

# 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: Late October/Early November 2009

**Please Circulate to Your Staff**

**MCOA Briefs and MCOA News:** As we attempt to save money and reduce our carbon footprint, we have encountered numerous problems with the distribution of our weekly MCOA Briefs. Our apologies-please bear with us as we try to resolve this problem. However-*please note-* that before we broadcast them via email we also post them on our web site [www.mcoaonline.com](http://www.mcoaonline.com) If you are not receiving the email broadcast go online to read the most current issue.

## **UpComing Meetings:**

- Volunteer Coordinator's Meeting scheduled for Nov. 12<sup>th</sup> at the Bellingham COA
- *Very Important* MCOA Advisory Meeting Nov. 20<sup>th</sup> Milford COA begins at 9:30
- MCOA Membership Meeting December 4<sup>th</sup> *Cancelled*
- Staff Certification Training December 18<sup>th</sup>: Location to be announced

## **Enclosed in This Mailing:**

- Legislative Update: Governor Makes Tough Decisions
- MCOA Planning Calendar: Lock in these events now!
- 2009 Fall Conference Report: Awards and Elections of Officers and Regional Reps
- Regular Columns: Including Upcoming Events, & Member Request

## **2009 MCOA Award Winners: Congratulations**

MCOA's Annual Award Ceremony was held Oct. 7<sup>th</sup> at the Sturbridge Host.

- Director of the Year: Barbara Farnsworth, Hingham COA
- Advocate of the Year: Senator Cynthia Creem, First Middlesex & Norfolk
- Innovator of the Year: Duxbury COA's Intermission Program
- Innovator of the Year: D. Clark Willmont, Marblehead COA & Keystone Associates for Wisdom Works
- Staff Certification: Violet Suska, Chicopee COA Program Manager
- Exhibit Hall Contest: Marlene Troupes (Hopkinton COA) was the winner of the Sea Crest Resort weekend and Robyn Mitton (Hanover COA) was the winner of the Sturbridge Host Resort weekend

### **COA Director re: *Focal Points***

1. You should have received by US Mail a white envelope that contains 5 copies of the Fall 2009 issue of *Focal Points*. If you did not, contact MCOA at 413-527-6425
2. We ask you to distribute them within your municipality. Suggestions: Mayor, City Council, Selectboard, Finance Committee, COA Board, Friends, etc. **The goal is to spread the word.**
3. You can also let the readers of your newsletters know that *Focal Points* can be viewed online by everyone at [Hwww.mcoaonline.comH](http://www.mcoaonline.com)
4. Note: MCOA distributes *Focal Points* to all members of the state legislator and to key members of the administration.

Thanks David P. Stevens, MCOA

# MCOA 2009 Planning Calendar

## UPCOMING Events: - Circulate to Your Staff

### 2009

November 5	Mass-ALFA 2009 Fall Conference and Trade Show at the DCU Center in Worcester, MA.
November 12	Volunteer Coordinator's Meeting, Bellingham COA
November 20	Advisory Council, Milford COA
November 20	MPHA Annual Meeting
<del>December 4</del>	<del>Membership Meeting, Milford COA</del> <i>cancelled</i>

### 2010

Jan 15	MCOA Board, Worcester COA
Feb 19	Membership Milford COA
March 12	Advisory Milford COA
April 16	MCOA Board, Worcester COA
May 18	MPHA/WMACA/MCOA WMASS Spring Conference, Mass Mutual Center Springfield
May 21	Advisory Milford COA
June 8	MA DPH Aging and Dignity Conference, Holy Cross
June 18	Membership Milford COA
July 15 (Thurs)	Advisory Milford COA
Aug 26 (Thurs)	MCOA Board, Worcester COA
Sept 17	Membership Milford COA
October 6-8	MCOA Fall Conference Sea Crest Resort
Nov 19	Advisory Milford COA
Dec 3	Membership Milford COA

### 2011

Oct 5-7	MCOA Fall Conference Sturbridge Host (tentative)
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*TBA = Date or Location to be announced*

#### Regional Meetings:

<b>WMACA</b>	represents the four western MA counties, meets quarterly. Jodi Ahern/ Ludlow COA (413)583-3564
<b>CEMACA</b>	represents Central MA, meets 4/year. Betsy Connell/ Worcester EOE (508)799-8030
<b>CIRCA</b>	represents SE MA and Cape Cod and the Islands, meets quarterly. Bob Cammarata/ Taunton (508)821-1420
<b>NSACA</b>	represents greater North Shore area meets quarterly. Contact Diane Bertolino/ Rockport (978)546-2573
<b>DUN/Metro West</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 Bob Cammarata/ Taunton (508)821-1425

#### UpComing National Conferences:

<b>March 16-20, 2010, Joint Conference of NCOA and the American Society on Aging, Chicago, IL</b>
<b>April 26-30, 2011, Joint Conference of NCOA and the American Society on Aging, San Francisco, CA</b>
<b>March 28-April 1, 2012, Joint Conference of NCOA and the American Society on Aging, Washington DC</b>
<b>March 19-23, 2013, Joint Conference of NCOA and the American Society on Aging, Chicago, IL</b>

# MCOA Legislative Alert

## Governor Patrick released his proposals to right size the FY10 Budget. Details below.

On October 15<sup>th</sup> the Governor certified that income receipts for FY10 were projected to be \$600 million lower than budgeted. His fiduciary responsibility is to maintain a balanced budget and accordingly Governor Patrick used his '9c' powers to further reduce FY10 spending.

\$7.1 million was reduced from Elder Affairs line items (excluding Mass Health); primarily from 3 sources:

- \$5.6 million from Prescription Advantage
- \$1million from Protective Service
- \$500,000 from Line Item #9110-9002 – Local Aid to Councils on Aging. This amounts coincides with funding for the Incentive Grant Program for 'new initiatives' – existing incentive grants for consortia, transportation, and associations are not effected. The \$7/elder/YEAR Formula Grant stands. MCOA will be pushing for immediate release of the first half of those funds.

The Governor made no cuts to local aid or Chapter 70 – Education funding.

For more details about his plan to close the gap go to

[http://www.mass.gov/?pageID=gov3pressrelease&L=1&L0=Home&sid=Agov3&b=pressrelease&f=102909\\_closing\\_budget\\_gap&csid=Agov3](http://www.mass.gov/?pageID=gov3pressrelease&L=1&L0=Home&sid=Agov3&b=pressrelease&f=102909_closing_budget_gap&csid=Agov3)

The Governor, Secretary Bigby and Secretary Hartstein should all be thanked for keeping the elder service 'cuts to a minimum'.

**The Honorable Deval Patrick**  
**Office of the Governor**  
**Room 360**  
**Statehouse**  
**Boston, MA 02133**

**JudyAnn Bigby, M.D.**  
**Secretary, Executive Office of**  
**Health and Human Services**  
**One Ashburton Place, Suite 1109**  
**Boston, MA 02108**

**Ann Hartstein**  
**Secretary**  
**EOEA, 5<sup>th</sup> floor**  
**One Ashburton Place,**  
**Boston, MA 02108**

The next 're-evaluation' of state spending is scheduled for January 15<sup>th</sup>. If the budget is again out of balance it will need to be cut/ '9c' again- stay tuned

## **LEADERSHIP BASED ON VALUES: GOVERNOR PATRICK PROTECTS CORE SERVICES, MAKES TOUGH CUTS**

Today, moving to responsibly close a \$600 million budget gap, Governor Patrick announced that he will protect funding for education, local communities and other core programs that reflect our shared values and promise to keep our Commonwealth strong over the long term. The Governor made tough decisions, including \$352 million in cuts, in order to maintain our commitment to our students, help our cities and towns provide essential local services and preserve safety net programs for the most vulnerable. By providing leadership based on our values, we will keep Massachusetts on a path toward recovery and the better days the Governor knows lie ahead of us.

### **Preserving Education Funding**

- **Education:** No cuts in Chapter 70 education funding. The Governor has maintained his commitment to education by protecting his record-level investment in Chapter 70 during previous rounds of budget reductions and again today.
- **Higher Education:** Preserves \$970 million to hold funding for state colleges and universities harmless. The Governor is committed to ensuring that students have access to a world-class education.
- **Early Education:** Preserves \$16 million for Universal Pre-Kindergarten and Head Start programs. The Governor has worked to preserve our investments in early education, helping to prepare students across Massachusetts for a lifetime of learning.

# **MCOA Legislative Alert: Governor Patrick's Proposal** continued

## **Protecting Communities & Safety Net Services**

- **Protecting Communities:** No cuts in funding to Local Aid in order to protect cities and towns from cuts that impact the delivery of essential local services that keep our communities vibrant.
- **Human Services:** Preserves \$10 million for Department of Mental Health Club Houses that provide people with mental illness with access to job training, education and health services.
- **Health Care:** Maintaining a commitment to Health Care Reform and preserving eligibility for MassHealth and Commonwealth Care; ensuring that vulnerable populations can continue to have access to affordable, quality health care coverage.

## **Cuts to the State Workforce**

- The Governor has asked state employees to share in the responsibility of addressing budget deficits, and has eliminated 1,680 positions over the last year.
- Today, the Governor announced he will reduce the state's workforce by up to an additional 2,000 positions.
- Executive branch managers have already taken up to five unpaid furlough days. Today, the Governor required 4,000 managers to take up to nine furlough days through the remainder of the fiscal year.
- The Governor has asked employee unions to work with us on contract revisions to hold the workforce together through these trying times. If agreement is not reached, the Governor is prepared to move forward with the plan for up to 2,000 layoffs.
- In FY10, the Governor and the Legislature have also mandated that state employees make larger contributions to their health insurance. The GIC commission is currently looking at other benefit changes to achieve savings.

## **Implementing Commonsense Government Reforms**

- **Suffolk County Holidays:** The Governor proposes to eliminate Bunker Hill and Evacuation Day holidays for Suffolk County state employees. By doing away with these paid vacation days, we can increase productivity and efficiency and ensure parity among workers statewide.
- **The Quinn Bill:** The Governor proposes to reduce funding for this program which offers a salary increase for police officers who obtain advanced degrees, by \$5 million. He will establish a commission to recommend an alternative program by which government can defer the education expenses of law enforcement officials.
- **Reforms and Efficiencies:** The Governor called on state agencies today to submit consolidation proposals aimed at streamlining human resource functions and economic development agencies to achieve cost-savings and efficiencies across government.

## **Massachusetts: Poised for Recovery**

- The Governor is committed to building a stronger future for Massachusetts brick-by-brick, and has been focused on investing for the long-term.
- Our investments in innovation industries like the life sciences, clean energy, health care and IT have put Massachusetts on track to emerge from the global economic collapse faster and stronger than the rest of the country.

# MCOA Legislative Alert: Governor Patrick's Proposal, continued

- We are already seeing encouraging early signs of recovery, including:
  - This week, the Boston-Worcester metropolitan area was ranked fourth in the country for clean-tech job activity;
  - Home sales have increased three months running, and S&P just ranked the Greater Boston housing market – a leading indicator of economic health – fourth healthiest in the nation;
  - CNBC recently placed Massachusetts eighth in the country as the best state to do business, and the Associated Industries of Massachusetts reports business confidence has increased five of the last six months.
- The Governor convened the best and brightest leaders from across the state in an Economic Summit this week to focus on ways the public and private sectors can work together to help the Commonwealth rebuild and recover.
- Over the course of the next several weeks and months, Economic Summit participants will issue recommendations and proposals to help Massachusetts aggressively compete for federal stimulus dollars, expand access to capital and support small businesses and encourage business expansion. These initiatives will further spur the state's recovery over the course of the next 18 months.

## More Cuts to Come - To MassHealth

Yesterday, Governor Patrick announced a values-based FY10 Fiscal Management Plan for dealing with the \$600M reduction in State revenues. This Plan deals with appropriations made within the State budget that cannot be supported in light of declining revenue.

Given the enrollment growth and increased utilization of MassHealth services, a separate plan is under development for dealing with a **projected** \$300M MassHealth budget deficiency. The Governor did not make reductions in the budget to address this deficiency. We intend to manage this through programmatic changes. We continue to analyze what actions are necessary and appropriate to close this additional gap.

We will be in touch in the coming weeks to detail the plan for managing this caseload-driven deficiency.  
David Martin, Executive Office of Health and Human Services

## MCOA Legislative Alert: AARP Response

**FOR IMMEDIATE RELEASE** October 29, 2009 **Contact:**

Chryste Hall, 617-305-0515, [chhall@aarp.org](mailto:chhall@aarp.org) or Rhiannon D'Angelo, 617-305-0566, [rdangelo@aarp.org](mailto:rdangelo@aarp.org)

### Statement from AARP Massachusetts State Director Deborah Banda On Emergency 9C State Budget Cuts, Impact on Vulnerable Seniors

**BOSTON, MA** – In response to Gov. Patrick's announcement regarding 9C cuts, Deborah Banda, AARP Massachusetts state director, issued the following statement:

“AARP appreciates that the governor has had to make some very difficult decisions. However, we question both the wisdom and the compassion of the \$5.6 million cut to Prescription Advantage, the state's pharmacy assistance program for seniors. Prescription Advantage is a lifeline for thousands of seniors who are struggling to afford their medications.

“The program was hit hard in the first round of 9C cuts a year ago and again in Fiscal Year 2010; it has already taken as big a hit as it can handle. Further cuts to Prescription Advantage are shortsighted, as prescription drugs help keep seniors healthy and out of more expensive care. AARP urges the governor to reconsider this decision.”

# MCOA Legislative Alert: Mass Home Care Response

To: Advocates  
Fr: Al Norman

The good news is that the total 9c cuts to direct services programs in the Elder Affairs budget comes to roughly \$7.1 million. The Home care program and care management were spared any further cuts. This is in large measure due to the publicity given to the home care waiting lists and current cuts already in progress.

The big loser is Prescription Advantage, which takes about 79% of the cuts. Protective Services takes the second biggest loss, at 14% of the cuts.

The major cut this afternoon from home care related services on the Governor's 9c list came from the protective services line item, 9110-1636. PS will lose \$1.003 million under the Governor's plan. The PS appropriation will drop from \$16.252 million to \$15.252 million.

## FISCAL YEAR 2010 BUDGET SUMMARY (\$000) After 9c Cuts

<b>ACCOUNT</b>	<b>FY2010 Conference</b>	<b>FY2010 Vetoes</b>	<b>FY2010 GAA</b>	<b>October 9c Budget Reductions</b>
<b><u>4000-0600</u></b> MassHealth Senior Care	2,139,611	-25,000	2,114,611	0
<b><u>4000-0640</u></b> MassHealth Nursing Home Supplemental Rates	288,500	0	288,500	0
<b><u>9110-0100</u></b> Department of Elder Affairs Administration	2,120	0	2,120	-21
<b><u>9110-1455</u></b> Prescription Advantage	40,000	0	40,000	-5,608
<b><u>9110-1500</u></b> Elder Enhanced Home Care Services Program	45,789	0	45,789	0
<b><u>9110-1604</u></b> Supportive Senior Housing Program	4,015	0	4,015	0
<b><u>9110-1630</u></b> Elder Home Care Purchased Services	100,307	0	100,307	-2
<b><u>9110-1633</u></b> Elder Home Care Case Management and Administration	37,568	-1,500	36,068	0
<b><u>9110-1636</u></b> Elder Protective Services	16,252	0	16,252	-1,003
<b><u>9110-1660</u></b> Congregate Housing Program	1,504	0	1,504	0
<b><u>9110-1700</u></b> Residential Placement for Homeless Elders	136	0	136	0
<b><u>9110-1900</u></b> Elder Nutrition Program	6,280	0	6,280	-2
<b><u>9110-9002</u></b> Grants to Councils on Aging	8,615	0	8,615	-500
<b>TOTAL</b>	<b>2,690,697</b>	<b>-26,500</b>	<b>2,664,197</b>	<b>-7,136</b>

# MCOA Legislative Alert: MassBudget Analysis

## [MassBudget Brief: The Governor's Plan to Close the FY 2010 Budget Gap](#)

Governor Patrick today announced his plan to close the \$600 million gap caused by declining tax revenue and bring the FY 2010 budget back into balance. The plan relies primarily on budget cuts across state government, but also includes some additional revenues, including the use of federal stimulus funds from the American Recovery and Reinvestment Act (ARRA), as well as a small surplus of funds that remained unspent at the end of FY 2009.

Altogether, the Governor calls for \$352 million in cuts. This includes \$277 million in savings from [9C cuts](#) to executive agencies, as well as reductions in debt service, Quinn Bill funding and state employee costs, and a request for permission from the Legislature to make another \$75 million in cuts in areas of government where the Governor does not have unilateral authority to make cuts (such as in the courts or to other constitutional offices).

Among the largest cuts are a \$15.8 million cut to Transitional Aid to Families with Dependent Children that will be achieved by changing eligibility rules, \$18 million from the funding for transportation of students in regional school districts, \$11.6 million in funding for child care, and \$7.1 million in funding in the Department of Mental Health. A full report, *MassBudget Brief: The Governor's Plan to Close the FY 2010 Budget Gap*, is available at [www.massbudget.org](http://www.massbudget.org)

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

# MCOA Legislative Alert: MLRI Response

## **Governor's FY 2010 Budget Cuts: Massachusetts Law Reform Institute [www.mlri.org](http://www.mlri.org)**

### **(excerpts) Preliminary Analysis of Selected Cash Assistance...Elder...**

Faced with revenue collections falling \$600 million dollars below the estimates on which the FY 10 budget was based as well as some accounts that are projecting deficits, the Governor yesterday announced cuts totaling \$352 million in the budget for the current fiscal year. These cuts, on top of previous funding cuts, will further worsen the plight of low-income households in Massachusetts and exacerbate the state's homelessness crisis.

- **Three other line items were reduced to reflect revised caseload projections: EAEDC (4408-1000), the SSI state supplement (4405-2000), and Supplemental Nutrition Assistance which provides a tiny amount of state-funded food SNAP benefits for working households to help the state meet a federal reporting requirement (4405-2000).** No program or benefit changes are expected for these accounts.
- **DTA administration (4400-1000) was cut by \$714,948.** This is expected to result in the layoff of about 10 DTA central administration staff. The line item that pays for worker salaries was not cut.
- **Total cuts from the Executive Office of Elder Affairs totaled \$7,136,000 from a total FY 10 budget of approximately \$2.66 billion.**
- **The Prescription Advantage Program (9110-1455) suffered a \$5,608,000 cut, adding to a series of budgetary reductions within the past two budget cycles.** The program provides drug insurance coverage for seniors, primarily acting as a "wrap-around" for drug costs not covered by Medicare.
- **The Elder Protective Services account (9110-1633) was cut by \$1,003,000.** This will significantly impact the provision of services to elders at risk of self-neglect and abuse.
- **The Councils on Aging account (9110-9002) was reduced by \$500,000.** Councils provide front-line services to elders in Massachusetts cities and towns
- **Funding for the One-Stop Career Centers (7003-0803) was cut by \$2 million, a 40 percent cut from the FY 10 appropriation,** which will reduce the services available for unemployed workers seeking jobs and may reduce the number of sites at which jobless workers applying for or receiving Unemployment Insurance can have their claims processed and their questions answered.



*At the Center of it All.*

**MCOA**  
**2009-2010**  
**Nominations for**  
**Election of Officers &**  
**Regional Representatives**

**Final version submitted and voted on at Annual Meeting: October 8, 2009**

**submitted by the Nominating Committee:**

**Chair Kathy Bowler, Holyoke**  
**Mary Parcher, Framingham**  
**Laura Mailman-Merrimac**  
**Barbara Farnsworth- Hingham**

**Board of Directors**

<b><u>Board Position</u></b>	<b><u>Slate elected on October 8, 2009</u></b>	<b><u>Region</u></b>
<b>President</b>	<b>Sharon Lally - Rochester</b>	<b>SE</b>
<b>Vice President</b>	<b>Barbara Farnsworth - Hingham</b>	<b>SE</b>
<b>Secretary</b>	<b>Laura Mailman - Merrimac</b>	<b>NE</b>
<b>Assistant Secretary</b>	<b>Marge McDonald - Burlington</b>	<b>Metro</b>
<b>Treasurer</b>	<b>Sandra Lapollo - Chicopee</b>	<b>West</b>
<b>Assistant Treasurer</b>	<b>Carolyn Brennan - East Longmeadow</b>	<b>West</b>
<b>NISC Delegate Nominee*</b>	<b>Jayne Colino - Newton</b>	<b>Metro</b>
<b>LOHSC/MMA Liaison</b>	<b>Robert Cammarata - Taunton</b>	<b>SE</b>
<b>Conference Chair</b>	<b>Kathy Bowler - Holyoke</b>	<b>West</b>
<b>Legislative Chair</b>	<b>Ruthann Dobek - Brookline</b>	<b>Metro</b>
<b>Past President</b>	<b>John Jope - Arlington</b>	<b>NE</b>
<b>At Large</b>	<b>Norma Simon Fitzgerald - Sharon</b>	<b>Metro</b>
<b>At Large</b>	<b>Cindy Hickey - Somerville</b>	<b>Metro</b>
<b>At Large</b>	<b>Pat Roberts - Marblehead</b>	<b>NE</b>
<b>At Large</b>	<b>Amy Waters - Worcester</b>	<b>Central</b>
<b>At Large</b>	<b>Joanne Moore - Duxbury</b>	<b>SE</b>
<b>At Large</b>	<b>Donna Popkin - Billerica</b>	<b>NE</b>

**2009-2010 MCOA  
REGIONAL REPRESENTATIVES  
Elected October 8, 2009**

<b>Listed By AAA/HCC District</b>	<b>Towns Located within this Region</b>	<b>MCOA Regional Representatives with Towns and Telephone Number</b>
Minuteman	Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Harvard, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester, Woburn	Terry Marciello/Wilmington COA (978)657-7595 Kathy Mull/Carlisle COA (978)371-2895
West Surburban	Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley, Weston	Eileen Bogle/ Weston COA (781)893-0154 Nava Niv-Vogel/ Belmont COA, (617)484-5501
Mystic Valley	Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, Wakefield	Judy Luciano/ Wakefield COA (781)245-3312 Jack Beckley/Melrose COA(781)665-4304
NSACA covering the AAA/HCC districts of North Shore Elder Services, Greater Lynn Senior Services, and Senior Home Care Services	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 Mary Ann Holak/Beverly COA(978)921-6017 Pam Parkinson Danvers COA
Merrimac Valley	Amesbury, Andover, Billerica, Boxford, Chelmsford, Dracut, Dunstable, Georgetown, Groveland, Haverhill, Lawrence, Lowell, Merrimack, 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
Boston, Cambridge, Somerville, Chelsea, Revere, Winthrop	Boston, Cambridge, Somerville, Chelsea, Revere, Winthrop	Eileen Ginnetty, Cambridge COA (617)349-6220
Bristol County	Attleboro, Berkley, Dighton, Fall River, Freetown, Mansfield, North Attleboro, North Westport, Norton, Raynham, Rehoboth, Seekonk, Somerset, Swansea, Taunton, Westport	Gail Farrugia/ Mansfield COA (508)261-7368 Pam Hunt/ North Attleboro COA (508)699-0131

**2009-2010 MCOA REGIONAL REPRESENTATIVES**  
**Elected October 8, 2009 continued**

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Coastline	Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, New Bedford, North Dartmouth, Rochester	Deborah Jenkins/ Fairhaven COA (508)979-4029 Felice Monterio/ New Bedford COA(508)991-6251
South Shore	Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate, Weymouth	Florence Choate/ Scituate COA (781)545-8722 Sue Barnes Weymouth COA
Old Colony	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 Muriel Boyce/ Kingston COA (781)585-0512 Marcia Griswold/ Wareham COA (508)291-3100 x 3130
Cape & Islands	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 Ellen Ford/ Chatham COA (508)945-5190 John Magnani/ Falmouth COA (508)540-0196
Montachusett	Ashburnham, Ashby, Ayer, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton, Hubbardston, Lancaster, Leominster, Lunenburg, Pepperell, Princeton, Shirley, Sterling, Templeton, Townsend, Westminster, Winchendon	Doreen Noble/ Lunenburg COA (978)582-4166 Sharon Mercurio/Pepperell COA (978)433-0326
Elder Home Care of Worcester	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 A (508)799-1232
Tri Valley	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 Barbara Search/Sturbridge COA (508)347-7575

**2009-2010 MCOA REGIONAL REPRESENTATIVES**  
**Elected October 8, 2009 continued**

<b>Listed By AAA/HCC District</b>	<b>Towns Located within this Region</b>	<b>MCOA Regional Representatives with Towns and Telephone Number</b>
Bay Path	Ashland, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlboro, Natick, Northboro, Sherborn, Southborough, Sudbury, Wayland, Westborough	Mary Parcher/ Framingham COA (508)532-5980 Kris Kiesel/ Sudbury COA (978)443-3055
HESSCO	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 (508) 699-7384
Greater Springfield	Agawam, Brimfield, East Longmeadow, Hampden, Holland, Longmeadow, Monson, Palmer, Springfield, Wales, West Springfield, Wilbraham	Rebecca Moriarty/ Hampden (413)566-5588
Western Mass.	Belchertown, Chicopee, Granby, Holyoke, Ludlow, South Hadley, Ware	Joanne Trybus/ South Hadley COA (413)538-5042 Jodi Ahern/ Ludlow COA (413)583-3564
Highland Valley	Amherst, Blandford, Chester, Chesterfield, Cummington, Easthampton, Goshen, Granville, Hadley, Hatfield, Huntington, Middlefield, Montgomery, Northampton, Pelham, Plainfield, Russell, Southampton, Southwick, Tolland, Westfield, Westhampton, Williamsburg, Worthington	Linda Talbot/ Easthampton COA (413)527-6151 Tina Gorman/ Westfield (413)562-9624
Berkshire County	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 Sue Jacobs/ Dalton COA (413)684-2000 Norma Maroney/ Lee COA (413)243-5545
Franklin County	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

## MCOA Fall Conference at the Sturbridge Host THANK YOU: VOLUNTEERS

Each year our fall conference has grown, and this year we offered over 85 workshops for you to choose from. 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 outgoing 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. Other departments under the Executive Office of Health and Human Services have also participated fully in the planning of this event, and our thanks go out to Jonathan O'Dell from the Commission on the Deaf and Hard of Hearing, to Ruth Grabel from the Massachusetts Department of Public Health, and to Commissioner Janet LeBreck and the rest of her team from the Massachusetts Commission for the Blind. Members of MCOA should also note the generosity of our sponsors that helps offset the cost of this event: this year Blue Cross Blue Shield Massachusetts, AARP Massachusetts, Tufts Health Plan Medicare Preferred and Miracle-Ear have all returned. In addition, there were over 70 other exhibitors and non-profit vendors in attendance.

**More Thank You's:** And on the subject of gratitude, MCOA also needs to thank members of the Workshop Committee: Chair by Kathy Bowler, with Tina Gorman, Carolyn Brennan, Joanne Trybus, Emmett Schmarsow, and Carole Malone who review all of the workshop submissions; Becky Moriarty & Jodi Ahern, the co-chairs of the Local Arrangements Committee; Barbara Search for finding onsite volunteers; 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 Skrzyniarz, Bruce Callahan, and Rita Vollinger. Inviting 700 of your closest friends over for three days can be a little roller coaster.

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

Barbara Look	Charlton COA	Marie Drogue	Sturbridge COA
Jon Look	Charlton COA	Tina Galati	Sturbridge COA
Shirley Harris	Charlton COA	Carol Gaudreau	Sturbridge COA
Madeline Manfield	Charlton COA	Aline Girouard	Sturbridge COA
Carolyn Brennan	East Longmeadow COA	Josephine Kaitbenski	Sturbridge COA
Becky Moriarty	Hampden COA	Lois Kelly	Sturbridge COA
Kathy Bowler	Holyoke COA	Gerri Krupika	Sturbridge COA
Jodi Ahern	Ludlow COA	Joe Minardi	Sturbridge COA
Eileen Benoit	Palmer COA	Rose Minardi	Sturbridge COA
Pearl Coyer	Palmer COA	Dot Provost	Sturbridge COA
Mary Hubert	Palmer COA	Roland Provost	Sturbridge COA
Linda Lamay	Palmer COA	Barbara Search	Sturbridge COA
Erin Pincince	Palmer COA	Katie Smith	Sturbridge COA
Joanne Trybus	South Hadley COA	Wayne Smith	Sturbridge COA
Nancy French	Spencer COA	Elmy Spence	Sturbridge COA
Kathy Ashton	Sturbridge COA	Rachel Sprague	Sturbridge COA
Polly Baker	Sturbridge COA	Connie Pratt	West Brookfield COA
Dolores Courtemanche	Sturbridge COA	Tina Gorman	Westfield COA
Elizabeth Darcy	Sturbridge COA		

*This is a list of volunteers as of 10/09/09, and volunteers who are not listed will be recognized in the next newsletter.*

**In additon:** 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 (CASCSP); the New Hampshire Association of Senior Centers, and the Rhode Island Senior Center Director's Association (RISCDA).

# 2009 Fall Conference

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

## **Sponsors**

AARP Massachusetts  
Blue Cross Blue Shield of Massachusetts  
Executive Office of Elder Affairs  
MA Commission for the Blind  
MA Commission for the Deaf &  
Hard of Hearing  
MA Department of Public Health  
Miracle - Ear  
Senior Citizens Publishing, Inc.  
Tufts Health Plan Medicare Preferred

## **Exhibitors**

Accessible Solutions, Inc.  
Ameriprise Financial Services  
Atlantic Turtle Top, Inc.  
Boston Attractions Group  
Caregiver Homes of MA  
CHARM Medical Supply  
Christopher Heights Assisted Living  
Department of Fire Services  
Evercare Hospice & Palliative Care  
Gentiva Health Services  
Gerontology CPCS University of MA Boston  
Goddard House in Brookline  
Health New England, Inc.  
Home Instead Senior Care  
Hospice Services of Western MA  
Law Office of Daniel M. Tremblay  
LPI (Liturgical Publications Inc.)  
LoJack Safety Net Inc.  
Mass. Audiology  
MA Rehabilitation Commission  
Matthews Buses Inc.  
Medical Resources Home Health Group  
Natale Company & Safety Care LLC  
New England Emergency Response Systems  
Northern Bus Sales, Inc.  
Office of the Secretary of State  
Philips Lifeline  
Quality Van Sales, Inc.  
Radius Management Services

## **Exhibitors continued**

Resources for Seniors  
Senior Helpers  
SeniorLink, Inc.  
Senior Whole Health  
Sheehan Health Group/Hospice Services of MA  
SILPADA  
Xavus Solutions LLC (MySeniorCenter)

## **Non Profits**

Arthritis Foundation Massachusetts Chapter  
Carroll Center for the Blind  
Elder Services of Worcester Area, Inc.  
Home Staff, LLC  
Lutheran Healthcare Center &  
Emmanuel Village  
MA Advocates for Nursing Home Reform  
(MANHR)  
MA Council for Home Care Aides Services  
MA Eye and Ear Infirmary  
MA Funeral Directors Association  
MassMedline-MA College of Pharmacy & Health  
Sciences  
MA Rehabilitation Commission  
McLean Hospital  
National MS Society,  
Central New England Chapter  
New Horizons/Care Solutions  
Overlook Visiting Nurse Association  
Partners Private Care  
Perkins Braille & Talking Book Library  
Providence Place  
Regional Center for Poison Control & Prevention  
State 911 Department  
Summit Elder Care

## **MCOA Briefs: Resources You Can Use**

### **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>

### **MCOA Briefs: For our Members — Meal Delivery Truck For Sale**

Heated/Refrigerated Meal Delivery Truck For Sale The Montachusets Opportunity Council, Inc. - Elderly Nutrition program located in Fitchburg, MA has a black 2003 Chevrolet S-10 pick-up HotShot delivery truck for sale. The HotShot unit includes heated and refrigerated storage compartments with custom shelving designed for Meals On Wheels meal transport. For more information, please contact Ayn Yeagle at 978-345-6272 ext 242 or via email at [ayeagle@mocinc.org](mailto:ayeagle@mocinc.org). Asking price is \$8,490. Ayn L. Yeagle, Director/Dietician, MOC Elderly Nutrition Program, 66 Day St., Fitchburg, MA 01420. Phone: 978-345-8501 ext 242 — Fax: 978-342-0855

### **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 — Dept of Mental Health Forums Oct-Nov**

**“Sustaining the Vision of Recovery in Challenging Economic Times: A Dialogue with Department of Mental Health Commissioner Barbara A. Leadholm”**

Commissioner Leadholm invites the mental health community and the public to join her in forums across the state to discuss how the Department of Mental Health can sustain its mission in serving adults, children, adolescents and families with serious mental health needs in challenging economic times. The Commissioner's dialogues, which will continue across the state over the next several months and beyond, are designed to ask stakeholders to help search for solutions and establish priorities while meeting increasingly challenging fiscal realities. We are all partners in the work to continue momentum in transforming the mental health system and meet the needs and choices of the individuals served by the Department of Mental Health.

The Commissioner's dialogues will focus on the following questions/issues:

- Delineation of Department's core and essential services
- How can DMH reduce expenditures AND preserve core and essential services?
- How can you as a stakeholder in mental health community engage colleagues, friends and family and other interested people to think about how to meet our challenges together?
- How can DMH operations and services be redesigned and restructured to achieve efficiencies, make better use of technology and better serve consumers and families?
- In what ways can DMH partner with other EOHHS agencies and non-governmental entities to streamline services and serve consumers and families?

**October 27** (Tuesday), **28** (Wednesday); **November 2** (Monday), **4** (Wednesday), **5** (Thursday), **9** (Monday)  
Forum Towns and Schedule: <http://www.mcoaonline.com/content/conferences/index.php>

# MCOABriefs: Member Request

## COA Directors as SHINE Counselors

I was wondering how many COA Directors across the state are SHINE counselors. The reason I pose this question is due to the growing expectation in our community, especially during open enrollment, that seniors seek guidance about changes to their health plans at their local sr. centers. My SHINE counselor is also my outreach coordinator. She works limited hours. Insurance questions are a priority for us (for all the obvious reasons) and I often help out in this area when my SHINE counselor is unavailable. What resources are available to senior center directors regarding plan changes as we approach open enrollment? Thanks for your help. Marsha E. Petrillo, Senior Center Director, Uxbridge Senior Center, 36 South Main St., Uxbridge MA 01569 508-278-8622 [director.coa@uxbridgema.gov](mailto:director.coa@uxbridgema.gov)

## Board Pool Associated Group?

The Dalton COA is looking to create an Associate group of people to be a reserve pool of future board members. I would like to ask if anyone has general information, job descriptions, etc. for such a group. With my thanks..... Sue Jacobs, Dalton COA Director — [dcoa@bcn.net](mailto:dcoa@bcn.net)

## Tax Work-Off Program Questions

I'm looking for information from other councils concerning the Tax Work-Off Program:

1. Has anyone had any unemployment claims?
2. How are the workers paid — by check, reduction on tax bill, etc?

Gail Anderson, Northbridge COA, 20 Highland Street, Whitinsville, MA 01588-2102  
[ganderson@northbridgemass.org](mailto:ganderson@northbridgemass.org)

## Renting COA Space to Outside Groups

ELD has received an inquiry about COAs that regularly "rent" their senior center to outside entities, particularly for regular religious instruction or use when the center is otherwise closed. The Fairhaven COA is interested receiving a copy of the/any contract or agreement you use to memorialize this arrangement. Please contact Deborah Jenkins at 508-979-4029 ([fairhavencouncilonaging@comcast.net](mailto:fairhavencouncilonaging@comcast.net)) and copy me at ELD, if you would ([Emmett.Schmarsow@state.ma.us](mailto:Emmett.Schmarsow@state.ma.us)). Thankyou .

## Service Dogs at Senior Centers?

Does any Council on Aging have a policy regarding Service Dogs with a disabled person at the Senior Center? The Service Dog that currently is with a disabled volunteer is not restrained at my Center. My concern is regarding the safety (falling or tripping over the unrestrained dog) at the Center. If anyone has a policy to share I greatly appreciate a copy. Please email to [kalbright@townofblackstone.org](mailto:kalbright@townofblackstone.org) or fax to 508-876-2008. Thank you. Karen Albright, COA Director, Town of Blackstone.

The Massachusetts Health Policy Forum and Tufts Health Plan Foundation invite you to a policy forum, **"Healthy Aging in the Commonwealth: Pathways to Lifelong Wellness."** The Forum will be held on Monday, December 14, 2009, from 8:30 a.m. to Noon at the Omni Parker House Hotel in Boston.

As the baby boom generation retires and life expectancy increases, steps can and must be taken to help seniors stay healthy, active and socially engaged. National efforts and best practices around the country will be described by our keynote speaker, **Nancy Whitelaw**, senior vice president for Healthy Aging, and director of the Center for Healthy Aging at the National Council on Aging. Challenges in our state as well as best practices will be analyzed in our issue brief and discussed by a panel of top state officials and nonprofit organization leaders implementing innovative and successful programs in our communities. Speakers include Secretary of Elder Affairs, **Ann Hartstein**, **Anita Albright** from the Massachusetts Department of Public Health, **Robert Schreiber** from Hebrew Senior Life, and **Rosa Palacios** from Commonwealth Care Alliance.

## MCOABriefs: UpComing Events

### **Free Public Forum on Sinusitis – Saturday, Nov. 7 from 9 a.m. to noon**

Massachusetts Eye and Ear Infirmary, 243 Charles Street, Boston, MA, 02114

Sinusitis, an infection or inflammation of your sinuses, affects about 37 million Americans every year. The Massachusetts Eye and Ear Infirmary will host a **free public forum on sinusitis on Saturday, Nov. 7, from 9 a.m. to noon**. Mass. Eye and Ear physicians, who are specialists in sinus surgery and sinus diseases, will share the latest medical and surgical treatments for sinusitis. After the program, attendees will have the opportunity to visit with speakers to ask questions. This program is free, but seating is limited. Call 617-573-3654 or visit [www.MassEyeAndEar.org/events](http://www.MassEyeAndEar.org/events) for complete details and to reserve your space.

Public Affairs Massachusetts Eye and Ear Infirmary 243 Charles Street Boston, MA 02114 [www.MassEyeAndEar.org](http://www.MassEyeAndEar.org)

Follow us on Twitter <http://twitter.com/masseyeandear> Become a Fan on [Facebook](#).

### **Self Defense for Seniors Program**

Crime prevention and personal safety information for older Americans.

This seminar is geared towards the needs of senior citizens. Topics such as travel and transportation safety, being alone at home, known offenders, theft and assault, personal safety devices and use of one's voice will be covered. Presented by Internationally Certified Instructors Len and Johanna Glazer, 3rd degree black belts from The Concord Self-Defense Academy. **Sunday, November 8, 12:30 pm - 2:00pm** \$20 Held at Emerson Hospital, Concord. Call 978 287-3777 to register. Thank you so much. Call if you have questions. Virginia Lieblein, Emerson Hospital's Community Health & Wellness, 133 Old Road to Nine Acre Corner, Concord MA 01742 — 978-287-3777 / Fax -2093 — [ylieblein@emersonhosp.org](mailto:ylieblein@emersonhosp.org)

### **UMass/Boston 'One Day' Program**

Come Back To School! Join us for a series of short lectures on current topics including our environment, government, and your health. **Thursday, November 12, 2009**, The Conference Center at Waltham Woods, 860 Winter Street, Waltham, MA — \$50.00 per person includes breakfast, lunch, and six lectures. For more information contact Coleen Burgess: [CBurgess@umassp.edu](mailto:CBurgess@umassp.edu) • 774-455-7186

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

### **When It's More Than Sad**

**Tuesday, November 17**, 6-7:30 pm, Baystate Health Education Center, 361 Whitney Avenue, Holyoke.

Every 16 minutes someone in the U.S. dies of suicide. Every 17 minutes someone is left to make sense of it. Join us for a unique opportunity to learn about resources available to help prevent suicide from the American Foundation of Suicide Prevention; Dr. Benjamin Liptzin, chair of the Department of Psychiatry at Baystate; and other staff at Baystate Medical Center. You'll receive information about signs and symptoms, stress, depression, and prevention. Refreshments served. Registration required. FREE — Thank You, Linda Joyce Shippie, 413-788-7420

### **Massachusetts Public Health Association's 2009 Annual Meeting and Conference**

*Fair Food, Fair Play: Growing Healthy and Active Neighborhoods*

**Friday, November 20, 2009** 8:00 am- 3:00 pm

Register online at <https://mphaweb.wufoo.com/forms/mpha-2009-annual-meeting-registration/>

Best Western Royal Plaza Hotel and Trade Center • 181 Boston Post Road West • Marlborough,

**Featuring keynote speaker: Mark Winne, Nationally known food justice activist and author of "Closing the Food Gap –Resetting the Table in the Land of Plenty"**

Visit our event website at <http://mphaweb.org/annualmeeting.htm> or contact Kara Keenan at:

[kkeenan@mphaweb.org](mailto:kkeenan@mphaweb.org) or 617-524-6696 x113.

## MCOABriefs: UpComing Events (continued)

### Money Conference & More !

State Treasurer Tim Cahill's Money Conference & More!

If recent economic uncertainty has left you scratching your head over basic and complex financial issues, then we have a few fantastic opportunities for you to manage your personal financial concerns. The Money Conferences and Your Money Bus Tour both offer a chance to citizens of the Commonwealth to gain basic money management skills in one-on-one meetings with a financial advisor.

#### The Money Conference: Rebounding from a Recession

**Saturday, November 14th 2009**

Location: The Sheraton Boston Hotel, 39 Dalton Street, Boston, MA

Time: 8:00 am - 3:30 pm

Registration opens on October 1st 2009 at: [www.themoneyconference.com](http://www.themoneyconference.com) or call 617-367-6900

See video highlights of a Money Conference: <http://www.themoneyconference.com/feedback.htm>

The Money Conference is a FREE conference presented by Treasurer Tim Cahill in conjunction with the YWCA. This event aims to improve individuals' financial knowledge and affect positive changes in behavior. Financial choices are becoming more complex and without a formal system to develop financial education for the general public, ongoing vigilance is necessary to ensure that this financial education initiative and similar private and public financial educators continue to meet their important objectives.

The Money Conference delivers an array of workshops that offer attendees a path to begin living a financially responsible lifestyle and acquaint attendees with resourceful organizations and literature that offer ongoing assistance in reaching financial goals. The Conference will focus on money management, retirement and investment strategies for all ages, racial, ethnic and economic backgrounds, and levels of financial knowledge.

\* The information provided during the Your Money Bus Tour in Boston, MA is intended to provide general information only. It is not intended as a substitute for legal advice or individualized financial advice. In addition, the Office of the State Treasurer is not responsible for any information provided by Your Money Bus. The fact that the Financial Education Department of the Office of the State Treasurer has teamed up the Your Money Bus is not an endorsement of other businesses represented throughout the tour.

### Board Training – Emmett Schmarsow/ EOE A

Please know that Elder Affairs will conduct (regional) board trainings this fall at the senior centers noted below. You are cordially invited to attend one of these sessions. These informative trainings cover a variety of subjects including the roles and responsibilities of board members, staff and volunteers, as well as topics relating to COA services and activities, and an overview of the aging network in Massachusetts. Board members, COA directors and "Friends of the COA" are welcome; audience participation is strongly encouraged.

Programs typically run from 9:00 a.m. to 11:30 a.m. (including a break) with registration starting at 8:30 a.m. Kindly confirm attendance with the site host at least one week in advance. Lunch may also be available: if you are interested, please contact the sponsoring COA prior to the program. Thank you. Training will be conducted by Mr. Emmett Schmarsow, program manager for Councils on Aging and senior centers at Elder Affairs for many years. Light refreshments will be served. We look forward to seeing you soon!

- **November 12<sup>th</sup>**                      **Dighton COA**                      979 Somerset Ave.  
Alice Souza: [alice1679@yahoo.com](mailto:alice1679@yahoo.com) (town hall, lower level)      508-823-0095
- **November 19<sup>th</sup>**                      **Northborough COA**                      119 Bearfoot Rd.  
Kelly Burke: [kburke@town.northborough.ma.us](mailto:kburke@town.northborough.ma.us)      508-393-5035

Please know that Elder Affairs, in cooperation/conjunction with local Councils on Aging, is open to conducting additional regional trainings as time permits. If you have any questions or suggestions regarding these programs, please contact Emmett Schmarsow at, toll-free, 800-698-9723 or [emmett.schmarsow@state.ma.us](mailto:emmett.schmarsow@state.ma.us), or toll-free at 1-800-698-9723. Thank you.

# MCOA Briefs: UpComing Events continued

Mass. Law Reform Institute and Mass. Continuing Legal Education present the 2009-2010

## BASIC PUBLIC BENEFITS ADVOCACY TRAINING SERIES

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

**Go to the MCLE website\* for complete details and registration information.**

**Registration must be done through MCLE (not MLRI).**

- **SSI & SSDI Basics** Tuesday, November 17, 2009, 9:30 am to 4:00 pm \
- **Accessing Affordable Housing: Representing Low-Income Clients Effectively** Wednesday, December 9, 2009, 9:30 am to 4:00 pm
- **Cash Assistance for MA Families & Individuals: TAFDC, EAEDC & Veterans' Benefits!** Thursday, January 14, 2010, 9:30 am to 4:00 pm
- **Food Stamps/SNAP** Tuesday, February 2, 2010, 9:30 am to 12:15 pm
- **Supports for Working Poor Families: How to Maximize Income & Reduce Expenses** Tuesday, February 2, 2010, 1:15 pm to 4:00 pm
- **Elder Benefits Programs** Thursday, February 25, 2010, 9:30 am to 4:00 pm
- **Health Care Access Programs** Tuesday, March 16, 2010, 9:30 am to 4:00 pm
- **Immigrants & Public Benefits** Wednesday, April 7, 2010, 9:30 am to 1:00 pm

\*[www.mcle.org](http://www.mcle.org), then click on Featured Program box

An excellent opportunity to consider  
David P. Stevens



The Massachusetts  
Health Policy Forum

TUFTS  Health Plan  
FOUNDATION

The Massachusetts Health Policy  
Forum and Tufts Health Plan

Foundation invite you to a policy forum, "**Healthy Aging in the Commonwealth: Pathways to Lifelong Wellness.**" The Forum will be held on Monday, December 14, 2009, from 8:30 a.m. to Noon at the Omni Parker House Hotel in Boston.

As the baby boom generation retires and life expectancy increases, steps can and must be taken to help seniors stay healthy, active and socially engaged. National efforts and best practices around the country will be described by our keynote speaker, **Nancy Whitelaw**, senior vice president for Healthy Aging, and director of the Center for Healthy Aging at the National Council on Aging. Challenges in our state as well as best practices will be analyzed in our issue brief and discussed by a panel of top state officials and nonprofit organization leaders implementing innovative and successful programs in our communities. Speakers include Secretary of Elder Affairs, **Ann Hartstein**, **Anita Albright** from the Massachusetts Department of Public Health, **Robert Schreiber** from Hebrew Senior Life, and **Rosa Palacios** from Commonwealth Care Alliance.

**Date:** Monday, December 14, 2009  
**Time:** 8:30 a.m. - Noon  
**Location:** Omni Parker House Hotel - Rooftop Ballroom  
60 School Street, Boston, MA

An informal breakfast will be served between 8:30 - 9 a.m.

We hope that you will be able to join us. **Seating is limited, so please register as soon as possible.**

To register. Go to <http://www.regonline.com/Checkin.asp?EventId=788005>

If you have any questions, please contact Sarah Ferguson at [ferguson@brandeis.edu](mailto:ferguson@brandeis.edu) or (781) 736-3940.

## **MCOABriefs: Scam Alert** from Paul Lanzikos, North Shore Elder Services

### **Medicare Prescription Drug Plan Scams**

Medicare prescription drug plans are offered by private companies and organizations, and must meet specific federal standards and be approved by the Centers for Medicare & Medicaid Services. It is extremely important for consumers to be familiar with the standards and expectations for these plans, to avoid being scammed.

Beware Of...

Offers of prizes or money in return for joining a prescription drug plan. Companies and organizations can offer modest prizes or benefits to promote their Medicare prescription drug plans, but it is illegal to require anyone to join a drug plan in order to get a prize or gift. Plans may never offer cash incentives for promotions.

Threats of losing other Medicare benefits. The Medicare prescription drug benefit is voluntary and is intended to supplement your other Medicare benefits. There is no requirement to join.

Calls from the Social Security Administration seeking personal information. The Social Security Administration (SSA) will never call seeking information regarding your bank account, credit card, or insurance policies. The SSA will only call seeking your Social Security Number if you applied for low-income assistance and the number on your application is incorrect.

Materials that appear to be from the government. Scammers may create documents and/or sales materials that appear to be from a government agency. These prescription drug plans are offered by private companies, not government agencies, so consumers should be wary of promotional materials.

Protect Yourself !!

Guard your personal information. Legitimate plans may only ask for your Social Security Number when you are actually enrolling in their plan. You may be required to provide banking information if you seek to arrange automatic payments for your coverage.

Recognize Medicare prescription drug plans. Plans not approved by the Centers for Medicare & Medicaid Services cannot market themselves as Medicare prescription drug plans. Materials from approved plans will have a seal with the words "Medicare Rx" and "Prescription Drug Coverage." To check if a plan is approved, contact the Centers for Medicare & Medicaid Services.

Know the laws governing Medicare prescription drug plan marketing. Companies or organizations offering these plans cannot come to your door uninvited or send you unsolicited emails. They may call to promote their plans, but it is illegal for them to enroll you during this phone call. They must obey telemarketing laws (MGL c. 159C; 201 CMR 12.00).

## **MCOABriefs: Flu Resources**

- Use the Website below from October to April to find public flu clinics in Massachusetts:  
[www.flu.masspro.org](http://www.flu.masspro.org)
- ***Additional resources for flu, pneumococcal, and other adult vaccinations:*** Massachusetts Department of Public Health (DPH) [www.mass.gov/dph/flu](http://www.mass.gov/dph/flu)
- Centers for Disease Control and Prevention (CDC) [www.cdc.gov/flu](http://www.cdc.gov/flu)
- Specific to H1N1 and Seniors [http://www.cdc.gov/H1N1flu/vaccination/vaccine\\_seniors.htm](http://www.cdc.gov/H1N1flu/vaccination/vaccine_seniors.htm)

# MCOABriefs: Important Public Hearings

## MBTA Public Meetings

The T is constantly working to upgrade facilities to better support riders. Public Meetings are your opportunity to learn more about [T Projects](#) and voice your opinions and concerns. Here's a list of upcoming meetings.

Date	Time	Title
November 6, 2009	12:00 PM - 04:00 PM	<a href="#">Senior / TAP Meeting in Waltham</a>
November 18, 2009	01:00 PM - 03:00 PM	<a href="#">2009 Upcoming AACT meetings</a>
November 20, 2009	10:00 AM - 02:00 PM	<a href="#">Senior / TAP Meeting in Hingham</a>
December 10, 2009	12:00 PM - 04:00 PM	<a href="#">Senior / TAP Meeting in Arlington</a>
December 15, 2009	10:00 AM - 01:00 PM	<a href="#">Senior / TAP Meeting in</a>

Details are at [http://www.mbta.com/about\\_the\\_mbta/public\\_meetings/](http://www.mbta.com/about_the_mbta/public_meetings/)

## Public Hearing on Pensions

For those of us who may be near the age of retirement –under the pension reform changes there are several things being considered that will have a major impact on what we receive for our pensions– there will be a Public Hearing on **November 9th** at the Gardner Auditorium in Boston to discuss these changes and to hear testimony. One change would be to reduce our collected 80% of our best salary years ~ of those with 32 years to 70–75% of what we can collect, along with taking the best 5 years of our salary instead of the best 3 years, which is what they do now. This will reduce the amount of pension funds that you would receive. This could mean thousands of dollars in lost retirement funds. I have spoken to Rep. Porier's office and they have advised me that if anyone would like to call or give written testimony to the co-chairs — they can be contacted at:

Senator Thomas McGee, State House, Rm 112, Boston MA 02133 — Tel. #617-722-1350

[Thomas.McGee@state.ma.us](mailto:Thomas.McGee@state.ma.us)

State Rep. Robert P. Spellane, State House, Rm 156, Boston MA 02133 — Tel #617-722-2240

[Rep.RobertSpellane@hou.state.ma.us](mailto:Rep.RobertSpellane@hou.state.ma.us)

Please forward this information to anyone you know who might be affected by these proposed changes

## MCOA Briefs: Job Opportunity

**Monson Council on Aging – Director** — The Council on Aging of the town of Monson (population 8,800), a very proactive agency with strong appreciation and respect for their elders, is seeking a dynamic individual to fill the position of Director. Responsibilities include supervision of the daily operation of the senior center and its volunteers and the management of multiple programs designed to meet the complex needs of the town's older adults. Qualified applicants will possess a Bachelor's Degree in Human Services or a related field, 3-5 years experience in social service administration, experience with older adults, and grant writing experience; or an equivalent combination of education and experience. Anticipated start date of January, 2010. **Please send a letter of intent and resume by November , 23, 2009 AA/EOE** to:

Monson COA Chair, PO Box #22, Monson, MA 01057.

## South Hadley – Social Service Coordinator

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

**Retirements:** Several Directors have announced their retirements. Dorothy Hooper/ Wilbraham COA left October 28<sup>th</sup>. Judy White/ Monson COA George Heeley/ Paxton COA Beth Kaltner/Ware COA have all indicated that they plan to retire before the end of this calendar year

**MCOA  
Volunteer WORKING GROUP  
BELLINGHAM SENIOR CENTER  
Thursday, November 12, 2009  
40 Blackstone Street, Bellingham, MA  
Phone: 508-966-0398**

**Agenda:**

- 9:00 - 9:30**            **REGISTRATION & CONTINENTAL BREAKFAST**
- 9:30 – 9:45**            **INTRODUCTIONS & UPDATES**  
(The meeting begins at 9:30 am sharp.)
- 9:45 – 10:45**           **Why do volunteers leave? Let’s keep them interested and happy.**
- 10:45 - 11:00**         **BREAK/Mingle & Network**
- 11:00 – 11:45**         **ASSESSING VOLUNTEERS –finding the right positions**
- 11:45 – 12:30**         **Mentoring**
- 12:30 – 1:00**          **LUNCH & networking**

*Please bring any hand-outs you feel may be helpful to those at this meeting.*

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Registration deadline is Thursday, November 5, 2009  
**Registration: \$20.00 including morning coffee & luncheon**  
**\$10.00 for morning only**

**Registrant’s Name**

**COA/Agency**

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**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 01027-2781  
Or:                    Tel: (413)527-6425, Fax: (413) 527-7138 or Email: [janiece@mcoaonline.com](mailto:janiece@mcoaonline.com)

**Directions to Bellingham Senior Center**

**40 North Blackstone Street, Bellingham, MA 02019 - 508.966.0398**

**From the North:** Take 495 to exit 17. At the end of the ramp go **RIGHT: Route 140**. You will pass the Franklin Train Station and Garelick Bros. Go thru the lights and Vincenzo’s Trattoria Restaurant is on the left. After approximately ¼ mile take a left onto Blackstone Street (yes, there is a sign). Go past the Bellingham Fire Station and shortly thereafter, on the **left** is the Bellingham Senior Center granite sign.

**From the South:** Take 495 to exit 17. At the end of the ramp turn **LEFT**. **Follow the same directions as above.**

Any questions call Pat Houde @ 508.759.0654 or e-mail: [phoude@townofbourne.com](mailto:phoude@townofbourne.com)