

MCOA BRIEFS

Weekly News from your State COA Association

May 16, 2017

ALWAYS ONLINE @ www.mcoaonline.com
And now on [Facebook](#), [Twitter](#) and [Linkedin!](#)

MCOA and MMAHSC Joint Annual Meeting

June 9, 2017

Devens Commons, Devens, MA

Cost: \$50

8:30	Registration - Breakfast
9:00	HSC Annual Meeting
9:45	Welcome - MCOA President Brian O'Grady and HSC President Laura Ducharme
10:00	Secretary Alice Bonner, Executive Office of Elder Affairs
10:30	Keynote - Caitlin Coyle, UMass Boston Topic: Social Isolation
11:30	John Robertson, MMA Legislative Director
12:00	Buffet Lunch
12:45	Rep. Danielle Gregoire, Chair, Joint Committee on Elderly Affairs
	MCOA Annual Meeting Elections: Board of Directors & Advisory Council - Nomination Chair Joanne Moore MCOA Awards <ul style="list-style-type: none">• Director of the Year Award - Theresa Woodbury, West Newbury COA• Innovator of the Year Award - COME 2 B Dementia Friendly• Innovator of the Year Award - Treehouse Communities• Innovator of the Year Award - Bridges Together• Legislative Advocate of the Year Award (posthumously) - Senator Ken Donnelly, 4th Middlesex District• Director and Program Manager Recertification Closing Thoughts "Where do We Grow from Here?" - David P. Stevens, MCOA Executive Director

[Register Now](#)

Protective Service Training

See <http://www.mcoaonline.com/mcoa-events/pages/upcoming-events> for description

- June 14 from 9:30am to 4:00pm at the Pittsfield Council on Aging, 330 North Street, Pittsfield

Cost: \$20.00

Cancellation date: June 7

[Register Now](#)

Social Media Training

June 16, 2017, 8:30 - 12:30

Chelmsford Senior Center

75 Groton Road

Best Practices in Digital Marketing for Senior Centers:

- Overview of digital marketing goals and strategies?
- How to set up social media accounts and pages for Facebook and Twitter
- Develop a plan to strengthen your social media presence
- Best practices for web content, Facebook, email and more
- Explore ways to accomplish more in less time

This presentation will be tailored to the beginner experience level, and interests of the audience. Thank you in advance for answering the three questions on the registration form which will help us craft a customized presentation that is most relevant to the outreach goals of your Senior Center. Actual examples of audience attendee business related social media pages may be used as a reference during this workshop which will be inclusive of time for questions and answers.

Kira Morehouse has a track record of success using an integrated approach including social media marketing to launch brands, grow online audiences and improve engagement. Kira has been part of Enterprise Bank's in-house marketing team as their Digital Marketing Specialist since April 2015. In the past, she has managed a range of clients from her advertising agency experience as a digital media strategist. Attendees are invited to connect with Kira Morehouse in advance of this workshop via her LinkedIn page:

<https://www.linkedin.com/in/kiramorehouse/>

Class size is limited to 25 attendees.

Cost: \$10

Registration and Cancellation Deadline: June 9

Don't Wait. Register today!

BURIED IN TREASURES WORKSHOP

3-Day FACILITATOR TRAINING: June 21-23, 2017

Pittsfield Senior Center

Buried in Treasures (BIT) Facilitator Workshop

MCOA is holding a 3-day BIT Workshop Facilitator Training on June 21-23, at the Pittsfield Senior Center. The training is co-sponsored by DMH, Executive Office of Elder Affairs, and the Mass. Association of Councils on Aging (MCOA). Trainers Lee Shuer and Bec Belofsky Shuer, of Mutual Support Consulting, will lead the 3-day training. They are internationally recognized educators and advocates for peer support and recovery. Their work supports individuals and families struggling with clutter. Read about their personal connection to BIT at their website: www.mutual-support.com It's estimated that between 2-5% of the world's population struggles with Hoarding Disorder, aka. Excessive Finding & Keeping. The BIT Workshop Facilitator training is limited to 20 participants.

Attendees of the BIT Facilitator Workshop will

- Learn how to identify Hoarding Disorder by reviewing the latest research
- Learn how to facilitate the Buried in Treasures through demonstration and direct participation
- Gain facilitation skills and learn about group dynamics
- Receive a copy of *Buried in Treasures*, as well as the Workshop Facilitator's Guide

Workshop Requirements

- People with lived experience of clutter and those with a family history of clutter are encouraged to apply.
- After completing the BIT Facilitator Training, you will be able to facilitate Buried in Treasures Workshops.
- Complete an application at [http://www.mcoaonline.com/home/files/bit-application \(word document\)](http://www.mcoaonline.com/home/files/bit-application%20(word%20document)) before being accepted into the Facilitator Workshop.
- A commitment to attend all 3 days of the training.
- Payment of the \$75.00 Workshop Fee.

The BIT Facilitators' Workshop is an empowerment and support group that is highly structured and time-limited. The workshop is based on the book, *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (Tolin, Frost, & Steketee, 2nd ed. 2013, Oxford University Press)*. The sessions are facilitated by people who may have (or have had) hoarding disorder or a special interest in it. The group helps attendees learn to deal with acquiring, discarding, and disorganization.

Training Specifics

DATE & TIME: June 21-23, 9am to 4pm

LOCATION: Pittsfield Senior Center, 330 North Street, Pittsfield, MA 01201

COST: \$75, covers training materials, lunch, and refreshments

APPLICATION: By June 2

CLASS: Limited to 20 participants and you must attend all 3 days

QUESTIONS: Robert Walker at DMH, robert.walker@state.ma.us, 617-626-8275; Donna Popkin at MCOA, Donna@mcoaonline.com, 413-527-6425

Please share this information with all interested parties.

Complete the application today!

MCOA Cancellation and Payment Policy

MCOA is pleased to offer workshops, events and trainings, and does have costs associated with these events.

Attendees who have registered for any MCOA function, may cancel up to the closing date deadline.

If you are unable to attend our function, we request notification prior to the closing date deadline. Registrants may send an alternate person to the event.

After that time, MCOA is obligated to the caterer and speaker for the costs incurred and will pass along that cost to the registrant.

A registrant who has cancelled before the closing but paid for the function will be able to apply the fee towards the next function.

Cash will no longer be accepted onsite. Invoices will be sent after the event.

Attendees (and their organizations) with a history of unpaid invoices will not be allowed to attend any event without prior payment.

Cancellations must be made in writing to shari@mcoaonline.com. Thank you.

Database Project Update

MCOA, in collaboration with UMass - Boston, is undertaking a multi-year project to develop a database of local Council on Aging programs. This database will facilitate clearer explanations about what COAs do, inventory current COA programming, provide a resource for program development opportunities and will allow member COAs compare their programs, services and resources with other communities. There are four major content areas in this project. The four major content areas are:

- Organizational information (such as level and types of funding, physical space)
- Services (addressing needs of older adults, including, but not limited to, outreach, brown bag, meals, transportation, assistance with applications)
- Programs (addressing interests of older adults including, but not limited to, fitness classes, computer classes, lifelong learning programs)
- Staffing (both paid and volunteers)

Over the course of the past several months, MCOA, in partnership with UMass-Boston, has sought information from you in order to develop a database of information about the programs and services that are available at COAs across Massachusetts. We are continuing to gather data from membership. We appreciate the efforts

that you have made to complete the surveys and would encourage anyone who has not completed the surveys to do so. Although it will be some time before the final searchable database is complete and available on our website for your use, we wanted to share with you a preliminary report prepared by UMass so you'll have an idea of the data that will be available to membership. Thank you for your cooperation. Database Team - Jayne Colino (Newton), Vicki Lowe (Foxboro), Pam Woodbury (Spencer), Kathy Bowler (MCOA), Jan Mutchler (UMass-Boston), Ceara Somerville (UMass-Boston), Caitlin Coyle (UMass-Boston).

[Interim Database Report on Nutrition](#)

Are you interested in starting a Bridges Program at Your Center?

Are your constituents looking for meaningful interaction with your community's schools? The [Bridges Program Curricula Suite](#), an easy-to-use, off-the-shelf intergenerational program, has been implemented by several communities in Massachusetts, and thanks to a [grant](#), your community could be next! (To read a newspaper article about one of our communities that received a grant, click [here](#).) Training for the next school year must be completed by June 30, so reach out to Intergenerational Facilitator Julie Shaw (Julie@BridgesTogether.org, 978.793.9509) TODAY for more information!

Free Resources for Creating Your Own Intergenerational Event

Bridges Together has published several [How-To Guides](#) for making "intergenerational magic" happen at your own center. If you're looking to create a memorable event, take a look at our step-by-step guides for creating the following events. These free, downloadable resources will tell you exactly what to do -- and how to do it!

- [Senior Prom](#)
- [Easy Outdoor Intergenerational Activities](#)
- [Community-Wide Intergenerational Walk](#)
- [Grandparents/Grandfriends Day](#) (get a head start on your planning!)

[Click here](#) for even more resources and guides.

Honoring Choices -- Create a Health Care Plan

MOLST: Meeting the Challenge Workshop **Outcomes Report**
Insightful suggestions and a helpful checklist to enhance your MOLST
program.

[View the Outcomes Report Here](#)

from State House News

AGING COUNCIL BEGINS WORK ON ISSUES FACING OLDER RESIDENTS

The 6th Annual Conference for
Grandparents Raising Grandchildren
Community Providers and Supporters

June 7, 2017

9:00 a.m. -3:00 p.m.

The Best Western Royal Plaza Hotel

181 Boston Post Road

Marlborough, Ma. 01752

The conference is FREE and LUNCH IS INCLUDED

Registration 9:00 a.m.-9:30 a.m.

Light breakfast pastries and refreshments will be provided 9:00 a.m.-9:30 a.m.

This conference will provide you the opportunity to meet, collaborate, share, and learn from grandparents and other relative caregivers as well as social workers, community service providers, state leaders, and more from across the state. We look forward to hearing from this year's Keynote Speaker, local award winning children's book author *Jarrett Krosoczka*, who was raised by his grandparents.

You will have the opportunity to attend workshops on a variety of issues focusing on the children being raised by grandparents and other relative caregivers such as the impact of trauma on children and families, understanding internet safety, accessing educational resources from childhood through young adulthood, how to talk with children about addiction and substance abuse, and more.

To Register, please contact Colleen Pritoni by 6/2/17:

colleen.pritoni@state.ma.us

or (617) 748-2454

Please include your name, phone number, and e-mail address, as well as any food allergies or special accommodations

see the
[ReQuipment Newsletter](#) for equipment drives and more

[Ride Hailing In Rural America: Like Uber With A Neighborly Feel](#)

A small startup called Liberty Mobility Now is staking itself as the Uber of rural America. But to find its niche there, it has had to adapt everything from its app to its driver training.

[Read this story](#)

[Baker-Polito Administration Establishes Council to Address Aging in Massachusetts State's first advisory council on aging will guide administration policy to support healthy aging](#)

Upcoming Events

Events in Chronological Order

Our Bodies, Ourselves at the Beverly Senior Center

May 17, 11:30 to 3:30

Cost \$3

[See flyer for full details](#)

Sage Table

SAGE Table is a national special, one-day event where LGBT people and allies of different generations come together to share a meal.

THURSDAY, MAY 18, 2017

6:00 p.m.

Orleans Senior Center

150 Rock Harbor Road, Orleans, MA

See flyer for RSVP information

Traumatic Brain Injury Training

The Traumatic Brain Injury Association of MA is sponsoring a training for outreach workers and directors on the signs and symptoms of long term brain injury on May 23 from 9-1 at the Bellingham Senior Center. These include but are not limited to loss of memory, loss of word retrieval, change in temperament, behavioral changes, signs of Alzheimers' Disease, and all of the physical and emotional problems attendant on the trauma.

SAVE the DATE

Join colleagues at the Massachusetts Gerontology Association (MGA)
Annual Spring Conference.

What's Next?

Knowns and Unknowns...

The Future of Care Transitions

Friday, May 19, 2017

9:00am-1:30pm

Worcester State University - Intergenerational Urban Institute

Student Center Blue Lounge

486 Chandler Street

Worcester, MA 01602

CE CREDITS OFFERED

Massachusetts Gerontology Association

www.massgeron.org

Questions: info@massgeron.org

The Rainbow Room

How do you make your existing senior center welcoming for lesbian, gay, bisexual and transgender (LGBT) older adults without changing the current climate of your center? This 90 min. workshop will walk participants through the steps to develop and launch a variety of LGBT friendly programs that vary from rotating regional events with neighboring senior centers to ongoing programs in your center. The workshop will also include strategies for integrating LGBT seniors with current participants. See reverse for detailed Learning Objectives.

Tuesday June 20, 2017

2 p.m. to 3:30 p.m.

Holyoke Senior Center, 291 Pine Street

Holyoke MA

There is no charge for this workshop.

[See flyer for more information](#)

Conversations For Caring

program, sponsored by Greater Lynn Elder Senior Services, seeks to support the vital network of providers serving older persons, Veterans, persons living with disabilities, and their families. CEUs will be offered. Our Next Program is entitled: **CULTURALLY COMPETENT SERVICES FOR IMMIGRANTS AND REFUGEES**

May 31, 2017

**Pope John XXIII High School
888 Broadway, Everett 02149
(9:30am-11:30am)**

Providers are confronted with addressing the immigrant and refugee experience on a regular basis. The trauma of immigrants and refugees compel providers to reexamine ways of attending to their distinct needs. This May presentation is intended to increase understanding of the refugee and immigrant experience, to identify trauma through the lens of immigration experiences, and to build culturally sensitive skills and strategies for working with immigrants and refugees. The presentation will take place on Wednesday, May 31st (9:30-11:00am) at Pope John XXIII High School, **888 Broadway, Everett, MA 02149**.

The presenter will be Hugo A Kanya, PhD, MSW, MDiv., who is a professor at the Simmons College School of Social Work where he teaches clinical practice, trauma and narrative therapies. Originally from Uganda, Dr. Kanya came to the U.S. over 30 years ago. He studied at Harvard University, Boston College and Boston University and began a career in interrelated practices and trainings in social work, psychology and theology. Dr. Kanya's work has focused on immigrant populations and international efforts to assess social service needs of people affected by HIV/AIDS. Over the last 15 years, Dr. Kanya has facilitated bilateral cultural and educational exchanges between Uganda and the United States. In 2003, he received an award from the American Family Therapy Academy for Distinguished Contribution to Social and Economic Justice. Dr. Kanya's work internationally has focused on human rights and developing effective international partnerships. In 2014, Dr. Kanya was accepted in the Fulbright Specialist Roster Program.

The presentation is free, and we are offering Social Work, Nursing, and LADC (Licensed Alcohol and Drug Counselor) continuing education credits.

To register, please email Dan Collier at dcollier@qlss.net

***Do you enjoy being with Seniors? Learn to teach
ZENgevity!***

***Help Seniors to live longer, be stronger and stay
independent!***

Next 2 day teacher certification training is:
Thursday, Friday 10-4 June 1&2, 2017
Duxbury COA MA
10 AM-4 PM Cost for 2 day training \$397

ZENgevity Training is Body fitness and Brain fitness, a fun, safe and gentle movement program designed specifically for ages 60 and better to stay independent, feel good, be healthy and be happy! Learn cutting edge neuro-movements, yoga moves, balance and brain exercises that increase energy, mobility, strength and flexibility, so you feel stronger and live longer!

See flyer for more details

The 6th Annual Conference for Grandparents Raising Grandchildren Community Providers and Supporters

June 7, 2017

9:00 a.m. -3:00 p.m.

The Best Western Royal Plaza Hotel

181 Boston Post Road

Marlborough, Ma. 01752

The conference is FREE and LUNCH IS INCLUDED

Registration 9:00 a.m.-9:30 a.m.

Light breakfast pastries and refreshments will be provided 9:00 a.m.-9:30 a.m.

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To Register, please contact Colleen Pritoni by 6/2/17:

colleen.pritoni@state.ma.us

or (617) 748-2454

Please include your name, phone number, and e-mail address, as well as any food allergies or special accommodations

The Savvy Caregiver Program

Brought to you by Elder Services of Worcester Area, Inc. and Tri-Valley, Inc.

Thursdays, April 6-May 11, 2017 1:00-3:00pm

Auburn Senior Center

4 Goddard Drive, Auburn MA 01501

For more information or to register Call Deb Dowd-Foley 508-756-1545 ext.390 or Laura Black-Silver 508-949-6640 ext. 3079

Save the Date

Wednesday, June 7, 2017

Aging With Dignity Conference

Hogan Center, College of the Holy Cross, Worcester

Low-Vision: Will You Know it When You See it?

A free forum for elder care providers

Low vision in your elder clients is an unseen condition that has life-altering consequences. Loss of vision for older adults impacts safety, emotional wellbeing, relationships and long-term health. Learn how you can better support elders with vision loss. FriendshipWorks has brought together Boston's leading visual experts to share practical interventions, resources and treatments that will help the elders you serve regain a meaningful and connected life. There is no cost for this forum, but registration is required.

June 8, 2017

Registration 8am-9am

Forum 9am-12pm

Informal networking 12pm-1pm

New England College of Optometry

424 Beacon Street | Boston, MA

[Register](#)

Member Questions

Job Opportunities

Hanover--Full-Time Council on Aging Director

The Town of Hanover is seeking an experienced, Council on Aging Director for the Hanover Senior Center who will be responsible for the management, planning, direction, administration and program planning for all Senior Center functions and services to effectively meet the needs of a growing senior citizen population who reside in the Town of Hanover.

The successful candidate will authorize policies, programs and activities provided by the Council on Aging in compliance with Federal, State and local legislation, regulations, and by-laws. Coordinate successful activities and programs and ensure staffing levels are maintained to provide essential services promptly. Identify needs of the local elderly population and make appropriate referrals when necessary. Provides or oversees direct services, including transportation, information, referral, emergency assistance, counseling and other support or assistance on a timely basis and in accordance with the Town Bylaws and the policies of the Council on Aging Advisory Board. Maintain direct link with service providers (health, meals, transportation, etc.) including arranging for activities (e.g. recreation) and/or supervises others as appropriate (e.g., meals/van reservations); initiate peer/caregiver support groups to ensure services are provided promptly. Must be able to respect/preserve confidentiality and empathize with seniors. Coordinate seniors that participate in the Senior Work-Off program with Town Departments. Plan agenda and attend monthly Council on Aging Advisory Board meetings. Research, recommend and implement innovative projects to Board. Advise Board on needs, problems, and progress relative to policies, operations, programs, activities, personnel and fiscal matters. Prepare/distribute monthly newsletter and schedule of events to Town Departments. Prepare and monitor annual Council on Aging budget and present budget with the Council on Aging Advisory Board to the Advisory Committee. Supervise, train and schedule staff, recruits volunteers (including CORI/ SORI checks), and oversees volunteer activities. Coordinate and schedule all activities, health screenings, speakers, socials, and classes. Serves on the Old Colony Elderly Services and Old Colony Elderly Planning Council Boards. Directly supervises five (5) employees at the Council on Aging under the direction of the Director of Community Services.

[See full job description and how to apply](#)

Posted 5/16/2017

Sudbury--Volunteer Coordinator

The Town of Sudbury seeks a highly responsible and qualified individual for the position of Volunteer Coordinator at the Sudbury Senior Center. This position is responsible for recruiting, training and supervising the volunteers and volunteer programs of the Senior Center. Work is performed in a fast-paced environment under the supervision of the Senior Center Director. Excellent computer skills are required.

Minimum qualifications: Bachelor's degree in social service related field required. Equivalent combination of education and experience may be considered. Strong communication skills, including ability to communicate with, support and supervise volunteers is necessary. Working knowledge and experience using a variety of

computer software programs, such as Word, Excel, and others. Ability to respect and maintain confidentiality. Please see other requirements in the attached job description.

This position is part-time, 19 hours per week @ \$18/hour and does not qualify for town benefits. Please respond to gallowayd@sudbury.ma.us by June 2, 2017. EOE.

Posted 5/10/2017

Andover--Program Coordinator

The Town of Andover has a vacancy for the position of Program Coordinator in the division of Elder Services. Under the direction of the Director of Elder Services, the program coordinator is responsible for developing, implementing and coordinating diversified programs, activities and special events for older adults.

Successful applicants will hold a Bachelor's degree in Human Services or Gerontology and have experience in development and administration of programming for mature adults and people with disabilities. A genuine interest in working with seniors is a must, as well as knowledge of managing a program budget and community outreach strategies.

For additional information and to apply online, please visit www.andoverma.gov and click on employment.

Posted 5/1/2017

Minuteman--Dining Coordinator - Arlington Center

Schedule:

- **Monday - Friday**
- **9:00 a.m. – 1:00 p.m.**
- **20 hours per week**
- **Prorated benefits including health, dental, vision insurance, vacation, holidays and sick time.**

POSITION SUMMARY: Reporting to the Director of Nutrition Services, the Dining Coordinator provides food service and volunteer management in a dining room setting and is responsible for creating and maintaining a warm and welcoming environment for the seniors who utilize this service. This position is located within the Arlington Senior Center located at 27 Maple Street.

[See full job description and how to apply](#)

Posted 4/25/2017

Ashburnham--COA Director

The Town of Ashburnham is seeking a qualified individual for the position of Council on Aging Director. The Director would work under the administrative direction of the Town Administrator and with the advisory Council on Aging Board. The Director is responsible for implementing programs and services for Ashburnham residents over sixty years old as well as, provide information and referral services to the elderly and their families. This is a non-benefited, part-time 18 hr/week position. Please send resume and cover letter to Mary Calandrella at Town Hall, 32 Main Street, Ashburnham, MA 01430, or by email to mcalandrella@ashburnham-ma.gov. Ashburnham is an equal opportunity employer. Position open until filled. Preference given to those who apply prior to 4pm on Monday, May 15th. Please see our www.ashburnham-ma.gov for a full job description.

Posted 4/25/2017

Rochester--Part Time Marketing/Social Media Coordinator

Rochester Council on Aging seeks P.T. (10 hrs./wk.) Marketing / Social Media Coord. to advance COA initiatives via communication through various social media programs, web-page, press releases, newsletter, program flyers & community networking. Grant funded position begins 7-1-17. Salary - Grade 7; \$16.14/hr. High School graduate with 1-3 years of marketing work experience, or any combination of education, training & experience. Must have excellent social/interpersonal communication skills, & effective verbal & written communication skills. Experience with web page maintenance & upgrade, & social media programs required. Must be computer literate in Word, Publisher, Excel, Photoshop, or other relevant computer programs. Must have driver's license & have use of personal vehicle. If interested, submit resume/application to: Rochester Council on Aging, 67 Dexter Lane, Rochester, MA 02770, Attention: Sharon Lally; or to slally@townofrochester.com by May 19th, or until a suitable candidate is found. The Town of Rochester is an equal opportunity employer.

Posted 4/12/2017

Burlington--Part-Time Outreach Worker

The Council on Aging is looking for an Outreach Worker to work with Burlington's Southeast Asian seniors as well as unemployed older adults and to assist in other activities as needed.

[See full job description and how to apply](#)

Posted 4/3/2017