

MCOA News

MCOA 116 Pleasant Street, Room 306, Easthampton, MA 01027 tel: 413.527.6425 email: Janiece@mcoaonline.com
Notes from the Executive Director: September 2009

Please Circulate to Your Staff

Member COAs: Are you getting MCOA Briefs?: Every Friday you should be receiving, via email, a lengthy communication from Peter Kubaska, our webmaster, that includes more timely updates. It is the precursor of MCOA News going electronic as we go paperless. Thus if you are not getting our weekly MCOA Briefs contact Peter at 413.527.6425 or peter@mcoaonline.com MCOA Weekly Briefs are also kept current online at www.mcoaonline.com

Enclosed in This Mailing:

- **2009 Fall Conference: October 7-9 at the Sturbridge Host**
- **2009-2010 Nominations for Board and regional Representatives**
- **2009-2010 Proposed Major Goals and Initiatives**
- **MCOA Planning Calendar: Lock in these events now!**
- **Regular Columns: Including UpComing Events, & Member Request**
- **Legislative Update: Bleak**
- **SSA Fact Sheet**
- **Message from President Obama**

2009 MCOA Award Winners: Congratulations

Award Ceremony will be October 7th at 1pm 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: Marblehead COA & Keystone Associates for Wisdom Works**
- **Staff Certification: Violet Suska, Chicopee COA, Program Manager**

MCOA 2009 Planning Calendar

UPCOMING Events: – Circulate to Your Staff

2009

October 7-9	MCOA Fall Conference Sturbridge Host
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
December 4	Membership Meeting, Milford COA

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:

WMACA	represents the four western MA counties, meets quarterly. Joanne Trybus/ So. Hadley (413)538-5042
CEMACA	represents Central MA, meets 4/year. Betsy Connell/ Worcester EOE (508)799-8030
CIRCA	represents SE MA and Cape Cod and the Islands, meets quarterly. Bob Cammarata/ Taunton (508)821-1420
NSACA	represents greater North Shore area meets quarterly. Contact Diane Bertolino/ Rockport (978)546-2573
DUN/MetroWest	Consortium meets regularly. Contact Mary Parcher/ Framingham (508)6204819
Minuteman	Consortium meets regularly. Terri Marciello/ Wilmington (978)657-7595
Merrimack Valley	Consortium meets regularly. Lynne Stanton/ Groveland COA (978)372-1101 or Colleen Fiorello (Georgetown: (978)352-5726
HESSCO Area	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
Greater Boston	Unaffiliated COAs in Boston, Chelsea, Revere, Winthrop, Somerville, & Cambridge
LOHSC	Meets the 2 nd Friday of each month at MMA/Boston. Contact Bob Cammarata/ Taunton (508)821-1425

UpComing National Conferences:

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

FALL CONFERENCE REGISTRATION: Not to Late to Register

The Massachusetts Association of Councils on Aging and Senior Center Directors is coordinating our 30th annual fall conference – “*Councils on Aging: Your Community Connection*” on October 7-9, 2009 at the Sturbridge Host & Conference Center on Cedar Lake in Sturbridge, MA. We are planning over 80 workshops to reach the diverse needs of our attendees who will include COA and Senior Center directors, board members, outreach workers, program managers, volunteer coordinators, social workers, nurses, case managers, government employees, transportation coordinators, elected officials, administrators, advocates, lawyers, nursing home, assisted living staff, and older adults.

Everything you need is at www.mcoaonline.com

- Hotel Reservation Form
- Conference Registration material including Bulletin and Checklist
- Conference Schedule and Menus. Hotel Layout Map
- Remember try Online Registration to Save Money and Time
- Also Volunteer with MCOA Leadership- see Call for Participation &

If you need a hard copy mailed, call MCOA at 413.527.6425

Wednesday Highlights:

Plenary Session: “Setting an ElderCare Agenda”

- Massachusetts Governor Deval Patrick (*invited*)
- Executive Office of Health & Human Service Sec. JudyAnn Bigby MD (*confirmed*)
- Executive Office of Elder Affairs Secretary Ann Hartstein have both (*confirmed*)
- 2009 Awards Ceremony See page 1 for list of awardees

Wednesday Social: Country Picnic by the Lake

Four Sessions, with 33 total workshops, have already been confirmed

Thursday Highlights:

Plenary Session: “Secretaries from 4 New England States- What is the State of Eldercare in Your State”

- *all have confirmed*

- Pam A. Giannini, MSW, Director, Bureau of Aging (SUA), Community & Social Work Services, Connecticut
- Ann Hartstein, Secretary, Executive Office of Elder Affairs, Massachusetts
- Kathleen F. Otte, Bureau Administrator, Bureau of Elderly and Adult Services, Department of Health and Human Services, New Hampshire
- Corinne Calise Russo, Director, RI Department of Elderly Affairs, Rhode Island

Followed by a Workshop that will add the 4 State Association Presidents to this panel

Mary Jo Riley (CT), Sharon Lally (MA), Patti Drelick (NH), Jill Anderson (RI) - *all have confirmed*

Thursday’s Dinner Dance: Halloween Ball - yes, prizes awarded for the best costumes!

Four Sessions, with 31 total workshops, have already been confirmed

Friday Highlights:

Three Sessions with 15+ total workshops have already been confirmed

**Check out MCOA Conference Bulletin at www.mcoaonline.com
New Workshops added weekly!**

Final Program Booklet will be posted one week prior to event.

Fall Conference Changes due to Circumstances Beyond Our Control

For the most up-to-date list, go to www.mcoaonline.com — see **Preliminary Conference Bulletin 2009**.
Look for the final lineup, including full workshop description online, one week prior to event.

ADDED TO THE LINEUP:

Disaster Preparedness **W4-2**
Nicole Valentine, *Director of Emergency Services, American Red Cross of Central MA*

Roundtable on Volunteers **W4-5**
... new suggestions, ideas, practices and solutions.

Emmett Schmarsov, *Program Manager for Councils on Aging and Senior Centers, Executive Office of Elder Affairs*,
Pat Houde, *Director, Bourne Council on Aging*
Amy Kent Wilson, *Director, Mendon Senior Center*
Pat Ryan, *Sandwich COA*

Extreme Makeover – Senior Edition **W4-6**
... a list of target areas to improve the energy and functional efficiency of their buildings, a knowledge of how to do it with limited budgets, plus sources of grants.
William A. Sterling, *AIA, LEED, Sterling Associates Inc. Architects*
Elaine Bello, *The Interiors Group*
John Ryan, *Breezeway Farms Consulting, Inc87a W3-1*

Understanding the Budgetary Process for State Government and Cities and Towns **T1-6**
An effective advocate needs to understand how state and local budgets work and how closely they are tied for both revenue and spending. This workshop will walk through the budget process for both levels of government and include a discussion of key revenue factors, such as property tax override and exclusion questions, and state mandated spending requirements.

John Robertson, *Deputy Legislative Director, Massachusetts Municipal Association*

The Role of the Senior Center **T3-2**
The panelists will be asked to reflect on the successes they celebrate and challenges they face thru their statewide networks of senior centers. The four state officials from the previous Plenary Session will be joined by the four statewide Senior Center Association Presidents.
Mary Jo Riley, *Director, Groton Senior Center. Noanak, CT & President of CASCP*
Sharon Lally, *Director Rochester COA, Rochester, MA and President of MCOA*
Patti Drelick, *Director, Salem Senior Services, Salem NH & President of NHASC*
Jill Anderson, *Executive Director Senior Services, Inc. Woonsocket, RI & RISCDA President*

Mental Health Models of Care Delivery **F3-2**
... an improved understanding of how to provide comprehensive mental health services to home-bound elders using collaborative agency networks.
Stephen E. Corso, *MSW, LICSW, Director of Strategic Initiatives, Baypath Elder Services Inc.*

CANCELLED:

Changing Aging Population: Lifestyles, Needs, and Opportunities **W3-5**
Changes in the coming years bring new consumer segments to the eldercare industry. These different population groups have varying needs, preferences, habits and lifestyles. This has created opportunities for the services provided for seniors and the elderly and the ways in which to connect with and communicate to these audiences. This workshop will focus on the changes and strategies for a successful future.
Megan Shea, *CEO, RetireLife*

MCOA Legislative Update: Fiscal Outlook Bleak Likelihood of 9c cuts October 15th - HIGH

STATE HOUSE NEWS SERVICE

ADVANCES: WEEK OF SEPT. 20, 2009 STATE HOUSE NEWS SERVICE

PATRICK SEES FY '10 SPENDING CUTS, SEPTEMBER REVENUES TUMBLE

Gov. Deval Patrick said Friday, hours before news broke of another tax revenue decline, that he expects “further spending cuts” this fiscal year. The governor's top budget aide, Leslie Kirwan, said earlier this month that September tax collections would dictate the course on spending cuts, which could come as early as next month. In her own speech in Plymouth Friday morning, Senate President Therese Murray said, according to prepared remarks, “The next few months’ collections will be critical to see if we need to make further cuts to the already draconian FY10 budget. While I hope this isn’t the case, it is a very real possibility.” Following their comments, the Department of Revenue reported in a letter to lawmakers obtained by the News Service that tax collections for the first half of September totaled \$786 million, down \$114 million from the comparable period in September 2008. Over the first half of the month, income tax estimated payments were off by more than 50 percent and financial institution excise tax payments were down 68 percent. Collections are already running \$24 million below the benchmark for the month, which calls for total collections \$90 million lower than September 2008. State revenue department officials caution that timing factors caused August collections to run \$49 million above benchmark, and those same factors could take the same amount out of September figures. The state receives most of its revenues in September during the second half of the month, such as quarterly income tax payments and non-motor vehicle sales meals, motor fuels, and rooms tax payments



The State of Working Massachusetts: Labor Day 2009 September 6, 2009

Massachusetts, like the rest of the nation, has been hard hit by the current recession and the state's workers are feeling the pain. As is true throughout the country, Massachusetts is shedding jobs by the thousands and the unemployment rate now is approaching highs not seen here since the depths of the recession of the early 1990s.

As bad as this is, however, the data also reveal that, by many measures, Massachusetts is faring somewhat better in this downturn than is the US as a whole. The unemployment rate in Massachusetts thus far has remained well below that of the US – now at 8.8 percent in the Bay State compared to a national figure of 9.4 percent. Similarly, Massachusetts has lost a smaller percentage of its total jobs (-3.2 percent) than has the nation as a whole (-4.8 percent).

Massachusetts also has some important long-term strengths to build on coming out of the recession. With over 44 percent of the Massachusetts workforce holding a Bachelor's Degree or higher, Massachusetts has –by a sizable margin– a larger percentage of highly educated workers than any other state in the nation (the US average is just 31 percent).

The full report, *The State of Working Massachusetts, Labor Day 2009*, is available at 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 Update:

To: Members of the General Court From: Al Norman, Mass Home Care

On September 4th I emailed you regarding the implementation of waiting lists in the state home care program effective September 8th. If your office needs any information about the status of the waiting list in your area, I would encourage you to call the Executive Director of your local Aging Services Access Point, or please call me at 978-502-3794.

As stated in my earlier email, if your constituency services staff receive any calls from elders seeking home care, please continue to refer those calls to your local ASAP, because we may be able to provide some help or guidance. Even though the waiting lists may become significant this year, it still makes sense for seniors and their families to know the full range of in-home services they may be able to receive.

We will provide you with periodic updates on the status of our waiting lists---and any future cuts that occur---in the months ahead.

I am writing to advise you that on Tuesday, September 8, 2009, a statewide waiting list will begin in the home care program that could ultimately affect several thousand seniors who apply for care at home. I want to emphasize that this will be a statewide waiting list affecting all 27 Aging Services Access Points (ASAPs), including those in your district. Every ASAP will be using the same uniform procedures for managing who gets into the program, so that seniors across the Commonwealth are treated equally.

Please note that this is not a complete shut down of the program. Many elders with critical unmet needs will still be able to enroll, and there are certain categories of individuals who will be exempted from the waiting list---including cases involving elder abuse, people being discharged from hospitals or nursing homes, elders enrolled in hospice, elders eligible for the Enhanced Community Options program, or elders enrolled in the MassHealth waiver.

For this reason, please let your constituency services staff know that they should continue to refer cases to your local ASAP, because some people will be enrolled. We cannot predict when this managed intake situation will end---but it is very likely that loss of funding in the FY 2010 appropriation for home care will result in a waiting list for the remaining 10 months of the fiscal year. We are working closely with the Executive Office of Elder Affairs to make sure that consumers who are eligible for care get the support they need.

As you might imagine, reducing enrollment in the home care program is a very painful process for us. Our goal is to provide care, not deny it. But we must operate within our budget. We will do everything we can to respond to your requests for home care services for seniors in your district, but there will still be many seniors who are put on a waiting list. We have not had waiting lists since last May—but this year the wait lists are likely to be much worse than in FY 2009.

Today, Massachusetts spends only 39% of its long term care MassHealth dollars on community care. 61% goes to institutions. We hope you will continue to work with us to ‘rebalance’ our spending priorities, so that Community First is truly implemented, and waiting lists in the community do not recur. Our commitment should be to honor the preference of seniors to live at home. We cannot do that based on declining appropriations. For every one person in a nursing home, we can keep two elders with similar disabilities in the community.

For more information on the waiting list rules, please contact your local ASAP. They will work as hard as they can to meet the needs of your seniors. Al Norman Mass Home Care 24 Third Ave, Burlington, MA 01803
info@masshomecare.org

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).**

- **Representing Unemployed Workers at Unemployment Insurance Hearings**
Thursday, September 24, 2009, 9:30 a.m. to 12:15 p.m.
- **CORI Basics**
Thursday, September 24, 2009, 1:15 pm to 4:00 pm
- **Assisting Families Experiencing Homelessness: Emergency Assistance Shelter & Benefits**
Monday, October 5, 2009, 9:30 am to 1:00 pm
- **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 Massachusetts 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, then click on Featured Program box

Please share this with others who might be interested.

SAVE THE DATES

Keep Moving

Regional Autumn Walks



GREAT BROOK FARM STATE PARK

984 LOWELL ROAD CARLISLE, MA
THURSDAY, SEPTEMBER 24, 2009

UPPER CHARLES TRAIL MILFORD SECTION

FINO FIELD PARKING LOT AREA GRANITE STREET, MILFORD, MA
FRIDAY, OCTOBER 2, 2009

CAPE COD NATIONAL SEASHORE

NAUSET MARSH TRAIL SALT POND VISITOR CENTER
ROUTE 6, EASTHAM, MA
WEDNESDAY, OCTOBER 21, 2009

Walks begin with registration and warm-up at 10:30 A.M.
There are one-mile and three-mile walking routes.

Walks will be held RAIN or SHINE.

Meet *Keep Moving* Walkers from across the state.

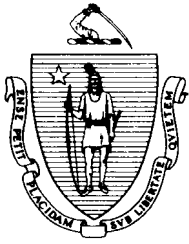
Bring a picnic lunch. Make new friends!

Keep Moving club leaders should contact Ed Pomfred to discuss transportation scholarship assistance. Please make your transportation arrangements early.
For more information contact Ed Pomfred: 617-624-5972 or e-mail: edward.pomfred@state.ma.us

MA Department of Public Health and Blue Cross Blue Shield of Massachusetts MA provide support for *Keep Moving* in partnership with Executive Office of Elder Affairs, and MA Councils on Aging and Senior Center Directors.



If you are deaf or hard of hearing, or are a person with a disability who requires accommodation, contact **Ed Pomfred: 617-624-5972** or TTY NUMBER: 617-624-5992 or e-mail: edward.pomfred@state.ma.us by September 14, 2009.



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

DEVAL L. PATRICK
GOVERNOR

TIMOTHY P. MURRAY
LIEUTENANT GOVERNOR

JUDYANN BIGBY, MD
SECRETARY

JOHN AUERBACH
COMMISSIONER

Autumn Regional *Keep Moving* Walks

July 29, 2009

Dear Walking Club Leader:

The ***Keep Moving* Program** invites you and your walking club to participate in upcoming Autumn Regional *Keep Moving* walks to celebrate senior fitness and to meet other walkers from around the state.

The walks will take place on the dates and times noted on the enclosed registration form **RAIN OR SHINE**. Dress for the weather! **Registration and warm up start at 10:30 a.m. Walks start at 11:00 a.m.** and conclude at 1 p.m. For inclement weather cancellation notices, please check the message at 617-624-5972 on the day of the walk.

There will be one-mile and three-mile walking routes. Bring a picnic lunch to enjoy following the walk! Picnic tables are available at the walk sites.

Enclosed are the walk locations and directions to the sites. All walkers will receive a complimentary gift. Please complete the enclosed registration form and return it by **September 14, 2009**.

Keep Moving clubs are encouraged to explore transportation options with *Keep Moving* clubs in surrounding communities. There is limited transportation assistance available to *Keep Moving* clubs. Please contact Ed Pomfred at (617) 624-5972 or edward.pomfred@state.ma.us to discuss transportation assistance. Make your travel arrangements early.

Sincerely,

Ed Pomfred, Director
Keep Moving Program

Keep Moving is supported by Massachusetts Department of Public Health, Massachusetts Executive Office of Elder Affairs, Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts.

Keep Moving Autumn Walks 2009

Registration

PLEASE PRINT:

Name of Walking Club: _____

Contact Person: _____ Phone: _____

E-mail address: _____

Address: _____

Street

City

State

Zip code

Please circle the walks and provide the number of walkers that will be attend.

1. Great Brook Farm State Park
984 Lowell Road, Carlisle, MA
Thursday, September 24, 2009 (10:30 a.m. -1:00 p.m.)
Number attending _____
2. Upper Charles Trail, Milford Section
Fino Field Parking Lot Area
Granite Street, Milford, MA
Friday, October 2, 2009 (10:30 a.m. -1:00 p.m.)
Number attending _____
3. Cape Cod National Seashore
Nauset Marsh Trail
Salt Pond Visitor Center
Rte. 6, Eastham, MA
Wednesday, October 21, 2009 (10:30 a.m. -1:00 p.m.)
Number attending _____

Please return reservations by September 14, 2009

Ed Pomfred, Keep Moving coordinator

MDPH, 250 Washington St., 4th Floor
Boston, MA 02108

FAX to: (617) 624-5075

Phone: (617) 624-5972

TTY: (617) 624-5992

UpComing Events continued

To : All MA Councils on Aging
From : Host Site Councils on Aging
Re : Board Training

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., but **see*** exceptions, below. 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 the Elder Affairs for many years.

Light refreshments will be served. We look forward to seeing you soon!

***October 19th** : *registration 12:30-1:00p.m.* **Sutton COA** 19 Hough Rd.
Michelle Edelstein: medelstein@town.sutton.ma.us 508-234-0703

October 22nd **Tewksbury COA** 175 Chandler St.
Linda Brabant: lbrabant@town.tewksbury.ma.us 978-640-4482

***October 29th** : *registration 4:00-4:30 p.m.* **Pittsfield COA** 330 North St.
Jeanne Beauchemin: jbeauchemin@pittsfieldch.com 413-499-9346

October 30th **South Hadley COA** 45 Dayton St. Joanne Trybus:
councilonaging@southhadley.org 413-538-5042

(over)
November 3rd **Duxbury COA** 10 Mayflower St. Joanne Moore:
JoanneMoore@duxburycoa.com 781-934-5774

November 12th **Northborough COA** 119 Bearfoot Rd.
Kelly Burke: kburke@town.northborough.ma.us 508-393-5035

There will also be board training on Thursday afternoon (October 8th) at the upcoming MCOA conference in Sturbridge. 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, or toll-free at 1-800-698-9723. Thank you.

UpComing Events continued

Massachusetts Gerontology Association

FALL POLICY FORUM September 30, 2009 Lasell College

HOME SWEET HOME: NEW DIRECTIONS IN HOUSING AND CARE

EXPERT PANEL

Ann Bookman – Research Fellow MIT

Joan Hyde – Ivy Senior Living

Judy Willett – Beacon Hill Village

Janet Giele – Wellesley at Home

Paula Panchuck – Lasell Village

RESIDENT PANEL

Irvin Gruverman – Lasell Village

Frances Portnoy – Orchard Cove

Selected Resident – Beacon Hill Village

Hosted by the Rosemary B. Fuss Center for Research on Aging and Intergenerational Studies at Lasell College

REGISTRATION:

Name: _____

Title: _____

Organization: _____

Street: _____

City /Town: _____ Zip: _____

Telephone: _____

E-mail address : _____

Member - \$40 Non Member - \$50 Student - \$10

Please make check payable to MGA *Mail to:*

Massachusetts Gerontology Association

Post Office Box 540513 Waltham, MA 02454-0513

If you require handicap assistance or parking please include that information or e-mail it to

info@massgeron.org.

You may register online at the MGA website, www.massgeron.org

DIRECTIONS TO THE WINSLOW ACADEMIC CENTER LASELL COLLEGE, AUBURNDALE

From THE WEST: Take the Massachusetts Turnpike (Route 90) to exit 14 (Route 128, I-95 North/South).

Take the "Route 128 North 30" ramp and bear right to exit 24 East (Route 30/Commonwealth Avenue). Travel east on Route 30 for 1.4 miles to the sign for Lasell College on the right.*

From THE SOUTH: Take Route 95 (also Route 128) to exit 24 (Route 30/Mass Pike). Follow sign to Route 30. Take exit 24 (Route 30, Newton/Wayland). Turn right on Route 30 East - Newton/Boston. You will be on Route 30 (Commonwealth Avenue). Travel 1.4 miles to the Lasell College sign.*

From THE NORTH: Take Route 95 (also Route 128) South to exit 24. At the exit ramp take Route 30 East (Commonwealth Avenue). Travel 1.4 miles to the Lasell College sign.*

From THE EAST: Take the Massachusetts Turnpike (Route 90) to the Route 16 Exit (Newton/Wellesley).

Bear right (Route 16 West) off the ramp onto Washington Street. Go .5 miles and turn right onto Commonwealth Avenue. Travel to the Lasell College sign on your left.* **At the college sign turn onto Cheswick Road and follow to end. Take a right onto Woodland Road and follow to a right onto Maple Street. The Winslow Academic Center/de Witt Hall is on the right. Some parking is available at the site, but we encourage the use of public transportation.*

MASS TRANSIT /MBTA (THE "T") DIRECTIONS

Take the Green Line, D train, to the last stop, Riverside. If you wish to take the shuttle, come up to the street (Grove Street) and wait for the Lasell shuttle van. If you wish to walk, come up to the street (Grove Street) and walk to the left. Take a right on Seminary Ave at the Lasell Village sign. Walk through the Village to the end of Seminary. Take a right on Woodland Road and follow to a left onto Maple. The Winslow Academic Center/de Witt Hall is on the right.

UpComing Events: continued

Barnstable County Department of Human Services

in partnership with

Cape Organization for the Rights of the Disabled

Massachusetts Department of Public Health

Massachusetts Commission for the Deaf and Hard of Hearing

***Americans with Disabilities Act 20 Years
Later....It's More Than
Just Ramps***

October 23, 2009

9:30 a.m. — 4:30 p.m.

Keynote Speaker:

Jonathan O'Dell, ALB, Assistive Technology Manager/ Training Specialist
Massachusetts Commission for the Deaf & Hard of Hearing

**A Program Addressing Best Practices to Increase Program and
Community Access for People with Disabilities on Cape Cod**

How to use reasonable accommodations to improve access to services and programs

What does "community access" really mean?

ADA and other civil rights compliance topics

Emergency preparedness

Universal design

Practical hands on training on using a TTY

Resources and recommendations from DPH and Disability Law Center

Conference Location:

Dennis Church of the Nazarene

209 Upper County Road

South Dennis, MA 02660

For Information:

Cheryl Bushnell

cheryl.bushnell@comcast.net

508-367-7519

If you are Deaf or hard of hearing, or are a person with a disability who requires accommodation, please contact Cheryl Bushnell at 508-367-7519, FAX 774-413-9434, Cheryl.bushnell@comcast.net or TTY 508-362-5885 by October 5, 2009.



UpComing Events: continued

DPH: (#224) Ounce of Prevention 2009

For further information on this conference, please contact AdCare Educational Institute at 508-752-7313

Conference Goals:

Build new partnerships and strengthen collaborations to protect and promote health at the local and regional levels

Promote culturally responsive strategies to address health disparities and the social determinants of health

Examine opportunities to survive and thrive in the current economic environment

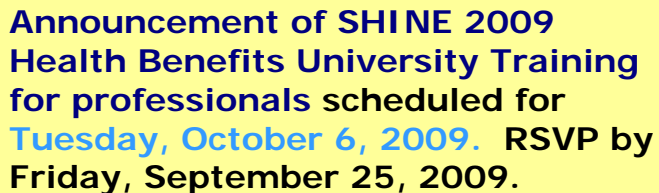
Tuesday, October 6, 2009 8:00 AM - 4:00 PM

Conference registration will take place from 8:00 am - 9:00 am. The conference will begin at 9:00 am and adjourn at 4:00 pm. Please see the agenda for further details.

Best Western Royal Plaza Hotel & Trade Center
181 Boston Post Rd West (Route 20 West)
Marlborough, Massachusetts
508.460.0700

For more info: <http://guest.cvent.com/EVENTS/Info/Summary.aspx?i=46af1b01-22e9-48e9-a8ff-e7992e119601>

UpComing Events:



**Announcement of SHINE 2009
Health Benefits University Training
for professionals scheduled for
Tuesday, October 6, 2009. RSVP by
Friday, September 25, 2009.**

Do you have Medicare health insurance questions on behalf of your clients?

- What is Original Medicare, and what does Medicare Cover?
- How does Medicare Part D (Prescription Drug Coverage) work?
- What is Medicare Advantage and Medigap?
- How does MassHealth (Medicaid) work, how does it partner with Medicare? What are health insurance options for low income adults?
- How does Massachusetts new health care reform affect Medicare beneficiaries?
- Did you know that Prescription Advantage is a program that can help pay for prescriptions even for those with a moderate income?

Let the **SHINE** (Serving the Health Information Needs of Elders) program help you find answers to all these questions and more!

2009 Space is limited - call now to reserve a space for one of these sessions!

Sessions will be held at One Ashburton Place, 21st Floor; Boston, MA 02108. To register, contact Cecilia Akuffo at: Tel.: 617-222-7454 or Email: Cecilia.Akuffo@state.ma.us

UpComing Events: continued

BILLERICA COUNCIL ON AGING
25 CONCORD ROAD, BILLERICA

Transportation and Driver Safety
Wednesday September 30, 2009 at 1:30PM
The Driving Dilemma, by Dr. Elizabeth Dugan

Dr. Dugan, a nationally renown speaker, **from UMass Boston (UMB), and author of the book, *The Driving Dilemma***. Dr. Dugan is a Gerontologist and noted researcher. She is on the faculty of the UMass Boston, the McCormack Graduate School of Policy Studies, in the Department of Gerontology. She is a Fellow of the UMB Gerontology Institute. She has a MA in gerontology and a PhD in Human Development & Family Studies. Her research has been supported by the AARP Andrus Foundation, the National Institute on Aging, the National Eye Institute, the Bill & Melinda Gates Foundation, the Retirement Research Foundation, and the Commonwealth of Massachusetts.

Panel discussion will follow:

- ❖ Chief of Staff for State Rep. Kay Khan, sponsor of H.2241 that would give physicians a better opportunity to work with the RMV to address public safety issues presented by impaired drivers;
- ❖ Michele Ellicks, Mass. Registry of Motor Vehicles
- ❖ Erin Burns, RPT, Rehab. Service Manager for Life Care Center of Merrimack Valley

Join us on Wednesday, September 30th For more information call, 978-671-0916, ext 221
Sponsored by Right At Home, Bedford; Refreshments provided by Life Care of Merrimack Valley, Billerica

UpComing Events: continued

Save the Date
November 20, 2009
MPHA Annual Meeting

Mark your calendar today for the **Massachusetts Public Health Association's Annual Meeting** on **Friday, November 20, 2009** at the **Best Western Royal Plaza Hotel in Marlboro.**

As always, the event promises to be a day of excitement, inspiration, learning, and - most importantly - a call to action to keep up the fight!

Details to follow.

UpComing Events: continued

MCOA Briefs: For our Members — Save 3 Dates! – 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 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.

Your Money Bus Tour

Thursday, October 1st 2009 & Friday, October 2nd 2009

Location: City Hall Plaza, Boston, MA 02201 (next to Government Center MBTA Station)

Time: 11:00 am - 6:00 pm

State Treasurer Tim Cahill welcomes the Your Money Bus Tour to Massachusetts. This bus will make a stop in Boston during "Financial Literacy Week." Similar to meeting with a "Money Mentor" at The Money Conferences, Your Money Bus Tour has organized volunteer financial advisors to provide pro bono financial advice to anyone with a question or concern. Free educational toolkits will also be distributed with information on debt reduction, savings, budgeting and more.

To Learn More about this event, please visit:

http://www.yourmoneybus.com/index.php?option=com_content&view=article&id=79:boston-ma-1012009-1022009-&catid=36:schedule&Itemid=63

To Learn More about Your Money Bus, please visit: www.yourmoneybus.com

* 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.

MCOA Member Request

MCOA Briefs: Member Inquiry — Needs Assessment Surveys?

The Northbridge Senior Center is interested in conducting a Needs Assessment Survey. Could you please ask the membership if they have samples of surveys that they have done that they might be willing to share with us. Thank you.

Gail Anderson. — ganderson@northbridgema.org

MCOA Briefs: For our Members — MBTA Informational Website

Please distribute to your organization.

MBTA News/Events: http://www.mbta.com/about_the_mbta/news_events/

MBTA Public Meetings: http://www.mbta.com/about_the_mbta/public_meetings/

MCOA Briefs: Member Inquiry — Veterans Agents housed in COAs?

Is the Veteran's Agent for your town housed within your Senior Center / COA?

If yes, would you kindly respond to the following questions:

- How many hours per week is the position?
- Is the position strictly Veteran's Agent or are there other responsibilities handled by this individual? Please explain.
- Who does the individual report to?
- Is the individual a Veteran themselves?
- If you have a job description for the position and are willing to share it, please email to : GThieme@wellesley.ma.gov or fax to 781-239-0394 Many thanks, Gayle Thieme, LSW, Director of Senior Services, Wellesley Council on Aging 781-235-3961 — 781-263-1529 (direct line)

MCOA Briefs: News You Can Use: Important Web Links

Thanks to Emmett Schmarsow/EOEA Paul Lanzikos/NSES, Linn Morrill/DPH, Dan Moraski/ SSA

- Please see attached link regarding smoking cessation.
<http://www.makesmokinghistory.org/index.php?page=quitworks/>
- This guide is for people who care for family members or others with Alzheimer's disease (AD) at home. Includes information about how AD changes a person; coping with these changes; helping family and friends understand AD; making your home safe for the person with AD; and managing everyday activities like eating, bathing, dressing and grooming.
[http://www.disability.gov/health/caregiver & provider resources/caregivers.](http://www.disability.gov/health/caregiver_&_provider_resources/caregivers)
- The revised "800Ageinfo.com" website is now live on the web and available to the general public. Please feel free to visit the site, perform some basic searches and consumer profiles seeking assistance. Let us know what you think. If you wish to offer feedback, it is imperative that suggestions be sent with specific examples. Please contact Annette Peele @ (617) 222-7499 or annette.v.peele@state.ma.us with your observations or remarks. Thank you.
- The Melrose COA has long worked (ten years) with MIT on its Melrose Mirror internet publication. The senior center was recently visited by a humanoid robot... and you can see the story on the attached link:<http://melrosemirror.media.mit.edu/servlet/pluto?state=303034706167653030375765625061676530303269643030353136313539>
- Up to Date Information on the FLU go to www.mass.gov/dph/flu
- Emergency Room Safety: Dr. Carolyn Clancy's latest column, [How to Make an Emergency Department Visit a Safe One](http://www.ahrq.gov/consumer/cc/cc090109.htm), has been posted. at <http://www.ahrq.gov/consumer/cc/cc090109.htm>

Fr: Kurt Czarnowski, Regional Communications Director, Social Security Administration

MIPPA: On July 15, 2008, Congress passed the *Medicare Improvement for Patients and Providers Act* (MIPPA). Beginning January, 2010, changes in the law will make it easier for some people to qualify for "Extra Help" with their Medicare prescription drug plan costs. For applications filed on or after January 1, 2010, the cash surrender value of life insurance policies will no longer be considered a resource. At the same time, in-kind support and maintenance will no longer be considered income. MIPPA also says that, beginning in January, 2010, an application for the Low Income Subsidy (LIS) will also initiate an application for a Medicare Savings Program (MSP), and, unless the applicant refuses, the Social Security Administration (SSA) will automatically send his/her information to the states for a determination. In order to promote these changes, Social Security will be sponsoring a national webinar titled: "**2010 Changes to Medicare Extra Help.**" The webinar will be hosted via [www.socialsecurity.gov/2010 Changes to Medicare Extra Help](http://www.socialsecurity.gov/2010_Changes_to_Medicare_Extra_Help) on **September 15, 2009 at 2 pm EDT**. Please feel free to share the information about the webinar with any interested parties who might benefit from learning about the upcoming changes in "Extra Help." People who are interested in participating in the webinar are being asked to RSVP by visiting:

<http://www.ssa.gov/survey/mipparsvpsurvey.htm>. While there is unlimited capacity for the webinar, we are asking for RSVPs so that we can assemble a mailing list. This will facilitate future contacts with people who are clearly interested in knowing about "Extra Help" and the changes resulting from MIPPA.

SSA COLA's: Legislation enacted in 1973 provides for annual, automatic Cost of Living Adjustments (COLAs), which are based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of one year to the third quarter of the next. If there is no percentage increase, there is no COLA. The 2009 Social Security Trustees Report projects that there will not be an automatic COLA this year or next for Social Security beneficiaries and Supplemental Security Income (SSI) recipients. However, the CPI-W is determined by the Bureau of Labor Statistics (BLS), and the Social Security Administration **will not have the data from BLS to determine if there will be an automatic COLA until mid-October**, and so it is premature for us to be commenting or speculating at this time. The attached Fact Sheet has been prepared by SSA's Office of Legislative and Regulatory Affairs in Washington, and it covers several different aspects of a possible "Un-COLA" scenario in 2009, including the impact on Medicare. Additional information can also be found on our website at: www.socialsecurity.gov/OACT/COLA/positivecola.html.

SSA Fact Sheet:

Background

Social Security and Supplemental Security Income (SSI) benefits are adjusted annually to reflect the increase in the cost of living as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) prepared by the Bureau of Labor Statistics (BLS). The purpose of the annual cost-of-living adjustment (COLA) is to ensure that the purchasing power of Social Security and SSI benefits is not eroded by inflation. As noted, the law provides that Social Security and SSI benefits will increase automatically to reflect the annual increase in the cost-of-living in the CPI-W. The average CPI-W for the third calendar quarter of the prior year is compared to the average CPI-W for the third calendar quarter of the current year, and the resulting percentage increase represents the percentage that will be used to adjust Social Security benefits beginning for December of the current year. SSI benefits are adjusted by the same percentage the following month (January).

History

The automatic COLA provision was enacted by Congress as part of the 1972 Social Security Amendments. Prior to enactment, increases in Social Security benefits had to be enacted by Congress on an ad hoc basis. At that time, inflation was relatively high, so the provision enacted in 1972 provided for an automatic COLA only if the increase in the CPI-W was at least 3 percent, the so-called “3-percent trigger”. By the mid-1980’s, as inflation began to wane, it became apparent that because of the 3-percent trigger, it could be possible that there would not be an annual COLA. In 1986, Congress enacted legislation to eliminate the 3-percent trigger.

Annual COLA

Under present law, there will be an automatic COLA for Social Security and SSI benefits provided that there is an increase in the average of the CPI-W for the third calendar quarter of the prior year to the third calendar quarter of the current year of at least one-tenth of one percent (0.1%). If there is no increase in CPI-W, or the CPI-W decreases, there will not be an automatic COLA. However, in the case of a decrease in the CPI-W, Social Security and SSI benefits will remain the same; benefits will not decrease. Projections under the intermediate assumptions of the 2009 Social Security Trustees Report indicate that there will be no Social Security COLA effective December 2009 or SSI COLA effective January 2010. If no automatic COLA occurs because of deflation, the starting point for the measuring period for a subsequent COLA would remain at the third calendar quarter for 2008.

Other Automatic Increases

There are a number of other automatic increases in the Social Security program. Two of these increases are based upon increases in the national average wage level, but are triggered only if there is an automatic Social Security benefit COLA. These increases are:

- The Contribution and Benefit base – the cap on the amount of wages and self-employment income subject to FICA tax (\$106,800 for 2009) and,
- Retirement Earnings Test (RET) exempt amounts – caps on the amount of earnings that a beneficiary can earn before a reduction in benefits will apply.

If there is no automatic COLA because the CPI-W did not increase over the prescribed measuring period, the contribution and benefit base and the RET exempt amounts are not be increased, even if there has been an increase in the national average wages.

Effect on Medicare Part B Premium

Unlike the Social Security COLA, the CPI-W plays no part in the computation of the Medicare Part B premium. The Medicare Part B premium is increased each year, if necessary, so that the Part B premium is sufficient to fund approximately 25 percent of the projected cost of the Part B program. Any such premium increase is effective in the same month that the Social Security COLA is payable. The Social Security Act includes a provision that holds certain Social Security beneficiaries harmless for increases in the Medicare Part B premium. That is, any increase in the affected beneficiaries’ Part B premiums is limited to ensure that their Social Security payments (after taking into account the increase in the Part B premium deduction and the COLA increase) do not decline from one year to the next. In a typical year, the hold harmless provision affects less than one million beneficiaries. However, in a scenario where Medicare Part B premiums increase but Social Security benefits do not, it is estimated that the hold-harmless provision will apply to about 34 million beneficiaries, nearly three-quarters of all Part B beneficiaries. For these beneficiaries, there would be no increase in their Part B premium so their Social Security payments would remain unchanged.

For the other one-quarter of Part B participants, the hold harmless provision would not apply and their premiums would be higher than otherwise—nearly four times greater than if there were no hold-harmless provision. There are three groups of beneficiaries to whom the hold-harmless provision would not apply¹:

- low-income beneficiaries whose Part B premiums are paid by the Medicaid program (currently 17% to 18% of Part B beneficiaries),
- high-income beneficiaries who are subject to income-related Part B premiums (about 5% of beneficiaries), and
- new enrollees (about 2% of beneficiaries).

¹ The applicable groups and percentages are from a Congressional Research Service report “*How Would Medicare Part B Premiums Be Affected If There Is No Social Security COLA?*” released May 4, 2009.

MCOA Briefs: News You Can Use:

Americans Less Engaged in Civic Participation, Volunteerism, Report Finds (8/28/09)

As the recession drags on, many Americans are spending less time volunteering, participating in groups, or engaged in other civic activities in their communities, a new report from the National Conference on Citizenship (<http://www.ncoc.net/>) finds. Based on a survey of nearly 3,900 individuals, the report, America's Civic Health Index 2009, found that almost three-quarters (72 percent) of survey respondents said they had cut back on the time they devote to civic participation, which includes time spent volunteering or performing other civic activities in their communities, and that low-income individuals (those making less than \$50,000 a year) were more likely to help others by providing food or shelter than respondents with a higher income. Overall, 50 percent of survey participants said they had given food or money to someone who was not a relative, 17 percent said they had invited a relative to live in their home, and more than 10 percent had taken in a non-relative. The report, which was funded by the Bill & Melinda Gates, John S. and James L. Knight, and McCormick foundations, also found that religion and generational differences play major roles in civic engagement. Indeed, 40 percent of respondents who are frequent participants in religious services said they had increased their level of civic engagement. And while baby boomers had the lowest volunteering rate (35 percent) and members of the Millennial generation had the highest (43 percent), boomers were far more likely (38 percent) to provide material contributions such as food, money, and shelter than Millennials (28 percent). "We had hoped [that] economic hardship might trigger more compassion as people saw real suffering and needs," said John Bridgeland, chairman of NCoC's advisory board and CEO of Civic Enterprises. "While this is not true for volunteering, it is true for providing food and shelter. And people with the least means are giving the most." "Civic Health Index Finds America in the Midst of Civic Foreclosure." National Conference on Citizenship Press Release 8/27/09. <http://bit.ly/YprS1> <http://pndapps.fdncenter.org/link/20012752/story>

MCOA Briefs: Personnel Update- Congratulations All Around

The Carroll Center for the Blind is pleased to announce that **Michael E. Festa** has been hired as their new **President**. Mr. Festa is a practicing attorney and served in the Massachusetts House of Representatives from 1999-2007, where he spearheaded the passage of the "Equal Choice for Senior and Disabled Persons" law. This law, sponsored by Mr. Festa alongside senior, disability and long-term care advocates, has resulted in a fundamental shift throughout the Commonwealth of Massachusetts in the use of long-term care dollars from an institutional bias to one that promotes independence in the home and community. Mr. Festa most recently served as the Secretary of the Executive Office Elder Affairs for the Commonwealth of Massachusetts, where he continued to promote innovative opportunities for seniors to live more independently in the community. Mr. Festa earned a J.D. from Suffolk University School of Law and a Bachelor of Arts degree from Tufts University. In addition to his strong leadership and life-long commitment to the elderly and disabled, Mr. Festa is an experienced manager and recognized leader in the field of healthcare and community-based services. **About the Carroll Center for the Blind** Considered a national and international leader in the field of blindness and visual impairment, the Carroll Center for the Blind (CCB) is committed to fostering the independence of blind and visually impaired persons by providing rehabilitation, skills training and educational opportunities to achieve independence, self-sufficiency and self-fulfillment and by educating the public regarding the potential of persons who are blind and visually impaired. Every year over 2,000 individuals face the physically, emotionally and financially demanding challenge of adjusting to vision loss with the Carroll Center's expert and compassionate assistance. Founded in 1936, as the Catholic Guild for the Blind, the Carroll Center was brought to national prominence in 1954, when the Reverend Thomas J. Carroll established its innovative residential rehabilitation training program for newly blinded adults. CCB has continually pioneered new and innovative therapeutic and learning methods for blind and visually impaired persons to achieve their full potential in the home, the school, the workplace and the community including a nationally recognized fencing program, designed to build sensory confidence and physical strength in a safe environment. For more information about The Carroll Center for the Blind, go to <http://www.carroll.org/>

New Addition: Abigail Grace Moriarty arrived this morning (9/10) at 6:07 A.M. weighing in at 6lbs 4.9oz and 20.5 inches long. She is healthy and wonderful. Mom is also doing well after another exciting adventure through childbirth!! We will be at Baystate medical center until Saturday morning (we thing). Dad is also doing great - tired, but very happy and was a great support for Mom!! Abigail's mother Becky Moriarty is the Director of the Hampden COA.

Great news- She's Back: Coral Grande is the new Director of the Cohasset COA

MCOA Briefs: For our Members — Elder Economic Security Standard Report

The Elder Economic Security Standard Report is done:

"Lifelines for Elders Living on the Edge: How Elder Support Programs Compare to Living Costs" written by Laura Henze Russell, has been posted on MCOA's website.

Go to www.mcoaonline.com

MCOA Briefs: From the White House

THE WHITE HOUSE
Office of the Press Secretary

For Immediate Release

September 4, 2009

NATIONAL PREPAREDNESS MONTH, 2009

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA A PROCLAMATION

Preparedness is an essential element of a resilient and secure Nation. My Administration has made preparedness a top priority, and we are working every day to ensure our country stands ready to respond to any disaster or emergency -- from wildfires and hurricanes, to terrorist attacks and pandemic disease. Our goal is to ensure a more resilient Nation -- one in which individuals, communities, and our economy can adapt to changing conditions as well as withstand and rapidly recover from disruption due to emergencies.

During National Preparedness Month, we underscore the responsibility of individuals, families, and communities -- including the private and nonprofit sectors -- to do their part before an emergency. I urge all Americans to take time to prepare an emergency supply kit and a family emergency plan, and to educate themselves about potential disasters. I also ask Americans to work within their own communities to coordinate emergency preparedness efforts. All Americans share this responsibility, and we must all work together to safeguard the Nation from harm.

The Federal Emergency Management Agency (FEMA) supports and promotes citizen education and grassroots preparedness efforts. FEMA's Ready Campaign provides simple and practical steps that all Americans can take to protect themselves, their families, and their neighbors. Additionally, the Citizen Corps educates, trains, and coordinates volunteer activities that help make our communities safer and better prepared for emergencies. I encourage all Americans to learn more at www.ready.gov and www.citizencorps.gov.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim September 2009 as National Preparedness Month. I call upon the people of the United States to recognize the importance of preparing for potential emergencies beforehand and to observe this month with appropriate preparedness activities, events, and training to enhance our national resilience.

IN WITNESS WHEREOF, I have hereunto set my hand this fourth day of September, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

MCOA: 2009-2010 Work in Progress

Proposed Goals & Major Initiatives

For Objectives for our Standing Committees, Working Groups, Task Forces and Liaisons go to www.mcoonline.com
MCOA Leadership: Major Initiatives Proposed for FY10:

MCOA through cooperative relationships and/or participation in coalitions with other advocates and state agencies has developed the following priorities:

- **Mental Health:** As a member of the MA Aging and Mental Health Coalition and in partnership with DMH and EOE, MCOA will continue to advocate for the development of a comprehensive mental health plan for elders. Components of this plan shall include improved access to mental health services, in-home visits as a part of emergency services, geriatric mental health specialists on staff at Emergency Service Centers, and educational programs to reduce the “stigma” that has been associated with such services.
- **Wellness Centers:** MCOA will continue to encourage its membership to develop evidenced-based programs that promote wellness and healthy aging and work to ensure that “wellness” programming becomes a priority for senior centers.
- **Disaster Preparedness:** In conjunction and cooperation with EOE, MEMA and DPH, MCOA will work to ensure that Disaster Preparedness Plans include older adults as well as to further educate this population on the necessity to be personally prepared for such disasters.
- **Review the Title III-C Nutrition Program** and its importance and relevance to COA meal programs. Examine the reasons for decline in participation and identify best practices for the provision of meal programs at Senior Centers.
- **Transportation:** Develop a Commonwealth Transportation Summit to address the unmet needs and funding sources to provide for adequate elder care transportation. Explore alternative transportation models that can be easily replicated throughout Massachusetts. Continue to participate in the Safe Roads Now Coalition for the purpose of advocating for road safety and driver retesting in a comprehensive and timely manner.
- **Support the Governor’s Initiatives on Workforce Development and Civic Engagement (NGA):** Older adults are a valuable resource. Through career/job retraining and education, older adults can greatly assist in maintaining a viable workforce within Massachusetts. The wisdom and talent of older adults is an untapped resource that can be utilized to address community challenges through civic engagement. Councils on Aging can play an important role in assisting with this initiative through serving as training centers, and coordinating civic engagement opportunities
- **Underserved Populations:** MCOA is committed to ensuring that the needs of “underserved and special needs” populations are a priority of local Councils on Aging. MCOA will provide education and training designed to assist with outreach and program development to meet these needs including identifying best practices.
- **Supportive Day:** Enhanced the existing Supportive Day network, a vital part of Massachusetts eldercare continuum, by spearheading a review of day reimbursement rates, development of an online technical assistance manual, and promoting new programs throughout the Commonwealth.
- **Intergovernmental Coordination:** Build on the existing relationships with state agencies such as EOE, DPH, DMH, MA 911, MA Commission for the Blind, MA Commission for the Deaf and Hard of Hearing, and the State Fire Marshall, to help build capacity and strengthen relationships with and disseminate information to local Councils on Aging.

Develop a Legislative Agenda that includes the following priorities:

- **Line Item #9110-9002:** Advocate for funding to reach the goal of \$8/elder or the equivalent of one minimum wage hour/elder.
- **Aging in Place/ Property Tax Issues:** advocate for legislation and policies that enable elders to remain in their own homes despite the rise in property taxes.
- **Save Our Senior Centers:** Develop a tool kit that enables Councils on Aging to advocate for the seniors of their community when faced with budget reductions or elimination.
- **Advocacy 101:** Revise and update the Advocacy Tool Kit and provide education to Councils on Aging that will enable staff and boards to advocate for programs and services to meet the needs of seniors.
- **Summit- The Common Agenda:** MCOA is committed to fostering a cooperative relationship with all elder advocates by educating candidates in the upcoming election about the needs of elders and the effectiveness of community based programs; developing legislation that supports services for elders and their caregivers; and assembling a list of current concerns and potential solutions.
- **Senior Center Construction and Renovation:** Advocate for alternative state funding sources for the construction and renovation of senior centers to enable program development and service delivery to meet the needs and increased demand that is anticipated by the “baby boomers.”

Proposed Goals & Major Initiatives continued

MCOA Leadership: Major Goals & Initiatives Proposed for FY10: continued

System Wide Upgrades:

- **Continue to encourage the professional development of Council on Aging staff and boards through a variety of educational forums.**
 - a. **Promote Staff Certification and NISC Accreditation** to further develop the professionalism of Council on Aging and Senior Center staff and to encourage minimal standards for service delivery;
 - b. **Explore funding to increase MCOA's Capacity Building with Circuit Riders** that will bring additional technical assistance;
 - c. **Actively promote membership in NISC/NCOA** to further assist with educational opportunities for MCOA members;
 - d. **Update MCOA's New Director Module & Training:** Fully 40% of COAs are currently being operated by Directors with less than 5 years experience. To ensure that new Directors are effectively able to fulfill their responsibilities, MCOA will provide training opportunities, a strong mentorship program, and an updated training manual;
 - e. **Develop tools that will explain and enhance the role of municipal COA Boards; and**
 - f. **Web Presence:** MCOA will expand our web page to include Virtual Work Groups/Bulletin Boards where members can share ideas and ask questions. Web page expansion will also include links to other sites relevant to COAs.
- **Computerization:** MCOA remains committed to developing and showcasing technology that assists with the efficient delivery of services and programs for the elderly. Examples of such technology include The Upper Cape Outreach Tool, Benefits Check Up and 'swipe card' systems for tracking participation are examples.
- **Develop a 'Business Plan':** with the assistance of Jill Jackson from NCOA, establish a Business Plan for MCOA
- **COA Campaign:** MCOA will review WMACA's effort to coordinate a marketing campaign that for a specified period of time, and if successful, expand this initiative statewide. A final Marketing toolkit will be distributed statewide and provide templates/resources that can be utilized and tailored within local media markets. In addition we will increase the circulation of *Focal Points*, our public newsletter.
- **Pursue the Action steps delineated by our Standing Committees, Working Groups, and Task Forces delineated on the following pages.**

Association Goals:

In addition to these initiatives the **Advisory Council & the Board of Directors**, MCOA has established these ongoing goals for the association:

- Produce a variety of educational forums that provide training and support to directors, staff and boards of councils on aging and senior centers throughout the Commonwealth.
- Oversee and manage grants related to MCOA's Mission: currently these include Keep Moving, an arthritis grant, and WMACA PR Campaign.
- Pursue a membership driven legislative agenda that generates enhanced services & additional funding for COAs & the seniors we assist.
- Develop a comprehensive campaign to increase the visibility of MCOA and the programs that COAs and senior centers administer.
- Implement strategies that emphasize that Massachusetts senior centers are a "welcoming place for all".
- Pursue alternative funding strategies to support agency's initiatives.
- Refocus the network's energy and funding on the OAA concept of community focal points.
- Explore the potential to develop a philanthropic component of MCOA

To achieve this agenda our bylaws allow for various components of our association to propose objectives. Currently there are 13 Standing Committees, 6 Working Groups and 14 Task Forces (current total 33) that meet regularly to achieve define objectives. The following list of objectives should be regarded as a "work in progress" and may be added to or altered at any time by a vote of the membership. Currently these entities are working on:

For Objectives for our Standing Committees, Working Groups, Task Forces and Liaisons go to www.mcoasonline.com and click on MCOA Leadership.

MCOA

2009-2010

Nominations for Election of Officers & Regional Representatives

The following list of officers and regional representatives were nominated to serve a one year term. Individuals interested in running from the floor as a member of the Board or as a Regional Representative are asked to contact Kathy Bowler no later than October 6th. The election will be conducted on October 8, 2009 at MCOA's annual meeting at the Sturbridge Host.

submitted by the Nominating Committee:

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

Proposed Board of Directors

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

Regional Representatives

Attached are the names of individuals that wish to be MCOA Regional Representatives. These are the names submitted by October 1, 2009. Vacancies do exist and will be filled as volunteers come forward. The number of Regional Representatives can vary due to needs in local region. The individuals on this list will be elected on October 8th to serve a one year term. Committees, Working Groups, Task Force and Liaisons appointments will be made by the new President. Interested parties should complete the "Call for Participation".

**2009-2010 MCOA Nominations
REGIONAL REPRESENTATIVES**

Listed By AAA/HCC District	Towns Located within this Region	MCOA Regional Representatives with Towns and Telephone Number
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 Suburban	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	
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 Nominations
REGIONAL REPRESENTATIVES continued

Listed By AAA/HCC District	Towns Located within this Region	MCOA Regional Representatives with Towns and Telephone Number
oastline	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
Montachussetts	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)632-4592 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

2009-2010 MCOA Nominations
REGIONAL REPRESENTATIVES continued

Listed By AAA/HCC District	Towns Located within this Region	MCOA Regional Representatives with Towns and Telephone Number
Bay Path	Ashland, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlboro, Natick, Northboro, Sherborn, Southboro, 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