

MCOA News

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Notes from the Executive Director: April 2010

Please Circulate to Your Staff

Enclosed in This Mailing:

- **Legislative Update: FY11 Budget Update - House W&M to release budget**
- **ASAP Contracts out to Bid**
- **Health Care Debate filled with Inaccuracies**
- **MCOABriefs including News You Should Use, UpComing Events, Member Request, and Personnel Updates**
- **Update on the New Privacy Law: Municipalities Exempt but Friends Groups? *MCOA strongly suggests you review enclosed material and consult your town counsel.***
- **EOEA Updates: Formula Grant Training and Transportation Survey**

New Privacy Law Update: 201 CMR 17.00 — STANDARDS FOR THE PROTECTION OF PERSONAL INFORMATION OF RESIDENTS OF THE COMMONWEALTH can be found at this weblink: http://www.mass.gov/Eoca/docs/idtheft/compliance_checklist.pdf Highlights in March 2010 MCOANews:

Does 201 CMR 17.00 apply to municipalities? No. 201 CMR 17.01 specifically excludes from the definition of “person” any “agency, executive office, department, board, commission, bureau, division or authority of the Commonwealth, or any of its branches, or any political subdivision thereof.” Consequently, the regulation does not apply to municipalities.

However it may apply to Friends Groups – Study it carefully & get advice from your town counsel

The Spring 2010 edition of *Focal Points* is in the mail and every member COA will receive 5 hard copies to distribute within your town. We suggest you hand deliver them to Board Chair, Mayor/Town Council, Select Board/City Council, and Finance Committee. State Legislature and members of the Administration as well as other elder advocacy organizations will receive their own copy by mail. MCOA also requests that you provide mention in your next local COA newspaper of its availability online for everyone to read at www.mcoaonline.com

Congratulations to Natick: Moira Munns, Director of the Natick COA writes “You probably already have heard, but Natick voters approved both the Community Senior Center and the High School projects in yesterday’s vote (3/30//10). Community Senior Center yes 5392, no 2869. Almost two to one. Hooray! Great day for all who worked so hard for so many years to get these projects this far. I couldn’t be more proud to live and work in this community. Great day for Natick! Moira

MCOA Briefs: For our Members — See New Webpage Info on FY11 Budget
See Legislative Updates: <http://www.mcoaonline.com/content/legislative/index.php>

MCOA Legislative Alert:

MCOA Seeks to fund Line Item #9110-9002 at \$8.1m

As previously reported in our late January 2010 MCOANews, Governor Deval Patrick has proposed \$8,115,068 for Line Item #9110-9002. This funds Local Aid to municipal COAs at \$7/elder/YEAR but it does eliminate the Service Incentive grant Program again (\$500,000) - a 6% cut. Our response to this proposal is posted as an open letter to the legislature at www.mcoaonline.com and has been sent to all legislators. We ask you to use this document as you communicate with your legislative delegation between now and April 15th. Make your connections now!

Bottom Line: Given the fiscal climate, we accept the Governor's proposal of a 6% cut (elimination of the Service Incentive Program) as long as the Legislature agrees with the Governor to maintain the \$7/elder/YEAR. We seek \$8,115,068 for Line item #9110-9002- Local Aide to COAs

FY11 Budget Timeline – thanks to Al Norman Mass Home Care

As a reminder, the House of Representatives will release the HWMs budget sometime in the afternoon of Wednesday, April 14th. You can find that version online at www.mass.gov/legis, just scroll down to the budget section. Any amendments to the House budget must be submitted by 5 pm on Friday, April 16th. Then the week of April 19th the legislature is on break during school vacations. Debate begins with week of April 26th, and should be over by Friday, April 30th.



STATE CAPITOL BRIEFS (LUNCH EDITION) – MONDAY, MARCH 15, 2010
STATE HOUSE NEWS SERVICE

DeLEO CALLS \$200M LOCAL AID CUT LIKELY

The high end of a local aid cut estimate legislative leaders released late last week will likely materialize in the final budget, House Speaker Robert DeLeo said Sunday. The 4 percent cut, which budget chiefs Sen. Steven Panagiotakos and Rep. Charles Murphy said represented the maximum reduction possible in next fiscal year's spending plan, would result in about \$200 million less flowing from Beacon Hill to cities and towns next year. "Right now, unless some miracle should happen with the budget, I presume that's about where it's going to be," DeLeo told the News Service after the South Boston St. Patrick's Day breakfast. Asked why the state would cut local aid amid rising tax revenues and the promise of federal stimulus cash, DeLeo replied, "I think you're going to find, as we go along, I don't think it's, obviously, going to be strictly local aid. I don't quite feel like the [stimulus] money is going to be there. I know it's not going to be there like it was last year. The revenue's just not keeping up even with enough money to maintain what we have now." Pointing to prior cuts in health, human services, public safety and environmental budgets, DeLeo said, "For us to keep those, some of those budgets, even operating, without completely eviscerating them, we just wanted to get out the mindset in terms of where we are relative to local aid." Republican gubernatorial candidate Charles Baker on Sunday ripped the planned local aid cut. "State government needs to clean up its act the same way that cities and towns have been working to clean up theirs," Baker told the News Service at a breakfast in Scituate. "I've spent a lot of time with municipal officials and they've put far more effort into reforming, restructuring and reworking the way they do business than this administration has put into it and this administration needs to stop pushing its problem off to the cities and towns and the taxpayers and get serious about restructuring the way state government works." Gov. Deval Patrick has proposed level funding of fiscal 2011 local aid accounts, which municipal officials say have been drained by 12 percent, or \$724 million during the economic downturn.

MCOA Legislative Alert: continued

STATE HOUSE NEWS SERVICE

PATRICK OFFERS LATEST MIDYEAR DEFICIT-CLOSING PLAN

By Michael P. Norton and Jim O'Sullivan, STATE HOUSE NEWS SERVICE

STATE HOUSE, BOSTON, MARCH 30, 2010.....Cutting back on debt payments to the Big Dig and the state's bridge repair program can help the state plug a \$195 million in this year's budget, Gov. Deval Patrick proposed Tuesday.

About two weeks after Patrick budget aides identified a late-year budget gap they said could hit \$295 million, the administration pegged the gap, opened by rising caseload demand for Medicaid and other human services, at the low-end estimate of \$195 million, about \$80 million of which they said could be solved with federal reimbursements.

The remainder requires \$50 million in diverted "surplus" transportation funds, \$38 million in spending cuts, and \$30 million in Medicaid savings that had been marked for the state's reserve fund, according to a deficit reduction proposal released late Tuesday. Patrick asked lawmakers to incorporate his budget-balancing plans into a supplemental spending bill that was approved by the House last week and is pending before the Senate.

State Puts ASAP Contracts Out To Bid: from At Home April 2010

In early March, the Executive Office of Elder Affairs put out to bid the Aging Services Access Points (ASAPs) contracts. The last time these contracts were put out to bid was in 1997. Owing to the statutorily-de-fined nature of the ASAP entities under Chapter 19A of the General Laws, these agencies perform a very specific role, with a very specific set of limitations and restrictions. According to EOEA, the purpose of the bid was to "advance the goals and outcomes of the home care program" by "expanding opportunities for consumer choice and direction; implementing new statewide standards for the comprehensiveness of assessments; setting the framework for building consistent service planning practices and improving consumer outcomes statewide; improving service coordination by expanding care manager monitoring of home care services as well as services provided by informal supports and other formal providers involved with elders; implementing new protocols for working with elders with Alzheimer's and related disorders, with elders with a history of frequent hospitalizations, and with elders temporarily admitted to nursing facilities." The bid covers the provision of home care services, information and referral, protective services, and clinical assessment and eligibility services. Pursuant to state law, eligible bidders must be non-profit agencies, or a network of non-profits, and have a board of directors in which the majority of members are over the age of 60 from the cities and towns served in the ASAP area, and a majority of members appointed by Councils on Aging. Hospitals and nursing homes are specifically ineligible to apply to become an ASAP. Bidders also cannot provide direct services nor have a direct or indirect financial ownership interest in an entity that provides on a compensated basis community- or facility-based long-term care services "without the written consent of Elder Affairs." In a new section of the bid, the state indicates that all ASAPs must inform Elder Affairs of its intentions to replace any of its executive leadership and senior management. EOEA reserves the right "to interview the person" being considered for Executive Director, and to take as long as 10 days to review the candidate's resume, during which time, an ASAP Board can make no offer of employment. In effect, Elder Affairs has declared its veto power over the hiring of key personnel at these private agencies. This language was largely seen as a usurpation of the right and responsibility of the private Boards of Directors of ASAPs to hire people to carry out the objectives of the corporation. Mass Home Care asked EOEA to delete this section of the bid document. Under the Request for Responses (RFR), the state intends to have new contracts in place by July 1, 2010. Letters of intent from prospective bidders were due in early April. A bidder's conference was held on March 12th, but Elder Affairs is not making public the names of agencies which attended the bidder's conference, or who actually submitted Notices of Intent. Completed proposals are due April 30th, and award announcements are expected to be made by May 28th. If an award is made to a new contractor, they will be expected to be ready to contract by December 1, 2010. – by Al Norman, Mass Home Care

MCOA Legislative Alert: continued



WEDNESDAY MARCH 31, 2010 Last modified: Wednesday, March 31, 2010 2:48 AM EDT

McGovern outlines health plan for seniors

BY JIM HAND SUN CHRONICLE STAFF

ATTLEBORO - One woman wanted to know how people are supposed to afford to buy the health insurance required under a national reform plan recently passed by Congress. Another asked how the plan will help seniors pay for their medicine. A man wanted to know if illegal immigrants were going to get insurance coverage under the bill.

U.S. Rep. James McGovern, D-Worcester, faced those questions and more from a skeptical audience Tuesday at the Larson Senior Center. He tried to explain the law passed by Democrats and President Barack Obama, and at the same time combat what he said was misinformation spread by cable TV news shows. He told about a dozen seniors that despite what they might have heard the truth is:

Health care coverage for veterans would not be hurt by the bill.

- Co-payments for preventive care will be banned under the law.
- A so-called "doughnut hole," or gap in coverage for paying for medicine for seniors, will be gradually filled.
- The non-partisan Congressional Budget Office estimates the reforms will lower the federal budget deficit by \$1.2 trillion over 20 years.
- Parents will be able to keep their children on their insurance plan until age 26.
- Insurance companies will not be able to discriminate against customers who have pre-existing medical conditions.
- Nobody will be forced to change health plans and patients will continue to pick their own doctor.

Norene Funk asked the question about paying for insurance. She said her daughter needs insurance because she has diabetes, but it costs \$1,200 a month. "She can't get any help," Funk said. McGovern said the bill includes subsidies for people who cannot afford insurance. He also said there are a number of mechanisms in the bill designed to help hold down the costs of health insurance.

Elaine Pardo asked about the doughnut hole in prescription drug coverage. Currently, Medicare helps pay up to \$2,830 a year for drugs. The coverage stops at that level until the bill for drugs reaches \$4,550. That means seniors are on their own for the \$1,720 gap between those two figures. McGovern said the hole in coverage will be filled over time with seniors hitting the mark this year getting a \$250 payment.

Tim Connolly asked about illegal immigrants getting health insurance. McGovern said the bill prohibits illegal immigrants from being covered under the plan.

Connolly also said the government has no right to require citizens to buy health insurance, but McGovern said people are required to buy car insurance, so why not health insurance.

McGovern said he believes it would be a mistake for Republicans to try to repeal the new law as they have promised to do. He said once the law takes hold and people see its benefits, they will come to appreciate it. "There are a lot of good things in this bill," he said.

MCOA News You Can Use:

AARP Andrus Nominations Sought: AARP Massachusetts is seeking nominations for the 2010 AARP Andrus Award for Community Service. This annual awards program recognizes an outstanding volunteer from each state who is sharing their experience, talent and skills to make a powerful difference in their communities. Last year, AARP recognized 45 individuals from around the country, including David Aronstein from Jamaica Plain, Massachusetts. Read descriptions of all last year's award winners. http://www.aarp.org/makeadifference/volunteer/articles/2009_andrus_awards_community_volunteers_honored.html Nominations must be received by **June 1, 2010**. For eligibility information and award rules, http://www.aarp.org/makeadifference/volunteer/articles/andrus_award_eligibility_guidelines.html or call 1-866-448-3621. To nominate someone online http://www.aarp.org/makeadifference/volunteer/articles/andrus_award_nomination_form.html

Graduate Student Request: Medicare Part D My name is Ben Weiss, I'm a Smith College School for Social Work MSW student. I got your name from Meckel Elston at Cambridge Health Alliance (where I am interning this year). I am recruiting participants for my master's thesis and was wondering if you might be willing to forward a flyer about my thesis to any email listservs that might include seniors or social workers who work with seniors. A bit about my project: I am looking for seniors who have fallen into the Medicare Part D coverage gap, or "donut hole," an experience which can force seniors to spend thousands of dollars out-of-pocket on their prescription drugs. For this project, eligible participants are seniors who have fallen into the donut hole at any point since 2006 and who were not covered by any other drug insurance while in the donut hole. The purpose of the study is to explore the experience of falling into the donut hole, in particular in relation to seniors' sense of civic engagement. I am looking for twelve participants for this qualitative study, interviews can be conducted in-person (if in the Boston area) or by telephone and will last about an hour in length. Participation will be kept confidential. I'll be recruiting until May 15th, 2010. I've attached a flyer to this email. If you are able to forward the flyer to any appropriate email lists I'd most appreciate it. If you have any questions please feel free to give me a call at 617-575-5196. Thanks so much,
Ben Weiss Benjamin Weiss [btweiss@smith.edu]

The Bureau of Substance Abuse Services and the Bureau of Community Health Access and Promotion, Healthy Aging and Disability Unit, are co-sponsoring ads on Channel 4 and WBZ (News Radio 1030) to alert people as they move through middle age about the ways alcohol affects them differently. The ad's message is: Did you know that after the age of fifty, your metabolism slows down, causing alcohol to stay in your body longer and impact you more? It can also interact negatively with prescription and over-the-counter medications, and cause certain health conditions to worsen. Talking to your Dr. about whether or not you should drink alcohol is advised. You can learn more about how alcohol affects you in our booklet, "Getting Older & Wiser: Safer Drinking as You Age." For a free copy visit www.mass.gov/dph/healthyaging or call 800-952-663 TTY: 617-536-5872

Got Ideas? Let's Transform the OAA!

The Older Americans Act (OAA) is due for reauthorization in 2011. How can we make it better? We want **YOUR** voice at the table—and we've launched an exciting new Web site to make it fun and easy. Visit The Exchange to share and vote on the best ideas for OAA reauthorization. Post your own idea—then get your peers to vote it to the top! See how it works. Go to <http://www.agingexchange.org/>



MCOA News You Can Use: continued

How to Lobby – Rep. Don Humason Jr. HOW TO LOBBY..., Westfield Evening News column, By State Representative Don Humason, Jr., See full article: <http://www.mcoaonline.com/content/civic/index.php>

Earth Day Rebates for Recyclables

Starting on Earth Day, April 22, you'll be able get up to a \$250 rebate to exchange your old refrigerator, dishwasher, clothes washer, or freezer and buy a new energy efficient model that will save you money on your electric bill for years to come. However, these rebates will only be available for a limited two week period so you should start planning now if you want to take advantage of this offer.

To get the rebate, you will need to visit a participating retailer, go to www.masssave.com/residential and use the online tool, or call **1-877-627-9721**. There you'll be able to get a reservation number and a rebate form to use after you've purchased the eligible appliance and exchanged it with your old one. You can get lists of the eligible appliances by visiting the MassSave website.

<http://www.masssave.com/residential/lighting-and-appliances/get-the-facts/the-great-appliance-exchange/%7E/media/35873E6A640D46F093DC211FA69D7234.ashx>

Remember, reservations for the rebate will only be taken starting on April 22nd and only be available through May 5th.

More information about this program is available on the MassSave website. But here are some key details:

- The program will run from April 22nd through May 5th
- Rebates are available for energy efficient refrigerators, dishwashers, clothes washers, and freezers (click the links to see a list of eligible models)
- To get the rebate you first need to get a reservation number for each kind of appliance you plan to exchange. So you can exchange up to four different appliances and get a rebate for each one but you have to get a separate reservation number for each kind of appliance.
- Reservation numbers will only be available starting on April 22nd can be obtained by visiting a participating retailer, visiting www.masssave.com/residential and using the online tool, or calling 1-877-627-9721
- To get the rebate you have to turn in and recycle your old appliance. Participating retailers will be able to arrange pickup of your old appliance when they deliver the new one.

The Arthritis Foundation — Walking with Ease program

The Arthritis Foundation, one of our partners in healthy aging, is launching a new program in April, WALKING WITH EASE. This complements the COA Keep Moving Program and provides motivational diaries, checklists, resources, and stretching and cool-down exercises. Thank you for sharing this link with your COA family.

<http://www.arthritis.org/easy-walking.php>

Linn Morrill, MEd, Community Liaison, Healthy Aging & Disability Unit, MA Dept. Public Health, 250 Washington Street, Boston MA 02108

2010 Food Stamp Advocacy Guide

Mass Law Reform Institute has posted the interactive e-book version of the 2010 Food Stamp Advocacy Guide to the MassLegalServices.org website. This interactive version has live links to the state and federal policy materials and regulations that are referenced in the Guide, so you don't need to do separate searches to find the primary source material. <http://www.mcoaonline.com/content/consumer/foodstamps.php>

MCOA Briefs: For our Members — ABI (Acquired Brain Injury) Waivers

Do you know someone with an acquired brain injury (ABI) living in a nursing facility, chronic hospital, or rehabilitation hospital who wants to live in the community?

If so, you may want to attend an information meeting about the ABI Waivers. Representatives from MassHealth, Mass Rehab Commission, and UMass will explain the waivers and answer your questions.

Six Informational Meetings from March 23 (Tuesday) to April 15 (a Thursday).

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

MCOA News You Can Use: 4 from Paul J. Lanzikos, Ex. Director NSES

- Robert Wood Johnson Foundation has published an excellent and timely report regarding Chronic Care. The chartbook is particularly informative. Page: Chronic Care: Making the Case for Ongoing Care – RWJF Link: <http://www.rwjf.org/pr/product.jsp?id=50968>
- A very important aspect of the newly enacted health care reform legislation involves a financing plan for peoples' potential need for long term services and supports. It is called the "CLASS Act", (Community Living Assistance Services and Supports Act). See this report from the New York Times.com New Old Age Blog. Go to <http://newoldage.blogs.nytimes.com/2010/03/24/a-new-long-term-care-insurance-program/?emc=eta1>
- **A second article for the NYTimes is of interest: Options Expand for Affordable Long-Term Care** By PAULA SPAN highlights a little-noticed detail in the new health law is an insurance plan that will help people with long-term health problems. Go to <http://www.nytimes.com/2010/03/30/health/30care.html?emc=eta1>
- **The Administration on Aging (AoA), the Alzheimer's Association and the Eldercare Locator are partnering to promote a series of conference calls in 2010! All are invited – especially new staff / interns / volunteers, or those just interested in getting a refresher.** Over the last couple of years AoA and the Alzheimer's Association - National Office have offered a series of conference calls to promote the National Alzheimer's Contact Center, for which AoA has been providing funding support since 2003. Each call offered the opportunity to learn about what the Contact Center offers to assist persons with Alzheimer's disease and other dementias and their family caregivers via: 24/7 live telephone support, Message boards in English & Spanish on a wide variety of topics, and Interactive on-line screening tools & resources, and more.

This year's series of calls will highlight the tools available through the National Alzheimer's Contact Center and the Eldercare Locator. With new information being added and/or updated on a continuous basis, this is a great opportunity to stay current or even learn new information that you might have overlooked!

To participate in a call, please RSVP to Amy Wiatr at amy.wiatr@aoa.hhs.gov with your name & date of the session you wish to join to ensure the appropriate number of call-in lines are available. Please arrange to be at a computer with internet access to the www.alz.org and www.eldercare.gov websites. Each call will follow the same basic outline to provide a guided tour of on-line tools, as well as a brief overview and ideas for collaborations with the National Alzheimer's Contact Center and the Eldercare Locator.

Please see the schedule with dates and times below. The Dial-in number: 866-875-1844 & Passcode: 871 7102 are the same for all calls.

Date	Time
Tuesday, April 6	2:30 - 4 PM Eastern / 1:30 - 3 PM Central / 12:30 – 2 PM Mountain / 11:30 AM – 1 PM Pacific
Wednesday, April 7	2:30 - 4 PM Eastern / 1:30 - 3 PM Central / 12:30 – 2 PM Mountain / 11:30 AM – 1 PM Pacific
Tuesday, April 27	2:30 - 4 PM Eastern / 1:30 - 3 PM Central / 12:30 – 2 PM Mountain / 11:30 AM – 1 PM Pacific
Tuesday, April 27	6 – 7:30 PM Eastern / 5 – 6:30 PM Central / 4 – 5:30 PM Mountain / 3 – 4:30 PM Pacific / 2 – 3:30 PM Alaska / 12 – 1:30 PM Hawaii-Aleutian / 11 AM – 12:30 PM American Samoa <i>And Wednesday, 4/28/10 8 – 9:30 AM Chamorro (Guam & CNMI)</i> Note: this call is specially scheduled to allow participation from those in relative time zone extremes, but all are welcome!

AoA has been providing grant funding support for the National Alzheimer's Contact Center since 2003. The goal of the project is to improve the quality of life of people with Alzheimer's and their caregivers through an integrated network of information specialists and care consultants who provide personalized information, support, care consultation and crisis intervention by telephone and electronically, 24 hours a day, 7 days a week and 365 days a year. The Contact Center operates through one 800 number and provides services throughout the country in partnership with the Association's chapter network. The Contact Center handles approximately 250,000 calls per year. The Contact Center also offers support via Message Boards and a number of on-line tools. Visit http://www.alz.org/we_can_help_24_7_helpline.asp to see more about the Contact Center. You may also contact your local Alzheimer's Association chapter for more information.

MCOA News You Can Use: continued

LINKS to Conference Exhibitors

Links to the Sponsors, Exhibitors, Vendors and Non-Profits of MCOA's 2009 Conference.
<http://www.mcoaonline.com/content/2010conference/index.php>

The Senior Community Services Employment Program

There are slots available under the Senior Community Services Employment Program.

Please see the attached document for details: <http://www.mcoaonline.com/content/eoea/index.php>

For further information, please contact: Olga Yulikova, Senior Community Employment Manager, Executive Office of Elder Affairs, 1 Ashburton Place, 5th floor, Boston, MA 02108 — 617-222-7459 (direct line) — Olga.Yulikova@state.ma.us

Tax Workoff, State Ethics Commission

Whether or not you attended the Property Tax work-off brainstorming session on Friday at MCOA, you may want to review this ruling that the State Ethics Commission made in regard to the Town of Groton (in 2004). Note that the Treasurer-Collector's office is the administrator of the program in that town - that is not always the case - and that they are quoting out-of-date minimum wage and are at the lowest abatement (\$500).

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

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

MCOABriefs: Personnel Update

Retirements/ Resignations:

- Kathy Mull co-director Bedford COA has retired after many years serving several different communities as their COA Director
- Deborah Watts, Program Coordinator of the Natick Council On Aging / Kennedy Sr. Center has relocated with her husband to Florida

Welcome New Director

- Laurie Cassidy is the new COA director in West Springfield

With sadness

- Mary Ann Holak's father passed away on Monday, March 22nd. Mary Ann is the Director at the Beverly COA

UpComing Events:

Hearth Inc. at The Boston Foundation The Rapid Aging of Boston's and America's Homeless: Policy Implications and Solutions Tuesday 27 April 2010 — Breakfast 8:00 am — Forum 8:30 to 10:30 am Details: <http://www.mcoaonline.com/content/consumer/property-tax.php>

Aging & Mental Health Coalition Conference will be held on **April 30th**, 2010 at the College of the Holy Cross in Worcester. All details are posted at <http://www.mcoaonline.com/content/conferences/index.php>

For more info contact Elizabeth H. Connell, Assistant Director, Division of Elder Affairs, City of Worcester, 128 Providence Street, Worcester, MA. 01604 508-799-8030 connelle@worcesterma.gov

Aging With Dignity Conference Tuesday, June 8, 2010

Preventing and Responding to Substance Use Problems Among Older People

A conference for health and human service professionals. College of the Holy Cross, Worcester, MA0.

Registration brochure will be mailed six weeks before the conference. If you would like additional information, please contact AdCare Educational Institute, Inc. at 508-752-7313; TTY: 508-754-0039

UpComing Events: continued

SAVE THE DATE Mass Home Care's 27th Annual Meeting

Monday, June 21, 2010 – 11:30 am Luncheon. At the Burlington Marriott. Keynote Speaker Michael J. Widmer, President, Mass Taxpayer's Foundation

Free Oral, Head and Neck Cancer Screening at Mass. Eye and Ear April 16

WHAT: The Massachusetts Eye and Ear Infirmary at 243 Charles Street in Boston has joined with the Massachusetts Society of Otolaryngology and the Head and Neck Cancer Alliance to sponsor free screenings for Oral, Head & Neck Cancer Awareness Week. Mass. Eye and Ear will provide **free oral, head and neck cancer screenings** from **9 a.m. to 2:30 p.m. on Friday, April 16** in the 11th floor head and neck clinic, in an effort to increase awareness of this cancer which is not commonly known. Oral and other head and neck cancers remain a target for early detection. When diagnosed very early, they are easy to treat and cure. These screenings are open to the public. **To reserve a space, call 617-573-4084.**

DATE: Friday, April 16 from 9 to 2:30p.m. LOCATION: Massachusetts Eye and Ear Infirmary 11th Floor Head and Neck Clinic 243 Charles Street, Boston, MA

“SAVE THE DATE” The MA SMP Program is pleased to announce its *first* MA SMP Program Statewide Conference for *service providers* from all sectors of the aging service delivery network. This *free* conference will take place at the Holiday Inn, Taunton, MA **Friday, May 21, 2010, from 8 a.m. to 3 p.m.** This conference aims to broaden the reach and visibility of the SMP Program and create momentum among service providers to encourage healthcare consumers, in particular Medicare and Medicaid beneficiaries, to become actively engaged in their healthcare and understand the critical role they have in preventing healthcare errors, fraud and abuse. The conference will also focus on the best practices of reaching and serving culturally diverse communities and much more. *Please see Attachment and Share with your Networks. Conference Brochure and Registration to Follow!* If you have any questions about the conference, please do not hesitate to contact Pat Sadre at 978-946-1352. *Thanks so much!* Lucilia Prates, Director Massachusetts SMP Program *Empowering Seniors to Prevent Healthcare Errors, Fraud and Abuse* Elder Services of the Merrimack Valley

MGA This year's annual meeting will be on the 6th of May. Stephen Golant, a geographer from the University of Florida, will give us some of his innovative ideas about “Residential Normalcy”. Secretary of Elder Affairs (and Louis Lowy award winner) Anne L. Hartstein will join us and student posters will be on view. There will be a book signing reception, featuring Drs. Golant and Joan Hyde. Please save the date.

Save the Date April 23, 2010 Vibrant Living a UMASS Boston gerontology Celebration

- **30 Years — Manning Certificate Program in Gerontology**
- **25 Years — Gerontology Institute**
- **20 Years — Gerontology Ph.D. Program**

To honor Senior Lecturer Marian Spencer for her long-term advocacy for the elderly, learn from our presenter, Scott Bass, founding director of the Gerontology Institute and provost, American University, and applaud the Frank J. Manning Certificate Class of 2010 and the Sigma Phi Omega Gerontology Honor Society Inductees For more information go to <http://www.umb.edu/ua/gerontology/>

Samaritans Elder Workshops "Taking Care of Yourself and Others" — Workshops and a Flyer: <http://www.mcoaonline.com/content/wellness/index.php>

Arthritis Foundation training courses New England and Massachusetts.

Please register for Peabody MA by Thursday 22 April. See Peabody, **Thursday 29 April** See: <http://www.mcoaonline.com/content/wellness/index.php>

UpComing Events: continued

21st Annual Elder Care Conference for Western Massachusetts Tuesday, May 18, 2010
8:15 am - 4:00 pm Mass Mutual Center Springfield, MA **REGISTER NOW** go to

<https://mphaweb.wufoo.com/forms/2010-western-ma-elder-care-conference-registration/>

As in past years there are 21 workshops over three sessions. Keynote speaker is educator and humorist, Dr. Steve Sobel. In 2009 there were more than 35 exhibitors who were in the main halls for the entire day and exhibit space was sold out. This conference is a program designed for Elder Care Providers, Administrators, Educators and Policy-makers. CEUs available for Nurses, Nursing Home Administrators and Social Workers, Mental Health Counselors, Psychologists and Substance Abuse Counselors. (*Other CEU credit may be possible*) For information on Exhibiting or Sponsoring contact Kate Ward at: kward@mphaweb.org or (617) 524-6696, Ext.110. Check the Massachusetts Public Health Association website for conference updates- at <http://www.mphaweb.org/ElderCareConference.htm> **Workshops to be offered:**

- A1. Elder Suicide: Assessment and Prevention
- A2. Understanding and Recognizing Problem Gambling in Older Adults
- A3. Addressing the Disparities in Men's Health
- A4. UTI's in Frail Elders
- A5. Diabetes: When You Should Ask for Help
- A6. Health Care Proxy Law
- A7. REGALE: Recognize and Embrace Gay and Lesbian Elders
- B1. Community Based Mental Health Services for Older Adults
- B2. Effective Communications: Working with Persons with Hearing Loss
- B3. "Who Says She Can't?" "Who Says He Can't?": Exploring Ageism in our Work
- B4. Dealing Positively with Alzheimer's Disease
- B5. Just In! Promising Developments in Elder Oral Health
- B6. Road Scholar: The Registry of Motor Vehicles Mature Driver Program
- B7. Conflict Resolution: Using Effective Conflict Resolution Skills to Manage Disputes Involving Elders and Their Families
- C1. *The Game of Life* Retirement Version
- C2. Latino Services: Creating a Partnership with Agencies that Support the Latino Community
- C3. Reminiscence: An Important Task For Older Adults and End of Life Care
- C4. Self-Neglect: A Cry for Help
- C5. Lobbying for Success
- C6. Healthy Eating for Successful Living: An Evidence-based Nutrition Program
- C7. Ten Steps to Effective, Free Publicity, and Long-Term Media Relationships

Successful Aging in Place Workshop Monday, April 26, 1:15PM

- **Pitfalls & Potentials of Elder Equity Conversions/ Reverse Mortgages**
- **Alternative Resources**
- **Property Tax Relief Options**
- **Proactive Legal Planning**

Providing helpful ideas and solutions for regional seniors and "boomers" as well as elder network professionals and town officials who want information on how elders can maintain quality of life and "age in place" in their own homes

Len Raymond, Executive Director, Homeowner Options for Massachusetts Elders **Stephen Matthews, Attorney, MetroWest Legal Services** **William Fowler, Finance Director, Town of Sharon, HESSCO Elder Services\ Local COA Directors/Members of MCOA Property Tax Relief Task Force** Location: Sharon Community Center, Ballroom 219 Massapoag Ave, Sharon MA Reserve a seat by Tuesday, April 20 -781-784-8000 Ask about transportation options, preferably by April 20 *Sponsored by the Sharon Adult Center, Friends of the Sharon Council on Aging, and the Norfolk South Regional Councils on Aging*



Massachusetts Department of Public Health
Regional Health Dialogues

**The Massachusetts
Department of Public Health
Invites You to Participate in Our Fifth
Round of Regional Health Dialogues**

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

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



SOUTHCOAST Regional Dialogue
Friday, April 16, 2010
1:30 PM to 3:30 PM
Woodland Commons, UMass
285 Old Westport Road
North Dartmouth, 02747

SOUTHEAST Regional Dialogue
Monday, April 26, 2010
3:00 PM to 5:00 PM
Brockton Public Library
304 Main Street
Brockton, 02301

BERKSHIRES Regional Dialogue
Wednesday, April 28, 2010
10:00 AM to 12:00 PM
Ralph J. Frolo Senior Center
330 North Street
Pittsfield, 01201

WESTERN Regional Dialogue
Wednesday, April 28, 2010
3:30 PM to 5:30 PM
Bronnan Center, Springfield College
45 Island Pond Road
Springfield, 01109

METROWEST Regional Dialogue
Friday, April 30, 2010
10:00 AM to 12:00 PM
Holiday Inn Boston-Somerville
30 Washington Street
Somerville, 02143

NORTHEAST Regional Dialogue
Friday, April 30, 2010
2:00 PM to 4:00 PM
Cruiseport Gloucester
6 Rowe Square
Gloucester, 01930

CENTRAL Regional Dialogue
Friday, May 14, 2010
9:30 AM to 11:30 AM
YWCA of Central Massachusetts
One Salem Square
Worcester, 01608

CENTRAL Regional Dialogue
Friday, May 14, 2010
1:30 PM to 3:30 PM
Milford Youth Center
24 Pearl Street
Milford, 01757

Dates, times and locations
are subject to change.
Please visit:
www.mass.gov/dph
for details and the most up
to date information.

MCOABriefs: Member Request

Chore Service Info & Job Descriptions ?

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

SHINE Counselor Status in COAs ?

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

JoanneMoore@duxburycoa.com

Vinyl-Cover Stacking Chairs ?

I am looking to purchase "Vinyl cover - stacking chairs with arms" for my senior center dining room.

Please email me back if you have a good lead for this type of item. Thanks and stay dry, Dawn Folopoulos, Elder/Human Services Administrator Town of Reading, 16 Lowell Street, Reading MA 01867 — Phone: 781-942-6658 ~ Fax: 781-942-9071

Building Process/Procedures for COAs ?

I would appreciate any feedback out there from any existing community/senior centers. The town of Scituate is looking into building one and we could use information on how they are doing, what their capacity is and if they are happy with the model. I would also love to know where they are located, so that we can take a look at their operation. Thank you so much! Florence Choate, Scituate Council on Aging — florencechoate@yahoo.com — (781)545-8722

Discount Programs for Volunteers ?

I am seeking information on whether you provide a discount to programs for your volunteers and what went into your decision to provide one or not. We are trying to develop a policy in Belmont, and the issues are complicated. Thanks for your help. Nava Niv-Vogel, L.I.C.S.W., M.P.H., Director, Belmont Council on Aging, 266 Beech Street, Belmont, MA. 02478, Direct Tel. # 617 993 2975, Fax # 617 993 2971 — nnivvogel@belmont-ma.gov

Maintenance Plan for Town Meeting ?

The East Bridgewater Senior Center Building Committee is working hard to bring an article to town meeting for funding of a senior center. In anticipation of questions that will be asked at the meeting, I have been asked to research a maintenance plan. If anyone out there has such a plan that they would be willing to pass on to me, I would appreciate it. Thank you. Nancy G. Hill, Director, East Bridgewater Council on Aging, 508-378-1610, nhill@ebmass.com

Trip Policies, Trip Escorts ?

My COA Board is interested in any COAs that have trip policies. Currently our Friends Group makes any profit from any of the trips through tour companies. For example: Do you have an escort, staff or volunteer? Does the trip escort go for free? Do you require each person to have a health information card on them in the event of an emergency? Are day trip policies the same as longer overnight trips? Do you ask for a non-refundable deposit on overnight trips? Do you give people back their money when they cancel? Please send any Trip Policies to phunt@north-attleboro.ma.us

Looking for a ZUMBA instructor

Chelsea is looking for a ZUMBA instructor... Does anyone have a name they can email me. Gracias!!

Tracy M. Nowicki, Director, City of Chelsea Elder Affairs, 10 Riley Way, Chelsea, MA 02150

617-466-4370 (w) — 617-466-4379 (f)

To: COAs **Fr: Emmett Schmarsow**
Formula and Service Incentive Grant Training, FY2011

This memo provides information regarding the training and information sharing programs for Fiscal Year 2011 Council on Aging (COA) Formula and Service Incentive Grants.

The **Formula Grant** presentation covers the application procedure, the annual report, technical assistance, best/useful practices and other items of general group interest (including board matters) as time permits. Group interaction is an essential element of these programs. Please know that the grant application will be issued shortly. Your 2011 Formula Grant budgets will be due by June 30th.

FY2011 **Service Incentive Grants** anticipate continuity of prior year funding. Emphasis for actual/potential grantees remains on quantitative, evidence based practices and outcomes. The grant training will be generally applicable to applying for competitive grants.

These sessions are offered in conjunction with the Mass. Association of Councils on Aging and Senior Center Directors. **Directors hired within the past two years should consider attendance at one of these trainings mandatory. All directors are welcome: your institutional memory is invaluable!** New COA board chairs as well as Area Agency on Aging planners and/or grant managers are welcome and encouraged to attend.

Please contact the host agency to register, for lunch information and directions if need be. If you have any questions regarding these workshops, please contact Emmett Schmarsow at 1-800-698-9723 (emmett.schmarsow@state.ma.us) or Sherri Sore at 617-222-7576 sherri.sore@state.ma.us. Programs will start promptly. We look forward to seeing you soon! Thank you.

<u>DATE</u>	<u>TIME</u>	<u>SITE</u>	<u>HOST</u>	<u>TELEPHONE</u>
22 April 10	9:15 -- 11:15	Groveland	Lynne Stanton	978-372-1101
27 April 10	9:15 -- 11:15	Natick	Moira Munns	508-647-6544
28 April 10	1:00 – 3:00	Marshfield	Carol Hamilton	781-834-5581
30 April 10	9:15 -- 11:15	230 Webster St. Pittsfield	Joe Major/ Roberta Lucia	413-499-9346
4 May 10	9:15 – 11:15	Mansfield	Gale Farrugia	508-261-7368
5 May 10	9:15 – 11:15	Sutton	Michelle Edelstein	508-234-0703
7 May 10	9:15 – 11:15	Northampton	Patte Shaughnessy	413-587-1228
12 May 10	1:00 – 3:00	Lynnfield	Linda Naccara	781-598-1078
14 May 10	9:15 – 11:15	Leominster	Laurane Brooks	978-534-7511
19 May 10	9:30 – 11:30	Barnstable	Madeline Taylor	508-862-4759
20 May 10	1:00 – 3:00	Northborough	Kelly Burke	508-393-5035

To: COAs Fr: Emmett Schmarsow Re: Transportation Survey

State and local governments continually try to address transportation needs... a number one concern for many years in the aging network. This brief survey requires some background material in order to better understand major transportation services provided by or through COAs. We are focusing on your own municipal statistics, even if you are part of a shared (multiple community) transportation arrangement.

Kindly refer to your annual report EOEA-SGA (*see Section V, item "t", for the year ending 30 June 2009*), for data regarding duplicated rides (read: units of service) and unduplicated counts (unique individuals). *Given the nature of this survey, please know that estimates are preferable to non-responses.*

Section #1 is for **elder** riders, section #2 for **non-elders**.

Your figures/estimates refer to transportation provided through COA vans, buses or personal-private vehicles or other means for which the COA is able to obtain data. You may/should include destinations outside your city/town. Taxi rides for which destinations (e.g., social, shopping, medical) are NOT known do not have to be included. Using item "t" from your annual report (see above), please note the following **A=actual**, **E=estimated** figures and/or estimates.

→ ITEM #1 – **Elder** riders

	% of Rides	A/E	(see note) # of Rides	A/E
Social/recreation				
Shopping				
Medical appointments				
Other:				

= 100.0 % "one-way"
(NOTE: two rides = 1 round trip)

ITEM #1A

Of medical appointments, the number of "out-of-town" (or "long distance") **Rides** provided.

ITEM #1B. Does the COA typically record each leg of a trip as a "one-way" ride? ()Yes ()No

→ ITEM #2 – **Non-elders**

	% of Rides	A/E	(see note) # of Rides	A/E
Social/recreation				
Shopping				
Medical appointments				
Other:				

= 100.0 % "one-way"
(NOTE: two rides = 1 round trip)

ITEM #2A

Of medical appointments, the number of "out-of-town" (or "long distance") **Rides** provided.

ITEM #3 Any comments, suggestions, observations?

Thank you for your courtesy and support of this effort!

Please return this material to: Emmett Schmarsow, Program Mgr. COAs, Exec. Office of Elder Affairs, One Ashburton Place, 5th Fl., Boston, MA 02108 or email to Emmett.schmarsow@state.ma.us. Fax is 617-727-9368. Tel. 617-222-7471 or 1-800-698-9723.