

MCOA News

MCOA 116 Pleasant Street, Room 306, Easthampton, MA 01027 tel: 413.527.6425 email: Janiece@mcoaonline.com

Notes from the Executive Director: Late February 2008

Please Circulate to Your Staff

MCOA's Weather Cancellation Policy: As we 'enjoy' this winter season, MCOA would like to reiterate its weather cancellation policy. In the advent of inclement weather MCOA may choose to cancel/ reschedule an event. **Attendees should call our telephone numbers for a recorded message on the status on any meeting, 24 hours prior to that meeting: 413.527.6425**

Reminder: MCOA's Advisory Council Meeting (for all Board members, Regional Representatives, Committee, Working Group and Task Force Chairs) is scheduled for March 14th at the Milford COA. We will begin promptly at 9:30 am and the agenda will cover a legislative update, planning for the Fall Conference and other committee reports. In addition we will formulate our 'list of concerns' with pending legislation on:

- 1. Exempting Seniors from Prop 2 1/2 Overrides**
- 2. Gambling**
- 3. Testing Older Drivers**

RSVP to Janiece@mcoaonline.com

Upcoming Events: MARK YOUR CALENDARS!

Additional information and registration forms enclosed for the following:

March 18th Home Foreclosures: A jointly sponsored training event at the Milford COA

March 20th Outreach Summit: ASAP 101- Understanding their Service Network, Milford COA

Save the Date Info: Preliminary Information Enclosed

7 Dates for the Keep Moving Program

May 9th: Compulsive Gambling Conference

May 13 & 14: Suicide Prevention Conference, Sturbridge Host

May 15th: Fall Prevention Symposium, DCU/Worcester

June 4th: Aging and Dignity Conference, Holy Cross/Worcester

An Invitation from MAOA....

February 1, 2008

Dear Council on Aging Directors and Board Members,

We write to you today to invite you, as the center of elder activity in your community, to join MAOA in its statewide effort to mobilize elders for the betterment of our community, region, state and country. Maintaining the voice of elders at all levels of involvement is a daunting task and we invite you to work with MAOA to expand your Council's capacity to address the pressing issues of the day for the community as a whole.

MAOA is a statewide educational advocacy organization working to insure that elders remain in the mainstream of community life. As the first statewide senior advocacy organization formed almost 35 years ago by Frank Manning and a group of seniors throughout the state, we have always relied on our close working relationship with Councils to "get the job done."

Under the leadership our Board of Directors, our goal is to continue down this path, hopefully with your help.

Our work is part of the achievement that we all need to strive to improve: *to make sure the voice of elders is heard wherever and whenever policy and program decisions are made at the local, state and federal level.* We accomplish this task by working with organizations such as Councils, as well as directly with and for elders to advocate for issues of importance (open enrollment for Prescription Advantage, an increase in the Personal Needs Allowance for those living in long term care facilities with assistance from MassHealth, increased fuel assistance and food stamps for our lowest income elders etc). Our issues focus on quality health care, income security, affordable housing, appropriate tax policies, adequate funding for human services, etc.

We invite you to join us in this effort by becoming a member of MAOA and encouraging your seniors to do so also. We can offer technical assistance to develop a local presence for the voice of elders in your community. This may take many forms from providing information on elder economic security, training on Mental Health and Older Adults, legislative updates, or issue oriented or advocacy trainings for your board or elders. Please feel free to contact either of us (Ann at 617-426-0804, ahartstein@MAOAmass.org or Barbara at 781-741-1458, farnsworthb@hingham-ma.com) if you have any question or comments.

Sincerely,

Ann L. Hartstein
Executive Director, MAOA

Barbara Farnsworth
MCOA representative to MAOA Board
Director of Hingham Elder Service

Please Note:

1. **By now municipal COAs should have received five copies of Focal Points**, MCOA's News Magazine in a manila envelop and **we ask that you circulate these** within your community to your Mayor/town manager, COA Board, Selectboard, Finance Committee and your staff. Additional copies are available in limited quantities. By January 15th it will also be available online at www@mcoaonline.com
2. Just a final reminder that David P Stevens old email address dpsjkr@rcn.com will no longer receive mail. Please change his address to david@mcoaonline.com
3. **New COA Directors:** Welcome and please let us know your contact information. We have a New Director's Manual and can inform you about upcoming regional trainings. Regional Reps please forward names of new directors in your area. Send contact info to Janiece Leach at Janiece@mcoaonline.com

MCOA Legislative Alert:

MCOA Members: As we begin the legislative side of the budget process for the FY09 we hope that everyone has been in contact with at least their Representatives and hopefully their Senators by now. We expect the House Ways and Means budget to be released at the end of next month and we will inform our members about any next steps thru our Action Alert Email System.

Bottom Line: Ask your Representatives and Senators to support an increase of \$650,000 in Line Item #9110-9002 to \$8,535,000; which will change the formula grant from \$6.50/elder/YEAR to \$7/elder/YEAR. Specifically ask them to make this one of their top priorities when speaking with the Chairs of HWM &SWM. Note: Our second priority is for an additional \$600,000 for Technology grants to upgrade hardware and software throughout the network.

Action Steps Reminder: To be completed by the end of February 2008.

1. Review the material above provided by the Legislative Committee.
2. Customize it to give it with your local input.
3. Decide how you want to connect with your legislator/delegation.
Some communities have pursued a one on one approach that includes COA Staff and/or Board members that meet directly with the legislator onsite, in the district office or in Boston. Other communities have conducted a regional legislative breakfast-presenting a regional picture. Please contact your regional representative (see October 2007 MCOANews for contact info) for the step by step checklist to plan such an event.
4. Specifically ask to increase Line Item 9110-9002 by \$1,250,000= \$650,000 to increase the formula grant from \$6.50 to \$7/elder/YEAR and another \$600,000 for technology.
5. Specifically ask if your legislator will make this a "top priority" during discussions with the chairs of the House and Senate Ways and Means Committees
6. Report your progress directly to Barbara Farnsworth, our legislative chair and the director of Hingham Elder Services. Barb can be reach at 781.741.1458 or farnsworthb@hingham-ma.com
7. Thank you for your ongoing efforts.....Last Year we had 92 representatives who supported the full \$7/elder/year-we need at least 30 more to make this happen!

SAVE OUR Senior Centers Task Force: Is actively tracking the impact the FY09 budget on senior centers and staffing. Please send updates and your concerns to Ruthann Dobek/Brookline Ruthann_Dobek@town.brookline.ma.us and Jayne Colino/ Newton jcolino@newtonma.gov

Resources You Can Use: From our friends at EOEA

Stimulus Payments: Instructions for Low-Income Workers and Recipients of Social Security and Certain Veterans' Benefits

FS-2008-16, February 2008

Some low-income workers and recipients of Social Security, certain veterans' benefits and certain Railroad Retirement benefits may qualify for economic stimulus payments this year from the federal government. In most cases, payments will range from \$300 to \$600 for individuals and \$600 to \$1200 for joint filers. Taxpayers may receive \$300 for each qualifying child.

Most taxpayers do not need to take any extra steps to receive the payment beginning in early May.

But there are some exceptions.

Individuals who might not otherwise be required to file a 2007 tax return will need to file a return this year to receive the stimulus payment. The return must show at least \$3,000 in qualifying income.

In other words, low-income workers who had at least \$3,000 in earned income in 2007 but do not otherwise earn enough to be required to file a federal tax return need to file a return in order to get the stimulus payment. Likewise, Social Security recipients, veterans and retired railroad workers who might not otherwise need to file a tax return must do so to receive the economic stimulus payment.

Emmett H. Schmarsow, Program Manager for Councils on Aging and Senior Centers, Executive Office of Elder Affairs

February 13, 2008

I received an update on the DTV transition today re: misinformation to consumers. As I mentioned in my last email, there is lots of confusion around this issue and it is important that we stay updated as we receive calls from elder consumers. As you know, elder consumers are largely impacted by this upcoming change. MASSPIRG recently conducted a secret shopper survey at 132 locations of 5 leading national electronics retailers in 10 states. The survey found that retail electronic store staff are largely untrained and are not adequately preparing consumers for the transition. The survey showed that retailers provided inaccurate or misleading information. Many sales clerks tried to persuade surveyors to buy new, expensive digital televisions or HD televisions rather than explaining the availability of the less expensive option, such as buying converter boxes, discounted by government coupons available to anyone who needs one. Surveyors found: 81% gave out inaccurate information 78% of sales staff provided inaccurate information about the federal coupon program 42% provided inaccurate information about the month of the digital transition deadline date.

MASSPIRG and other consumer groups are actively urging retailers to train their staff about converter boxes, the coupon program, and transition date. In addition, they are urging the federal government to enforce penalties against companies that mislead consumers in an effort to reap great profits from the sale of TVs.

I'll keep you updated on this issue as we continue to educate our network. Thank you.

***Carole Malone Director of Program Coordination Executive Office of Elder Affairs One Ashburton Place 5th floor
Boston, Massachusetts 02108 (617) 222-7568 Carole.Malone@state.ma.us***

Resources You Can Use: From our friends at MA DPH: Helpful Websites:

1. For a wellness calendar that senior center staff may find useful (2008 National Health Observances) here is the link: www.healthfinder.gov/library/nho
2. For a fun and colorful wellness bingo for seniors -- (from the Georgia LIVE WELL AGE WELL GEORGIA site) <http://www.livewellagewell.info/study/materials.htm>
3. For Public Health Awareness Campaign Materials go to <http://www.healthyagingprograms.org/content.asp?sectionid=91>
OR go to: www.healthyagingprograms.org/
search: "Resources" / "Resources by type" / then open 'Public Health Awareness Campaign Materials'
4. For a National Health Observances Calendar www.healthfinder.gov/library/nho

From: Linn Morrill, Linn (DPH) [mailto:Linn.Morrill@state.ma.us]

Linn Morrill, Community Liaison
Healthy Aging Health and Disability
MA Department of Public Health
250 Washington Street - 4th floor
Boston, MA 02108
tel: 617.624.5965
tty: 617.624.5992
fax: 617.624.5075

Resources You Can Use: From our friends at MA Bar Association:

The Mass Bar Association 2008 Elder Law Education Program is again presenting its annual training program for communities around the Commonwealth. Their available reference guide entitled "Taking Control of Your Future: A Legal Checkup" details many topics that can be presented at your senior center for no cost during the month of May. They request 15+ people and ask that your request be submitted by the end of this month. You should have already received a letter detailing this offer. Contact MBA at 20 West Street, Boston 02111-1204 Attn: Elder law Education Program or call 617.338.0500 or email them at communityservices@massbar.org with "Elder Law" in the subject line item.

Resources You Can Use: From our friends at MA Consumers Affairs

My name is Dan Crane, and I am the Undersecretary of the Massachusetts Office of Consumer Affairs and Business Regulation.

I would like to highlight an issue that is very timely. As tax season is upon us, the Office of Consumer Affairs and Business Regulation advises Massachusetts consumers to be wary of tax refund loans, also known as *refund anticipation loans* (RALs). RALS are secured by and paid from your pending federal or state tax refund. Many tax preparers advertise them as an easy alternative to waiting for your refund check.

Instead of paying the high fees and interest that are associated with refund anticipation loans, there are alternatives for consumers to quickly access their tax refunds. The attached advisory details the resources available to help consumers obtain the money that is due to them

CA Attachment

Connecting for Safe Communities: Suicide Prevention Across the Lifespan

Celebrating the 9th Annual Suicide Prevention Awareness Event at the State House

For Immediate Release CONTACT: Roberta Hurtig, co-chair 617-536-2460 or rhurtig@samaritanshope.org Ellen Connorton, Policy Chair at 617-661-3033 or ellen@connorton.org

Boston, MA - January 31, 2008 - Massachusetts House Speaker Salvatore DiMasi and his wife Deborah DiMasi will be honorees at the 9th Annual Massachusetts Coalition for Suicide Prevention (MCSP) State House Event, Monday, February 4, 10 am - noon in the Great Hall. Registration and networking will take place from 9:00 - 10:00 am. Speaker and Mrs. DiMasi will be recognized for championing the cause of suicide prevention and ensuring an increase in state funding for prevention efforts.



The MCSP's Leadership in Suicide Prevention Awards will also be presented to State Representative Ruth Balser, Cathy Barber of the Harvard Injury Control Research Center, Sally Fogerty of the Massachusetts Department of Public Health, The Needham Coalition for Suicide Prevention, **Sandy Vickery of the Bourne Council on Aging**, and the Youth Education and Support Project .

Featured speakers will include Chairman of the Joint Committee on Health Care Peter J. Koutoujian, Senators Robert A. Antonioni and Scott Brown, House Majority Whip Lida Harkins, National Alliance on Mental Illness of Massachusetts Executive Director Laurie Martinelli, Department of Mental Health Commissioner Barbara A. Leadholm, and Department of Public Health Commissioner John Auerbach.

Suicide is the 11th leading cause of death in the United States and takes more Massachusetts lives than homicide or HIV/AIDS. In 2005, 469 Massachusetts residents died by suicide, compared with 177 homicides and 180 deaths from HIV/AIDS. Self-injury also burdens the Commonwealth's health care system - there were 4,356 hospitalizations and 6,956 emergency department visits for self-inflicted injury in 2005.

"There is so much to celebrate in suicide prevention this year," said Roberta Hurtig, MCSP co-chair and Executive Director of the Samaritans, Inc. of Boston/Framingham. "Our honorees played important roles in advancing prevention both statewide and in their communities."

The Massachusetts Coalition for Suicide Prevention (MCSP) is a broad based inclusive alliance of suicide prevention advocates, including public and private agency representatives, policy makers, survivors, mental health and public health consumers and providers and concerned citizens committed to working together to reduce the incidence of self-harm and suicide in the Commonwealth. The MCSP's mission is to support and develop effective suicide prevention initiatives by providing leadership and advocacy, promoting collaborations among organizations, developing and recommending policy and promoting research and development.

For further information on the Massachusetts Coalition for Suicide Prevention, please call 617-817-1977 or email info@MassPreventsSuicide.org or visit our website at www.MassPreventsSuicide.org.

Massachusetts Coalition for Suicide Prevention P.O. Box 400792, Cambridge, MA 02140
Telephone: 617-817-1977 Email: info@MassPreventsSuicide.org www.MassPreventsSuicide.org

MCOA Briefs: Transitions & Announcements

New Directors: MCOA welcomes the following new Directors that have started over the last few months. We encourage Directors of neighboring towns & Regional Representatives to contact them and introduce yourself to:

1. Janet Claypoole, Dover COA
2. Andrea M. priest, Middleborough COA
3. Karen Juhl, Sherborn COA
4. Madeline Taylor, Director, Barnstable COA
5. Carolyn Wynn, Director, Peabody COA
6. Amy Wilson Kent from the Mendon COA
7. Andrea Priest from the Middleboro COA

If you are new please contact MCOA and we will list your name in the next newsletter and send you a New Director's Manual

Members should also be aware of the following individuals who have assumed leadership positions at some of our smaller COAs

- Jean Andrews is the new chair Hinsdale COA.
- Ann Seymour, is the new Chair, Ashby COA
- Charlotte Kennan, the Board Treasurer is new contact person for the Petersham COA

Appointments:

Dear Friends: I am pleased to announce the selection of **Emily Haber as the new Chief Executive Officer of the Massachusetts Service Alliance (MSA)**. Emily brings to MSA a longstanding commitment to the communities of Massachusetts. As the head of Boston Main Streets, she has established a track record of creating positive social change through innovative initiatives at the local level. Her leadership experience will enable her to build upon MSA's current foundation during this time of tremendous opportunity. Below you will find the announcement detailing her background. On behalf of the MSA board and staff, I would like to express a warm welcome to Emily as the new leader of the MSA team. We are delighted to have her at the helm as we expand the service movement in the Commonwealth. Please join us in welcoming Emily. Yours in service,
Brendan Coughlin Board Chair Massachusetts Service Alliance

Award Nomination:

Dear Town Employees, I am pleased to announce that your co-worker, **Diane Mitchell** has been nominated for the Massachusetts Commission of Women's Unsung Heroines of Massachusetts award. This program strives on an annual basis to identify and honor extraordinary women from each of the Commonwealth's 350 cities and towns. We are very pleased to have the opportunity to recognize one of our town employees for this award. There are many good candidates to consider and we appreciate the hard work of all employees. One of the criteria is that these women's unheralded efforts make their community a better place to live through their innovative approach to their jobs or causes. Diane's efforts on behalf of Ipswich elderly and needy over the past 20 years have in fact made life easier for thousands of Ipswich residents. She has put together a great team who have reached out and touched our neighbors and friends through her position as **Executive Director of the Ipswich Council on Aging** and her many volunteer efforts. It is truly an honor for the Board of Selectmen to nominate Diane Mitchell for this prestigious award. Sincerely, Elizabeth Kilcoyne, Chair Board of Selectmen

MCOA Briefs: Member Requests

Respite/Companion Program: ... I know everyone is so busy but I hope you or your designee can respond to my inquiry. I'm looking for information from other COA's who have a Respite or Companion program. This is strictly a supervisory program.

How does your program operate? Please identify procedures followed.

Are there minimum or maximum hours the companion can work?

Are evenings, overnights and weekends included?

Do the companions get paid? If so, who pays them?

If the Town pays the companion, are they employees or contractors?

Do you have any forms, or a brochure you could share with me?

Who coordinates the program? Number of hours? Any other staff involvement?

If so, how many hours?

Does your community have additional liability insurance coverage?

Please respond to dryder@townofchelmsford.us. Thanks so much for your assistance.

Diana Ryder, Director Chelmsford Human Services/Elder Services

75 Groton Road N. Chelmsford, MA 01863 Tel. 978-251-0533 Fax: 978-251-3794

50th Anniversary: The East Longmeadow Council on Aging will be celebrating our 50th Anniversary this June. Could COA's who've reached this milestone share with me how they commemorated this event? Events or parts of events that were really successful? Any input would be appreciated. Carolyn Brennan, East Longmeadow Council on Aging 413-525-5436 cbrennan@eastlongmeadowma.gov

Co-Locating a Senior Center: We are exploring all our options in regards to a new building and would appreciate advice from anyone who currently shares a building with a Library, Recreation Center, School, etc. Info on the good as well as the bad aspects of this would be greatly appreciated. Pam Blaquiere Boxford Council on Aging pblaquiere@town.boxford.ma.us

Title III \$: I am hoping to connect with other COA's that receive Title IIIB money for Outreach to learn what COA activities they consider "outreach" and how they are reporting these outreach units to the ASAP>consider "outreach." MaryAnn Holak, Director Beverly COA 978-921-6017

Looking for Building Committee Member: The Charlton Senior Center is forming a Senior Center Building Committee and we are looking for someone who has served on a Senior Center Building Committee in their town to help on ours. Directors... please pass this on to your Board Members, and/or others that have served on your bldg. comm. Thank you. If interested, please reply to: elaine.kingston@townofcharlton.net Elaine Kingston, Director Council on Aging/Senior Center 37 Main Street Charlton, MA 01507 Tel. 508-248-2231 Fax. 508-248-2379

Coin/Stamp Club: The Lakeville Senior Center has just started a Coin/Stamp Collecting Club (at the request of a senior) and the initial meeting was last week with (6) men who do not normally attend functions/programs at the center. There were more people who will be attending; however, were not able to attend last week. They asked me to find out if other Senior Centers had Coin/Stamp Clubs, and if so, would they be willing to share how they are set up, if they have speakers or programs, etc. They thought perhaps and exchange with other senior centers would be fun. You can contact the Lakeville Senior Center at lakevillecoa@comcast.net Thanks Marilyn Mansfield

MCOA Briefs: Member Requests continued

Conflict of interest question: Do you have established policies concerning paid staff who have a side business and could possibly use their position to make contact with clients to profit by selling a service or item, clean out an attic, or charge to transport the client after COA hours? Even though the client may appreciate having this service or wants to purchase the item where do we stand ethically if the initial contact was made through work. Can we enforce a policy to address the above? Thanks for any input you can offer.

.....Thanks everyone who has responded. I already know about and have addressed this issue with the state Ethics Commission. This has nothing to do with the \$49 "gift" per year. What I am looking for is wording anyone has developed concerning written policy. I have written something myself but like to compare anyone else' policy if they have it. Jeanne DeBruin, Lunenburg COA, jdebruin@lunenburgonline.com

Senior Center Rules & Procedures: I'm looking for center rules & procedures for our Centers. We have a particular elder who gets visits at the center from less than favorable young folks who make the other elders uneasy and we also have another elder, who has been taking it upon himself to sell personal items at the Center. I need a standard Center Rules & Procedure Notice that includes some of this above language. Thank you. Felice Monteiro COA Coordinator 181 Hillman St., Bldg. # 9 New Bedford, MA 02740 508-991-6251 508-979-1510 Fax FMonteiro@ci.new-bedford.ma.us

Operating Cost-Request via Emmett/EOEA: "...We have received a request from a COA in a community that anticipates constructing a new, freestanding, 20,000 square foot (SF) senior center. The town is concerned about the annual operating costs (the new site will be much larger than their present one) and the COA has asked for some figures from larger senior centers so that appropriate budgeting may proceed. If you are in a facility of at least 10,000SF, the COA (and I) would very much appreciate receiving information about APPROXIMATE ANNUAL operating costs including any notes regarding recent changes due to escalating energy costs including:

- utilities
- maintenance costs (please ID approximate hours/pay rate of maintenance staff or cost of contractors)
- mitigating strategies (e.g., "green energy," heat pumps, recycling or other) and their savings value, if known
- approximate Gross Square Feet (GSF) of the building
- # of on-site (or readily shared) parking spaces
- other comments, including unidentified cost centers, that might be be useful in anticipating and/or lowering costs.

Thank you very much in advance for your consideration. I anticipate making the composite results of your information available as soon as practicable."

Emmett H. Schmarsow, Program Manager for Councils on Aging and Senior Centers EOEA (800) 698-9723 (617) 222-7471 emmett.schmarsow@state.ma.us

**Please forward all material that you want published in MCOANews to
Janiece@mcoaonline.com**

MCOA Briefs:

Check Out our newly updated WEB page at www.mcoaonline.com

The latest addition is the Emergency Preparedness Resource Guide developed in conjunction with the Executive Office of Elder Affairs. This downloadable tool should be reviewed by all elder advocates and circulated within your town governments. Go to our web site and click on **Lending Library** to find this valuable document. Congrats to Mary Kay Browne team leader from EOEA, MCOA Board Member Joanne Moore from Duxbury, MCOA Advisory Council Member Pat Houde from Bourne and the rest of the Emergency Preparedness Task Force for this excellent addition to all of our procedure manuals. Review and circulate this tool today!

Reminder It is an Election Year: So you might want to refresh your knowledge of the current restrictions and rights- <http://www.mass.gov/ocpf/guides/pe1page.pdf> for the "do's"& "don't" for public employees.

MCOA Briefs: Job Opportunities

Volunteer Coordinator: The Town of Ashby Council on Aging is now accepting applications for a part-time Volunteer Coordinator. Job responsibilities include organizing and supervising volunteer activities, gathering information pertinent to Ashby elders, evaluating data and developing reports, attending meetings and making presentations to local senior groups. Applicant must have CORI endorsement and valid Massachusetts driver's license. Interested parties may obtain a job application from Jennifer Collins at the Ashby Town Hall, 895 Main Street, Ashby, MA 01431. Please direct inquiries to Ann Seymour at 978-386-5532 or to Lee Mikkola at 978-386-7784, M - F between 9:00 a.m. - 5:00 p.m. Applications must be submitted to Jennifer Collins at the Ashby Town Hall by April 1, 2008. The Town of Ashby is an EOE and AAE employer

SAVE THE DATE

Wednesday, June 4, 2008

THE AGING WITH DIGNITY CONFERENCE:

**Preventing and Responding to Substance Use Problems
Among Older People**

A conference for health and human service professionals

Holy Cross College, Worcester, MA

Registration brochure will be mailed six weeks before the conference.

If you would like additional information, or you are deaf or hard of hearing,
or are a person with disability who requires accommodation,

please contact AdCare Educational Institute, Inc. at

(508) 752-7313, TTY: (508) 754-0039

Co-Sponsored by:

The Massachusetts Department of Public Health, Bureau of Substance Abuse Services and the Healthy Aging and Health and Disability Unit; the Massachusetts Geriatric Substance Abuse Task Force; the Massachusetts Executive Office of Elder Affairs; the Massachusetts Association of Councils on Aging and Senior Center Directors; Mass Home Care; & AdCare Educational Institute, Inc.

MCOA Briefs: Educational Opportunity

Minuteman Senior Services is pleased to pass the word about this informative presentation sponsored by Carleton-Willard Village "Professional Care Giving in Dementia" with Speaker: Robert Stern, PhD on Tuesday, March 11, 2008 at Carleton-Willard Village, Bedford, Massachusetts **8:30 am (continental breakfast provided)** One hour of CEU credits for nurses will be available CEU credits for social workers have been applied for. **RSVP Barbara Herlihy at 781-275-8700**
(BHerlihy@cwvill age.org)

Advance registration is appreciated. Dr. Robert Stern, Co-Director of Boston University's Alzheimer's Disease Center (BU ADC) is one of today's most dynamic and knowledgeable professionals working in the field of dementia disorders. He will review major types of Alzheimer's disease and related dementia, discuss current clinical practices and provide behavioral interventions to help caregivers address challenging behaviors. This seminar is appropriate for anyone who works with someone with Alzheimer's disease, or with their families. Carleton-Willard Village and the BU ADC have recently announced their formal affiliation. The BU ADC is a National Center of Excellence in Alzheimer's disease, conducts state-of-the-art research on the disease, and provides education and clinical care throughout the greater Boston community.
Email: rsvp@minutemansenior.org Phone: 781-272-7177 Web: <http://www.minutemansenior.org>

Connecting for Safe Communities:

Suicide Prevention Across the Lifespan

SAVE THE DATE

7th Annual Massachusetts

Suicide Prevention Conference

Keynote Speaker: Secretary JudyAnn Bigby, MD Executive Office of Health and Human Services

Tuesday, May 13, 2008 & Wednesday, May 14, 2008
Sturbridge Host Hotel and Conference Center, Sturbridge, Massachusetts

CEUs Available/ **Information and Registration to follow**

Sponsored by: Massachusetts Department of Public Health, Massachusetts Department of Mental Health, Massachusetts Coalition for Suicide Prevention, AdCare Educational Institute

For more information contact: laura@adcare-educational.org

Janice Ventre, Suicide Prevention Program Assistant, MA Department of Public Health
250 Washington St. 4th floor Boston, MA 02108
email: janice.ventre@state.ma.us <http://www.state.ma.us/dph/fch/injury/index.htm>

MCOA
OUTREACH SUMMIT WORKING GROUP
&
BUFFET LUNCHEON
New Location: Milford Senior Center
New Day: Thursday, March 20, 2008

Agenda:

- 9:30 - 10:00** **Registration**
- 10:00 - 10:15** **Welcome and Introductions**
- 10:15 – 12:15** **“ASAP 101”**
This program begins with the basics of what ASAP is, how the ASAP function, what the programs are and what the benefits are for seniors when outreach coordinators and ASAP staff work together.
Deborah Arsenault OTR/L, Coordinator,
Consumer Choices Programs,
Bay Path, Framingham, MA
- 12:15 - 1 2:45** **Buffet Luncheon**
- 1:00 - 2:00** **“A roundtable discussion on the morning program.”**
Bring your questions, thoughts and input on the ASAP programs.
Susan Desmarais, Outreach Worker, Edgartown COA

Registration deadline is Tuesday, March 11, 2007
Registration: \$20.00 including morning coffee & luncheon
\$ 10.00 for morning only

Registrant’s Name

COA/Agency

Total Due _____

Payment or Purchase Order should accompany registration form. Make checks payable to MCOA.

Send to: MCOA, 116 Pleasant Street, Ste 306, Easthampton, MA 01027-1283
Or: Tel: (413)527-6425, Fax: (413) 527-7138 or Email: janiece@mcoaonline.com

Directions to Milford Council on Aging: 60 North Bow Street, Milford, MA 01757, (508) 473.8334
From Route 495, take exit 20 for Milford, Routes 85 & 16. If you are coming from the **south**, turn **left** onto route 85. From the **north**, turn **right** onto route 85. Proceed to the end of Route 85, and then turn **right** at the lights onto Route 16. Follow Route 16 through **3 sets of lights** (Sacred Heart Church will be on the left at second set of lights). At third set of lights, turn **left** on North Bow Street, Senior Center is on the left side at the bottom of the hill.

SAVE THE DATES

7 *Keep Moving* Regional Spring Walks



The *Keep Moving* Program improves the lives of people over age 50 by promoting physical activity to help prevent and postpone chronic disease, build healthy bodies and minds, and keep individuals socially connected. Come join us on a walk at any of these beautiful locations.

1. MAUDSLAY STATE PARK

Interpretive Tour
Curzon Mill Road
Newburyport, Ma
Friday, May 9, 2008

2. LOOK MEMORIAL PARK

300 North Main Street
Florence, ma
Wednesday, May 14, 2008

3. SHINING SEA BIKEWAY

Falmouth, Ma
Friday, May 16, 2008

4. GREATER BOSTON SENIOR GAMES*

KEEP MOVING WALK
University of Massachusetts
Boston Harbor Campus
Boston, Ma
Saturday, May 17, 2008 *(11:30
a.m. start, 1 Mile Route)

5. D. W. FIELD PARK

Fuller Craft Museum Tour
Oak Street
Brockton, Ma
Friday, May 30, 2008

6. BLACKSTONE RIVER AND CANAL

Heritage State Park
Interpretive Tour
287 Oak Street
Uxbridge, Ma
Friday, June 6, 2008

7. JAN MARBLE MEMORIAL WALK

FORT INDEPENDENCE TOUR
Castle Island
South Boston, Ma
Friday, June 20, 2008

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* is supported by MA Department of Public Health, MA Executive Office of Elder Affairs, MA Councils on Aging and Senior Center Directors, and BlueCross BlueShield of MA.**

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**



Massachusetts Council on
Compulsive Gambling

E-INVITE

We understand the problem. We can help.

January 31, 2008

Save the Date!
Friday, May 9, 2008
8 a.m. to 5 p.m.

The Council's 25th Anniversary 2008 Massachusetts Conference on Gambling Problems

*Gambling Disorders in the Commonwealth:
Honoring Past Achievements, Recognizing Present
Accomplishments, and Looking to the Future*

The 2008 Conference will celebrate the Council's 25th anniversary. Examples of the past, present and future of problem gambling services will be incorporated throughout the day's activities and workshops.

Conference attendees will chose to follow one of three workshop tracks: Prevention, Treatment, or Technological Advancements.

Space is limited. To reserve your place, please [register online](http://masscouncilregistration.org/) <http://masscouncilregistration.org/>

For more information please call 617-426-4554 or e-mail peggie@masscompulsivegambling.org

Earn Continuing
Education Units
(CEUs)

"Life is divided into three terms - that which was, which is, and which will be. Let us learn from the past to profit by the present, and from the present to live a better tomorrow." -- William Wordsworth

THE MASSACHUSETTS
COUNCIL ON
COMPULSIVE GAMBLING



Celebrating 25 years of
compassion, understanding
and solutions

The Massachusetts Council on Compulsive Gambling
www.masscompulsivegambling.org | gambling@aol.com
business: 617.426.4554 | helpline: 800.426.1234

Funded in part by the Massachusetts Department of Health.

Massachusetts Council on Compulsive Gambling • 190 High Street Suite 5 • Boston, MA 02110

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SAVE THE DATE!

First Annual
**Massachusetts Statewide
Fall Prevention Symposium**
Thursday, May 15th

DCU Center, Worcester • 9:30am – 3:00pm
Registration begins at 8:30am

Sponsored by: the Massachusetts Department of Public Health, the Massachusetts Fall Prevention Coalition and the Massachusetts Long Term Care Foundation.

Keynote Speaker: Lewis Lipsitz, M.D., Chief of Gerontology, BIDMC. Internationally renowned educator, researcher, clinician and expert on falls in older adults.

This free symposium will bring together leaders from throughout Massachusetts, neighboring New England states, and national organizations working on fall prevention across settings. Education programs will include content on fall prevention for hospital, long term care, assisted living, community and home care staff. Government agencies participating in fall prevention and key state legislators will be in attendance. CEUs will be available.

*Please watch your email or postal mail
for additional information on this exciting, first time event!*

Book these events in your calendar now-

Send additional dates to david@mcoaonline.com

MCOA 2007-2008 Planning Calendar

UPCOMING Events: - Circulate to Your Staff

2008

- Feb 28th Consumers' *Utility Rights and Fuel Assistance for Elders*, Foxborough 10-2
March 14 MCOA Advisory Council, Milford COA
March 18 EOE/MHC/MCOA *Home Foreclosures* Milford COA
March 20 MCOA Outreach Summit, Milford COA
April 18 MCOA Board, Worcester EOE
April 29 TRIAD Conference, Log Cabin in Holyoke
May 9 Compulsive Gambling-25th Annual Conference
May 13-14 MA DPH Suicide Prevention Conference, Sturbridge Host
May 15 MA DPH State Fall Prevention Symposium, DCU/Worcester
May 16 MCOA Advisory Council, Milford COA
May 20 Joint WMASS Spring Conference, Sheraton, Springfield
May 22 MCOA Volunteers Coordinators, Bellingham
June 4 Aging and Dignity Conference, Holy Cross
June 12 Small and Rural COA Spring Conference, Calvary Retreat, Shrewsbury
June 18 MCOA Outreach, Worcester EOE
June 20 MCOA Membership, Milford COA
July 17 MCOA Advisory Council, Milford COA
August 21 MCOA Board, Worcester EOE (**Thursday Summer meeting**)
Sept 18 MCOA Outreach Summit, Milford COA
Sept 19 MCOA Membership, Milford COA
Oct 15-17 MCOA Fall Conference, Sea Crest Resort, Falmouth
Oct 24 MA Aging and Mental Health Coalition, Holy Cross, Worcester

TBA = Date or Location to be announced

Regional Meetings:

- WMACA** represents the four western MA counties, meets quarterly. Judy White/Monson COA (413)267-4121
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. John Magnani/Falmouth (508)540-0196
NSACA represents greater North Shore area meets quarterly. Contact Diane Bertolino/Rockport (978)546-2573
Blackstone Valley Consortium meets regularly Contact Ruth Anne Bleakney/Milford (508)473-8334
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. Roseann Robillard/ Newburyport COA (978)462-8650 or Lynne Stanton/
Groveland COA (97)372-1101
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 2nd Friday of each month at MMA/Boston. Contact Bob Cammarata/ Taunton (508)821-1425

UpComing National Conferences:

- March 26-30, 2008** Joint Conference of NCOA and the American Society on Aging, Washington, DC
March 16-19, 2009 Joint Conference of NCOA and the American Society on Aging Las Vegas, NV
October 6-9, 2009 MCOA Fall Conference Sturbridge Host

This version: February 26, 2008

Checkout www.mcoaonline.com for the most updated version

Foreclosure