proposals to fund up to 12 organizations to teach “Pedestrian Safety Workshop: A Focus on Older Adults.” This national course, developed with funding from the National Highway Traffic Safety Administration (NHTSA), engages communities in addressing pedestrian safety issues that older adults face and provides strategies for improving walking conditions.

Each selected site will be provided \$2,500 as well as technical assistance from pedestrian safety experts. To download the RFP, please visit www.walkinginfo.org/psw

Only government agencies and other not-for-profit organizations are eligible to apply. Project funds are not payable to individuals.

Completed proposals are due Friday May 7, 2010 by 5 PM ET. Applicants should use the Web-based submission process available at www.walkinginfo.org/psw/rfp HSRC anticipates selecting the awarded communities in mid-July 2010.

Funding for this project is provided by the NHTSA. The intent of the project is to broaden dissemination of the workshop and better understand how the workshop helps communities improve pedestrian safety and walkability for older adults.

4/2

Upcoming Events — by Event Date

MCOA Briefs: For our Members — Samaritans Elder Workshops – ongoing

"Taking Care of Yourself and Others" — Workshops and a Flyer:

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

3/12

MCOA Briefs: Upcoming Events — MDPH Regional Health Dialogues

The Massachusetts Department of Public Health Invites You to participate in Our Fifth Round of Regional Health Dialogues — **8 Meetings from Friday 16 April to Friday 14 May.**

Join us for the release of the MDPH report: The Health of Massachusetts and a discussion with community partners about identified local health priorities. There will be eight (8) meetings across the state and we welcome you to share your ideas and concerns with the Commissioner.

If you are deaf or hard of hearing or a person with a disability who requires accommodation, please contact Laura Innis by email: laura.innis@state.ma.us — phone: 617-624-6021, or TTY: 617-624-5992, as soon as possible.

For individual event flyers, see: <http://www.mcoaonline.com/content/conferences/index.php> 4/2

MCOA Briefs: Upcoming Events — 21st Annual Elder Care Conference

21st Annual Elder Care Conference for Western Massachusetts

Tuesday 18 May 2010 — 8:15 am - 4:00 pm — Mass Mutual Center, Springfield MA

Registration Flyer: <http://www.mcoaonline.com/content/conferences/index.php> 4/2

MCOA Briefs: Upcoming Events — Suicide Prevention Across the Lifespan

Suicide Prevention Across the Lifespan: A Strategic Approach for Your Community

Tuesday/Wednesday 18-19 May 2010

The Best Western Royal Plaza, Marlborough MA

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

(Courtesy of Emmett Schmarsow, Program Director, MA COAs, EOEA) 4/30

MCOA Briefs: For our Members — Northampton Health & Safety Fair

NORTHAMPTON - Enjoy demonstrations, information, screenings and free health-related items at this year's Health & Safety Fair. The annual event will be held on **Thursday, May 20, from 10 a.m.-2 p.m.** at the Northampton Senior Center, 67 Conz Street. It is free and open to everyone. Fairgoers can have their eyes tested, blood pressure checked, hearing screened and balance tested. There will be demonstrations of everything from light therapy to medical equipment, as well as plenty of free handouts and samples designed to help improve your health and safety. For more information, call the Northampton Senior Center at 587-1228. 5/14

MCOA Briefs: For our Members — FY11 Formula/ Incentive Grant Training

22 April to 20 May — This is an opportunity to share and learn about practices and ideas regarding COA programs...regardless of whether they are funded with Elder Affairs Formula (or Service Incentive) Grant dollars. Emmett H. Schmarsow, Program Manager for COAs and Senior Centers, Exec. Office of Elder Affairs
See: <http://www.mcoaonline.com/content/conferences/index.php> 4/30

MCOA Briefs: Upcoming Events — Senior Medicare Patrol Conference

Friday 21 May 2010, 8am – 3pm, Holiday Inn at Taunton MA

Announcement Flyer: <http://www.mcoaonline.com/content/conferences/index.php> 4/23

MCOA Briefs: Upcoming Events — Obama's Community Living Initiative

This is a notice and invitation to participate in a **Listening Session** being held in recognition of the 10th anniversary of the landmark "Olmstead" case as part of a U.S. Department of Health and Human Services (HHS) effort to identify and promote ways to improve access to housing, community supports, and independent living arrangements for individuals with disabilities and older adults.

Thursday, May 27, 2010 — 1:30 PM to 3:00 PM — State Transportation Bldg, 10 Park Plaza, Boston

This “listening session” is for community stakeholders and consumers with diverse opinions on issues related to community living to provide information to public officials on the ways to improve community living options for individuals with disabilities and older adults. This listening session will help the officials develop and/or refine their policies and practices to better meet the needs of people with disabilities and older adults. This open communication is critical to the success of The Community Living Initiative.

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

5/14

MCOA Briefs: Upcoming Events — Aging With Dignity Conference in June

THE AGING WITH DIGNITY CONFERENCE: **Tuesday 8 June 2010**

Preventing and Responding to Substance Use Problems Among Older People

A conference for health and human service professionals. College of the Holy Cross, Worcester, MA0. Registration brochure will be mailed six weeks before the conference. If you would like additional information, please contact AdCare Educational Institute, Inc. at 508-752-7313; TTY: 508-754-0039

MCOA Briefs: Upcoming Events — Webinars on Depression Management

Monthly Webinar Dates — February through May 2010

<http://www.mcoaonline.com/content/pdf/Save-the-Date-DrugSeries.pdf>

11/20

Member Inquiries

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

MCOA Briefs: Member Inquiry — Elderly/Disabled Tax Relief applications

Westford COA is looking for copies of Tax Relief for Elderly and Disabled tax relief applications that other communities may use? They may be emailed to jsheehan@westfordma.gov or fax to Joanne at 978 392-4992. Thank you, Joanne Sheehan, Director, Westford COA

5/14

MCOA Briefs: Member Inquiry — Feasibility Studies for Senior/Community Centers

The Lincoln COA hopes to issue an RFP for a feasibility study to look at programming and related space needs, and siting as a first step to acquiring more adequate space. If you have issued an RFP for similar services, could you please forward a copy to bottumc@lincolntown.org ? We are especially interested in seeing your Scope of Service and the estimated cost of the study. Thank you!

Carolyn Bottum, Director, Lincoln COA

5/14

MCOA Briefs: Member Inquiry — Interdepartmental Mergers / Reorg ?

Would you please ask MCOA members to let me know if their departments have been part of any interdepartmental mergers or reorganization? I want to know how that has worked out for them. Our Town Manager is considering merging our Leisure Services, Health and Senior Center depts. into one Community Services Dept under one (non-human service) director. Thank you so much. ~Nancy Nancy Hirsh Pagano, Director, Amherst Senior Center, 70 Boltwood Walk, Amherst MA 01002

Phone: 413-259-3114 — Fax: 413-259-2413 — Email: paganon@amherstma.gov

5/7

MCOA Briefs: Member Inquiry — Board Member Liability Insurance ?

I'm interested in getting board member liability insurance for the Friends of the Arlington Council on Aging. Do you have any idea how to approach this? Any idea of parameters and good companies to approach for this? Thank You, Art – Friends of the Arlington COA

Arthur Budnik — agbud@msn.com

4/30

MCOA Briefs: Member Inquiry — 2003 Dodge Ram Van B3500 for Sale

2003 Dodge Ram Van B3500 with wheelchair lift for sale. 119,000 miles. Good condition. Has been used strictly for transporting the elderly in and around local communities. 8 cylinder/11 passenger. Asking \$4,500. For more information, call Trudy at the Wenham Council on Aging – 978-468-5529

4/30

MCOA Briefs: Member Inquiry — Large Twin Hospital Bed Available

A generous donor has offered a large twin hospital bed with a fully encased mattress. It needs to be picked up from a home in Lexington; it has been dismantled for moving purposes. It has wheels that lock ; the height is adjustable. Interested party/ies should contact Angela Smith (978-371-2895) who will get you in touch with the generous donor. Angela Smith, Carlisle Council on Aging Outreach Coordinator, 66 Westford Street, Carlisle MA 01741 — 978-371-2895

4/30

MCOA Briefs: Member Inquiry — Volunteer Coordinator job descriptions ?

Looking for volunteer coordinator job descriptions and senior center emergency evacuation policies. Please forward to Becky Moriarty, Executive Director, Hampden Senior Center, 104 Allen Street, Hampden, MA 01036 or fax to 413-566-2103 or email at coa@hampden.org Thank you.

4/30

MCOA Briefs: Member Inquiry — Facebook ?

Do you have a Facebook page? Who Administers it? Do you have a policy regarding what can go on it, how and when it can be used? If you have a policy, will you share?

Thanks, Joanne Moore, Duxbury COA — JoanneMoore@duxburycoa.com

4/23

MCOA Briefs: Member Inquiry — Chore Service Info & Job Descriptions ?

Bellingham is working on implementing a Chore Service Program for residents; for seniors and possibly younger disabled adults. Modest funding has been acquired.

If you currently have such a program (VOLUNTEER OR PAID, inside, outside or both) or have offered a chore program in the past, I would appreciate a copy of any of your materials concerning job description(s) (we will be hiring a part-time employee), program design (including cost share or income guidelines) how the program works, record keeping (including evaluation forms), and PR or advertising. Any input is welcome and appreciated. Thank you. Please send to: Laura DeMattia by email at ldemattia@bellinghamma.org or by fax at 508-966-5843 or by mail at Bellingham Senior Center, 40 Blackstone St, Bellingham, MA 02019.

4/2

MCOA Briefs: Member Inquiry — SHINE Counselor Status in COAs ?

We are losing our SHINE Counselor as of May. I am wondering if each COA has a SHINE Counselor. Is it a staff position? If so, how many hours a week does this person work? How is it funded? And if you don't have a SHINE Counselor where do you refer them to?

Thanks, Joanne, Duxbury Council on Aging — JoanneMoore@duxburycoa.com

4/2

Job Opportunities

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

MCOA Briefs: For our Members — Job Posting Strategies

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

MCOA Briefs: Job Opportunity — Stow COA — Van Driver FT

The Town of Stow has set the deadline date of Friday, May 21, 2010 5 p.m. which will be extended if they haven't received many applications.

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

5/14

MCOA Briefs: Job Opportunity — Natick COA — Assistant Director

Town of Natick, Human Services & Council on Aging, Assistant Director/Program Developer Assist Director in oversight of daily operations of facility, including comprehensive programming for multipurpose center for residents of all ages. Prior experience managing staff, facilities, and knowledge of regional and State agencies offering programs / resources for residents of all ages.

Minimum Bachelor's degree in Social Services, Gerontology, Human Services, Health Studies, Public Administration or related field. Advanced computer skills in Word, Excel, Power Point; exceptional interpersonal, and oral and written communication skills. Minimum five years experience in related field at least one year of supervisory experience, valid Massachusetts's Driver's License.

Competitive salary; exceptional benefit program; exciting opportunity to be in on the ground floor of a soon to be constructed state of the art facility.

Position descriptions available at Town Administrator's office, Human Services/COA office. Cover letter, and resume and / or Town of Natick application to: Personnel Director, Town of Natick, 13 East Central Street, Natick, MA. 01760 by **May 31, 2010** or email rtranfaglia@natickma.org, or fax 508-647-6401 EOE

5/14

MCOA Briefs: Job Opportunity — Natick COA Volunteer Coordinator

Part time (19) hours per week. Recruitment, orientation, training, placement, supervision of over 200 volunteers. Bachelor's degree or equivalent minimum two to three years managing volunteers.

Presentations, public contact, database management, and a valid Massachusetts's Driver's license.

Flexible schedule, starting at \$12.36 per hour. Does not include benefits.

Position descriptions available at Town Administrator's office, Human Services/COA office. Cover letter, and resume and / or Town of Natick application to: Personnel Director, Town of Natick, 13 East Central Street, Natick, MA. 01760 by **May 31, 2010** or email rtranfaglia@natickma.org, or fax 508-647-6401 EOE

5/14

MCOA Briefs: Job Opportunity — Southamptton Director/Van Administrator

The Town of Southamptton is seeking qualified applicants for the position of Council on Aging Director/Van Administrator. The pay rate is \$12.42 per hour for 23 hours a week plus a \$155 monthly stipend. Please email councilonaging@town.southampton.ma.us or visit the Council on Aging at the Edwards Public Library, 30 East Street, Southamptton for a complete job description and application. Applications must be **submitted by June 1, 2010**. The start date of the position is July 1, 2010.

Jennifer Peloquin, Southamptton Council on Aging, PO Box 102, Southamptton MA 01073
413-529-2105 — councilonaging@town.southampton.ma.us

5/7

CONDOLENCES

MCOA Briefs: In Memoriam — Elizabeth Jope

Memorial Service, **Sunday 6 June 2010 at 1pm**, Woburn Senior Center, 144 School St., Woburn MA
5/7

Dear Member — From John Jope: My dear Elizabeth passed from our care Thursday night (4/22) at 10:44 PM. I was bedside. Her transition was gentle, peaceful, and swift; she simply stopped breathing. She has touched so many in her life in such quiet and positive ways. I am blessed to have had her in my life, and to have been present when she made the transition.

I will be arranging a memorial service in about a month's time, and will get the particulars out when I can. — John

Make your donation payable to the Winchester Hospital Foundation:

Winchester Hospital Foundation
c/o Cancer Care Foundation
611 Main Street
Winchester, MA 01890-1902

In the memo space: Cancer Care Center

In a note with your donation, please let the Cancer Care Center know you are giving this donation in memory of Elizabeth Jope.

If you would also like to have your donation acknowledged to John, please state that you want him to know. Best regards, Janiece — Janiece Leach, Financial Manager, janiece@mcoaonline.com 4/23

— ★ WORTH REPEATING ★ —

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

IS IT TIME TO RENEW YOUR MCOA CERTIFICATION?

Those Directors and Program Managers certified by MCOA in the fall of 2006 or earlier must apply for renewal of their certification by June 2011. In order to renew, Directors must have accumulated 75 CECs between 2006 and June 2011. Program Managers must have accumulated 50 CECs during the same time period. You may submit CECs as you go to Pat Roberts, Marblehead COA, or all at once with your request for renewal. If you need more information about CECs, go to www.mcoaonline.com, and click on Staff Certification on the left. Click on FY10 MCOA Recertification Standards.

You must request renewal of your certification, in writing, to MCOA, 116 Pleasant St, Suite 306, Easthampton MA 01027-2781. Your letter should indicate that you are currently employed as a COA Director (or Program manager) and where. A check of \$50 must accompany your request.

Those certified after the fall of 2006, will need renewal of their certification five years following their initial certification (example, certification in 2007, renewal is due in 2012).

Pat Roberts, Staff Certification Vice-Chair, Marblehead Council on Aging, 10 Humphrey Street, Marblehead MA 01945 — 781-631-6737 — 781-639-3431 — robertsp@marblehead.org

1/22

MCOA Briefs: For our Members — Prescription Advantage Application 2010

See: <http://www.mcoaonline.com/content/pdf/PrescriptionAdvantageApplicationFINAL2010-01.pdf>

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>

1/8

MCOA Briefs: For our Members — Prescription Advantage request form

If you need applications or rate guides with respect to the new Prescription Advantage application form, please complete the attached info **Materials Request Form** and fax or mail it to Prescription Advantage.

Information Materials Request Form: <http://www.mcoaonline.com/content/wellness/prescription.php>

You can also call Prescription Advantage directly at: 1-800-AGE-INFO (1-800-243-4636) and press #2.

Thank you. If you have any questions about this email, please 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 — Thanks to Emmett Schmarsow EOEA

1/29

MCOA Briefs: For our Members — 2010 Additional Prescription Savings

~~~Save Money and Twist with Chubby Checker ~~~

Have you seen the Social Security ads with Chubby Checker? There's a new "Twist" in the law that makes it easier to apply for "Extra Help" for prescription drugs.

Social Security no longer counts life insurance or aid from others as income. More people can now get help with Medicare drug plan coverage. Income has to be less than \$16,245 for an individual and \$21,855 for a couple; resources have to be under \$12,510 for an individual and \$25,010 for a couple.

Apply on-line at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call Social Security at 1-800-772-1213. Or you can contact your local SHINE counselor at 1-800-AGE-INFO (1-800-243-4636) and press "3" when prompted. Check out the new "Twist!" (Spanish and other language brochures are available also.)

Emmett H. Schmarsow, Program Manager for Councils on Aging and Senior Centers,

Executive Office of Elder Affairs, 1 Ashburton Place, 5th Fl., Boston MA 02108 — (800) 698-9723 — (617) 222-7471 — (617) 727-9368 (fax) — [emmett.schmarsow@state.ma.us](mailto:emmett.schmarsow@state.ma.us)

2/5

## **MCOA Briefs: For our Members — Health Behaviors of Older Adults 65+**

Dear Senior Center Program Staff Member or Director,

You are invited to participate in an online survey about the health behaviors of older adults 65+. This survey is open to senior center program staff and directors and to resident service coordinators in senior housing. Survey participants are eligible for an optional drawing for one of four \$50 gift cards. If you choose to participate, the survey takes about 15-20 minutes.

I am a graduate student in the Clinical Psychology program at the University of Rhode Island. This research study for my doctoral dissertation will provide more information about the opinions of people like you regarding health behaviors relevant to older adult clients/residents.

You can click on the following link if you're interested in participating:

<https://www.surveymonkey.com/s/N2GN9GN>

Thank you for considering participation. Please contact me if you have any questions.

Sincerely, Crystelle Egan, MA [caegan@mail.uri.edu](mailto:caegan@mail.uri.edu)

1/29

## **MCOA Briefs: For our Members — See New Webpage Info on FY11 Budget**

See Legislative Updates: <http://www.mcoaonline.com/content/legislative/index.php>

1/29

**MCOA Briefs: For our Members — US EPA Aging Initiative Guide**  
“Growing Smarter, Living Healthier: A Guide to Smart Growth and Active Aging”  
<http://www.epa.gov/aging/bhc/guide/index.html>

1/15

**MCOA Briefs: For our Members — A Profile on Older Americans: 2009**  
<http://www.mcoaonline.com/content/pdf/Census2009profile-Jan2010.pdf>

1/8

**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](mailto:Kathy.Campbell@state.ma.us)

11/27

**MCOA Briefs: For our Members — New Foodstamp/SNAP Guidelines**  
Go to: <http://www.mcoaonline.com/content/consumer/foodstamps.php>

12/18

**MCOA Briefs: For our Members — Best Practices Roundtable**

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

**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](http://www.cdc.gov/MotorVehicleSafety/Older_Adult_Drivers/adult-drivers_factsheet.html)

**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](http://www.mass.gov/flu)

Here is the link for ordering flu info brochures in several languages — [www.mass.gov/dph/flu](http://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 — FAST Stroke Recognition 2010 flyer**

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

1/8

**MCOA Briefs: For our Members — Veterans Affairs (VA) Benefit Summary**

There is a booklet available that summarizes benefits program of the Department of Veterans Affairs (VA) for which Veterans and their families may be eligible. Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions. Some VA benefits require service during wartime. Applications for VA benefits can be submitted online. This document can also be downloaded in PDF format in Spanish.

This information has recently been updated, and can be read by visiting this link:

[http://www.disability.gov/benefits/other\\_benefits\\_programs/veterans\\_&\\_military](http://www.disability.gov/benefits/other_benefits_programs/veterans_&_military)

This information is provided at no charge by Disability.gov. There is a subscription service available at: [support@govdelivery.com](mailto:support@govdelivery.com)

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

2/12

### **MCOA Briefs: For our Members — Consumer Advisory on Car Purchases**

Office of Consumer Affairs and Business Regulation — [www.state.ma.us/consumer](http://www.state.ma.us/consumer)

Follow Us on Twitter: [www.twitter.com/Mass\\_Consumer](http://www.twitter.com/Mass_Consumer)

This Consumer Advisory is in PDF format so you will need Adobe Acrobat Reader to open the file. If you already have Acrobat Reader you will be able to open the advisory without any problems. If you do not have it, you can go to the link below and download it. There is no fee associated with downloading Acrobat Reader. — <http://www.adobe.com/products/acrobat/readstep2.html>

- Consumer Advisory: <http://www.mcoaonline.com/content/consumer/index.php>

2/12

### **MCOA Briefs: For our Members — Home Oxygen Safety Task Force**

On January 21, 2010, State Fire Marshal Coan and the Home Oxygen Safety Task Force launched a home oxygen safety campaign at Mass. General Hospital with Drs Colleen Ryan (burn surgeon) and Paul Currier (pulmonary physician) and Jean Mizer, a cessation counselor.

On behalf of State Fire Marshal Coan, I want to thank the members of the task force for coming out and supporting the event, but more importantly for all your hard work to develop this campaign. It has taken a long time to get to this point and we thank you for your commitment.

While only one media outlet covered the event, we did get a great article and photo in the Globe that shows it is a fire and medical issue. Here is the link.

[http://www.boston.com/news/local/massachusetts/articles/2010/01/22/effort\\_combats\\_fires\\_fed\\_by\\_home\\_oxygen/](http://www.boston.com/news/local/massachusetts/articles/2010/01/22/effort_combats_fires_fed_by_home_oxygen/)

The public service announcements on television (Ch 5) and radio (WODS and WHYN) will start airing today and run a few days each week through June. The brochure is available for download on our webpage at [www.mass.gov/dfs](http://www.mass.gov/dfs), click on Fire Safety Topics and then Home Oxygen Safety.

Thanks again for your continued support as we move forward on this campaign. We have tentatively scheduled our next task force meeting for Thursday, March 25th, 10:00am at the Department of Fire Services. The press release that went out about the campaign —

<http://www.mcoaonline.com/content/pdf/HomeOxygenSafetyCampaign2010-01.pdf>

1/22

### **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 — 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>

### **MCOA Briefs: For our Members — LINKS to 2009 Conference Exhibitors**

Links to the Sponsors, Exhibitors, Vendors and Non-Profits of MCOA's 2009 Conference.

<http://www.mcoaonline.com/content/2010conference/index.php>

2/19

## 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](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@mcoaonline.com](mailto:Peter@mcoaonline.com)