

MCOA BRIEFS

Weekly News from your State COA Association

Friday 5 February 2010

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ONLINE NOW @ www.mcoaonline.com

The latest monthly MCOA Newsletter — **January 2010**

Discover the MCOA Bulletin Board

http://www.mcoaonline.com/members_only/mcoabb/

(Right-Click on the open Bulletin Board to save an icon to your Desktop.)

Membership Meeting

February 19, 2010 at the Milford's Senior Center

Reservation Due February 15, 2010

Registration Form: <http://www.mcoaonline.com/content/main/calendar.php> (click Membership Mtg)

MCOA's Municipal COA Funding Survey

— **Page 3 of MCOA January Newsletter** —

Please consider filling out our Municipal COA Funding Survey if you have not done so already. We have had over 150 responses so far, but would appreciate a more full response for the sake of accuracy. — PK

MCOA Briefs: For our Members — New Info on the upcoming Census

The first link, below, is a two page summary that provides the basic "who, what, when, where, why and how" of the upcoming census and includes FAQs and information about obtaining assistance materials (in 59 languages!) as well as support for those with visual impairments and the deaf and hard-of-hearing.

http://2010.census.gov/partners/pdf/factSheet_Older.pdf

The toolkit –see link below– contains more information about the census and promotes partnerships with the census bureau to maximize the completion of the census surveys.

(There are large display "awareness posters" noted on page #14.)

http://2010.census.gov/partners/pdf/toolkit_Older_Overview.pdf

It is in our (collective) best interest to make sure that all seniors are counted!

Emmett H. Schmarsow, Program Manager for Councils on Aging and Senior Centers,

Executive Office of Elder Affairs, 1 Ashburton Place, 5th Fl., Boston MA 02108 — (800) 698-9723 —

(617) 222-7471 — (617) 727-9368 (fax) — emmett.schmarsow@state.ma.us

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MCOA Briefs: For our Members — Prescription Advantage Application 2010

See: <http://www.mcoaonline.com/content/pdf/PrescriptionAdvantageApplicationFINAL2010-01.pdf>

MCOA Briefs: For our Members — Prescription Advantage request form

If you need applications or rate guides with respect to the new Prescription Advantage application form, please complete the attached info **Materials Request Form** and fax or mail it to Prescription Advantage.

Information Materials Request Form: <http://www.mcoaonline.com/content/wellness/prescription.php>

You can also call Prescription Advantage directly at: 1-800-AGE-INFO (1-800-243-4636) and press #2.

Thank you. If you have any questions about this email, please contact :

Kathy Campbell, Outreach Coordinator, Prescription Advantage Program, Executive Office of Elder Affairs, One Ashburton Place, Boston, MA 02108 — Phone: 617-222-7529, Fax: 617-727-9368

E-Mail: Kathy.Campbell@state.ma.us — Thanks to Emmett Schmarsow EOE

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MCOA Briefs: For our Members — 2010 Additional Prescription Savings

~~~Save Money and Twist with Chubby Checker ~~~

Have you seen the Social Security ads with Chubby Checker? There's a new "Twist" in the law that makes it easier to apply for "Extra Help" for prescription drugs.

Social Security no longer counts life insurance or aid from others as income. More people can now get help with Medicare drug plan coverage. Income has to be less than \$16,245 for an individual and \$21,855 for a couple; resources have to be under \$12,510 for an individual and \$25,010 for a couple.

Apply on-line at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call Social Security at 1-800-772-1213. Or you can contact your local SHINE counselor at 1-800-AGE-INFO (1-800-243-4636) and press "3" when prompted. Check out the new "Twist!" (Spanish and other language brochures are available also.)

Emmett H. Schmarsow, Program Manager for Councils on Aging and Senior Centers,

Executive Office of Elder Affairs, 1 Ashburton Place, 5th Fl., Boston MA 02108 — (800) 698-9723 —

(617) 222-7471 — (617) 727-9368 (fax) — [emmett.schmarsow@state.ma.us](mailto:emmett.schmarsow@state.ma.us)

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## **MCOA Briefs: For our Members — The Census and Grants**

The federal census bureau will shortly be engaged in an extensive outreach program to promote (and maximize) participation in the upcoming decennial federal census.

The first link, below, is a two page summary that provides the basic "who, what, when, where, why and how" of the upcoming census and includes FAQs and information about obtaining assistance materials (in 59 languages!) as well as support for those with visual impairments and the deaf and hard-of-hearing.

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The toolkit — see link below — contains more information about the census and promotes partnerships with the census bureau to maximize the completion of the census surveys.

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[http://2010.census.gov/partners/pdf/toolkit\\_Older\\_Overview.pdf](http://2010.census.gov/partners/pdf/toolkit_Older_Overview.pdf)

As you know, a considerable amount of grant funding relies on the census and it is certainly in our (collective) best interest to make sure that every senior counts and is counted!

Emmett H. Schmarsow, Program Manager for Councils on Aging and Senior Centers,

Executive Office of Elder Affairs, 1 Ashburton Place, 5th Fl., Boston MA 02108 — (800) 698-9723 —

(617) 222-7471 — (617) 727-9368 (fax) — [emmett.schmarsow@state.ma.us](mailto:emmett.schmarsow@state.ma.us)

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## **MCOA Briefs: For our Members — 2010 Prescription Advantage Benefit Change**

**Important Note:** Your Medicare drug plan will be sending you a premium bill each month. **It is very important that you pay the bill or you could lose your Medicare prescription drug benefits!**

See: <http://www.mcoaonline.com/content/wellness/prescription.php>

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## **MCOA Briefs: For our Members — See New Webpage Info on FY11 Budget**

See Legislative Updates: <http://www.mcoaonline.com/content/legislative/index.php>

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## **MCOA Briefs: For our Members — Keep Moving’s Walk Leader Training**

**Walking Club Leader Training** — March 19, 2010, Billerica Council on Aging, (9:00 a.m. – 1:00 p.m.)  
25 Concord Road, Billerica, MA 01821 — Please register by March 15 2010.

Ed Pomfred, Director, Keep Moving Program, MA Department of Public Health, 250 Washington St.,  
4th Floor, Boston, MA 02108 — Phone: (617) 624-5972 Fax: (617) 624-5075 TTY: (617) 624-5992

Email: [Edward.Pomfred@state.ma.us](mailto:Edward.Pomfred@state.ma.us)

See Flyers at: <http://www.mcoaonline.com/content/wellness/keepmoving.php>

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## **MCOA Briefs: For our Members — Home Oxygen Safety Task Force**

On January 21, 2010, State Fire Marshal Coan and the Home Oxygen Safety Task Force launched a home oxygen safety campaign at Mass. General Hospital with Drs Colleen Ryan (burn surgeon) and Paul Currier (pulmonary physician) and Jean Mizer, a cessation counselor.

On behalf of State Fire Marshal Coan, I want to thank the members of the task force for coming out and supporting the event, but more importantly for all your hard work to develop this campaign. It has taken a long time to get to this point and we thank you for your commitment.

While only one media outlet covered the event, we did get a great article and photo in the Globe that shows it is a fire and medical issue. Here is the link.

[http://www.boston.com/news/local/massachusetts/articles/2010/01/22/effort\\_combats\\_fires\\_fed\\_by\\_home\\_oxygen/](http://www.boston.com/news/local/massachusetts/articles/2010/01/22/effort_combats_fires_fed_by_home_oxygen/)

The public service announcements on television (Ch 5) and radio (WODS and WHYN) will start airing today and run a few days each week through June. The brochure is available for download on our webpage at [www.mass.gov/dfs](http://www.mass.gov/dfs), click on Fire Safety Topics and then Home Oxygen Safety.

Thanks again for your continued support as we move forward on this campaign. We have tentatively scheduled our next task force meeting for Thursday, March 25th, 10:00am at the Department of Fire Services. The press release that went out about the campaign —

<http://www.mcoaonline.com/content/pdf/HomeOxygenSafetyCampaign2010-01.pdf>

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## **Upcoming Events**

### **MCOA Briefs: Upcoming Events — 5 “Americorps 101” Workshops**

With the passage of the Edward M. Kennedy Serve America Act, there is enormous potential growth for AmeriCorps across the country and in Massachusetts. In response to this increased focus on National Service, the Massachusetts Service Alliance (MSA) will present an AmeriCorps 101 session in different regions of the state. The dates and locations are reprinted for you immediately below.

Registration is required at least 5 days prior to the scheduled training date. To register for a training, contact Kristen Nelson, Administrative Coordinator at 617-542-2544 ext 221 or via e-mail at

[knelson@mass-service.org](mailto:knelson@mass-service.org). In your email registration, please include your name, organization, contact information, session location and the number of people attending.

| <b>Date</b>        | <b>Time</b>      | <b>Facility</b>          | <b>Location</b>                                    |
|--------------------|------------------|--------------------------|----------------------------------------------------|
| <b>February 2</b>  | 9:30am - 11:30am | Lawrence Public Library  | Meeting Room 51 Lawrence St., Lawrence             |
| <b>February 3</b>  | 9:30am - 11:30am | Stoughton Public Library | Wales French Mtg Room 84 Park St., Stoughton       |
| <b>February 4</b>  | 1:30pm - 3:30pm  | Worcester Public Library | Banx Rm, Main Library 3 Salem Square, Worcester    |
| <b>February 9</b>  | 9:30am - 11:30am | Springfield City Library | Community Room 220 State St., Springfield          |
| <b>February 11</b> | 2:00pm - 4:00pm  | Wainwright Bank          | Community Rm, Lower Level, 63 Franklin St., Boston |

Mary Kay Browne, Senior Project Director, Commonwealth Medicine/UMMS, Executive Office of Elder Affairs,  
1 Ashburton Place, 5th floor, Boston, MA 02108 — 617-222-7435 — [Mary.K.Browne@state.ma.us](mailto:Mary.K.Browne@state.ma.us)

## **MCOA Briefs: Upcoming Events — Workshop, Planning for the End of Life** **February 17, 2010, 9:30am to 2:00 pm**

Public Health Council Room, 250 Washington Street, Boston, MA

Public health professionals are in key positions to address important issues related to planning for the end of life. While death is inevitable, much can be done to alleviate needless suffering and the challenges of last-minute decision-making that often accompany the end of life. Improved consumer understanding fostered by interaction with informed public health professionals can lead to better informed decision-making, improved quality of care, and more appropriate use of available resources related to end-of-life planning.

This workshop will follow the curriculum, Improving End-of-life Awareness and Planning: a Public Health & Aging Services Matter, developed by the Center for Practical Bioethics. Myra Christopher, a nationally-recognized expert on end-of-life planning, will conduct the workshop. Our goal is to provide public health professionals with a better understanding of the important role they can play in ensuring that the individuals they serve die with dignity and with their end of life preferences upheld to the greatest possible extent.

This curriculum will provide information on the importance and practical aspects of advance care planning, the benefits palliative and hospice care have to offer, and the management of chronic and terminal pain. Attendees will receive a binder with pertinent information.

A light breakfast and lunch will be provided. **Please register by February 3, 2010** by emailing [Linn.Morrill@state.ma.us](mailto:Linn.Morrill@state.ma.us). **Attendance is limited to 25** so please reserve your space early.

Sponsored by the Directors of Health Promotion and Education (DHPE) & Healthy Aging Program of the Centers for Disease Control and Prevention (CDC).

## **MCOA Briefs: For our Members — Webinars on Depression Management** **Monthly Webinar Dates — February through May 2010**

<http://www.mcoaonline.com/content/pdf/Save-the-Date-DrugSeries.pdf>

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## **MCOA Briefs: For our Members — Suicide Prevention Training Programs**

The Institute for Geriatric Social Work (IGSW) at Boston University School of Social Work is pleased to announce the availability of a new suicide prevention training program in the Boston area. The training is entitled Suicide Prevention among Older Adults. The 10 hour training, which is funded by the Department of Public Health, is being offered at no cost to aging, health, and mental health providers. The training consists of a 4 hour online course and 3 face-to-face sessions led by Judith Karpinski, LICSW, to be held from 9:30 am to 11:45 am on **March 05, 2010, March 19, 2010** and **April 09, 2010** at The Florence & Chafetz Hillel House at Boston University.

Participation is open to aging, health, and mental health providers in the Boston area. **Applications must be received at IGSW by February 19, 2010.** Selection of participants will be made by IGSW and will include criteria such as having a mixture of providers. Those accepted will be informed by February 25, 2010.

See attached application and program description for additional information. Please share this information with your staff and colleagues. For questions contact Anna Papantonakis ([annap@bu.edu](mailto:annap@bu.edu)), 617-358-2635 or Kathy Kuhn ([kkuhn@bu.edu](mailto:kkuhn@bu.edu)).

This program is provided in partnership with the Massachusetts Association of Older Adults and the Boston region of the Massachusetts Aging and Mental Health Coalition.

*Dedicated to building a stronger workforce for an aging society through educational innovation.*

Anna Papantonakis, Online Training Manager, Institute for Geriatric Social Work, Boston University School of Social Work, 232 Bay State Rd, Boston, MA 02215 — 617-358-2635 — Fax: 617-358-2636  
[annap@bu.edu](mailto:annap@bu.edu) — [www.bu.edu/igsw](http://www.bu.edu/igsw)

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## **MCOA Briefs: For our Members — Aging With Dignity Conference in June**

THE 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

## **For Our Members**



STATE CAPITOL BRIEFS – WEDNESDAY, JAN. 6, 2010

STATE HOUSE NEWS SERVICE

### **PATRICK RAISES REVENUE ESTIMATE BY \$181 MILLION, RESTORES SPENDING**

While tax collections are still declining in some key categories, receipts have exceeded the state's downgraded estimates by \$230 million since October and Gov. Deval Patrick said Wednesday his administration is now boosting the state's revenue estimate for the current year by \$181 million to "fund the restorations announced today, previous restorations and other spending already accounted for." Halfway through the fiscal year, tax receipts have fallen 3.8 percent below last year, down \$348 million, but revenue totals now sit \$230 million above the benchmarks that were lowered in October. Hours after the revenue reports, Patrick announced he would restore \$14 million to a public welfare program and \$18 million for regional school transportation services. Six weeks ago, Patrick was urging lawmakers to return to session to address what he called unresolved budget deficits. But the administration is now touting spending restorations and "positive signs of revenue growth," as Patrick budget chief Jay Gonzalez framed it Wednesday. State tax collections beat expectations by \$194 million in December and grew \$22 million from December 2008, according to new data released Wednesday. Department of Revenue officials said the increase was due to onetime corporate settlements, and "better-than-projected" income tax and estate tax collections. Revenue officials say settlement payments in December exceeded \$120 million. Estate tax payments in December beat benchmarks by \$15 million. December withholding collections were down \$37 million or 4.4 percent, and are down 3.9 percent over the first half of fiscal 2010. Sales tax receipts shot up 23.4 percent in December due entirely to tax increases, without which sales tax collections would have been down 3.9 percent for the month. Year-to-date corporate and business tax collections are up 0.1 percent.

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## **MCOA Briefs: For our Members — New England Centenarian Study**

Good afternoon! My name is Amy Reid. I am a research assistant at the New England Centenarian Study at the Boston University Medical Center. We are the largest study of people in this age group and our study has been going on for 15 years!

We are always trying to contact potential participants to aid us in our goal of understanding exceptional longevity and healthy aging. I want to inquire about getting a voter registry list for people age 105 or older so that we can mail them information about our study. There may not be many, but any additional people we could reach out to would be very helpful. If you're able to help us with this request, we'd greatly appreciate it! Please let me know if you have any questions.

Most Sincerely, Amy Reid Research Assistant New England Centenarian Study

88 E Newton St, Robinson 2400, Boston University Medical Center, Boston MA 02118

Tel 617.638.6432 — 617.638.6671 (fax) — <http://www.bumc.bu.edu/centenarian/>

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## **MCOA Briefs: For our Members — Health Behaviors of Older Adults 65+**

Dear Senior Center Program Staff Member or Director,

You are invited to participate in an online survey about the health behaviors of older adults 65+. This survey is open to senior center program staff and directors and to resident service coordinators in senior

housing. Survey participants are eligible for an optional drawing for one of four \$50 gift cards. If you choose to participate, the survey takes about 15-20 minutes.

I am a graduate student in the Clinical Psychology program at the University of Rhode Island. This research study for my doctoral dissertation will provide more information about the opinions of people like you regarding health behaviors relevant to older adult clients/residents.

You can click on the following link if you're interested in participating:

<https://www.surveymonkey.com/s/N2GN9GN>

Thank you for considering participation. Please contact me if you have any questions.

Sincerely, Crystelle Egan, MA [caegan@mail.uri.edu](mailto:caegan@mail.uri.edu)

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### **MCOA Briefs: For our Members — Gerontology Courses on Offer 2010**

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

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### **MCOA Briefs: For our Members — FAST Stroke Recognition 2010 flyer**

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

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## **Member Inquiries**

### **MCOA Briefs: Member Inquiry — Driver Training Classes?**

Gail Freeman the Director of the West Springfield COA was wondering if you could send this memo to the other COA's. We are having a required Driver Training Class on March 1st and need 10 - 12 participants. Unfortunately we only have 1 driver, so we need some help.

Thanks, Donna Kmelius, Administrative Secretary — [dkmelius@west-springfield.ma.us](mailto:dkmelius@west-springfield.ma.us)

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### **MCOA Briefs: Member Inquiry — Volunteer Book Format?**

I am in the process of putting together a volunteer book for the North Brookfield Senior Center. I know that several centers have developed the format (sections, job descriptions etc.) and was wondering if anyone would be willing to share.

You can reach me at [bobwhe@juno.com](mailto:bobwhe@juno.com) or 508.867.9594 — Thanks Carol

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### **MCOA Briefs: Member Inquiry — Sample Contract/MOU for Meal Delivery?**

I am looking for a sample contract/MOU that a council on aging has in place with a handicap provider who will be delivering meals. If you are willing to fax it to me at 508-222-2581, or email me at [coa@cityofattleboro.us](mailto:coa@cityofattleboro.us) I would be most grateful.

Madeleine McNielly, Director, Attleboro COA 508-223-2235

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### **MCOA Briefs: Member Inquiry — Levels of Membership for Friends?**

Do any Friends groups have different levels of membership? If so, would you please email me the levels and corresponding amounts for membership. Also, what does the "member" receive as a result of being a member at each level? Does your Friends group have an auditor go over your finances?

Thanks so much. — P: 978-251-0533 — F: 978-251-3794

12/18

Diana Ryder, Director, Chelmsford Elder Services, 75 Groton Road, N. Chelmsford, MA 01863

## **Job Opportunities**

### **MCOA Briefs: Job Opportunity — Home Away From Home – PT job**

Hello my friends. I have a part-time job opening at Home Away From Home. A couple of days during the week Friday from 10-2 and Monday from 10-2 and Saturdays from 8-3. The skills necessary would be computer related such as Excel, Word, Quick Books would be a plus... Great Mothers Hours, Great Place to Work and experience with adult disabled and seniors would be helpful. Forward this email to anyone you feel may be interested. Have a good day. My new website is

[www.homeawayfromhomelowell.com](http://www.homeawayfromhomelowell.com) Check it out. Lynne

Lynne Brown-Zounes, Executive Director, Home Away From Home, 150 Industrial Avenue East, Lowell, MA 01852-5112 — 978-453-HOME (4663)

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### **MCOA Briefs: Job Opportunity — Town of Needham PT Outreach Worker**

The Town of Needham is seeking a highly qualified individual to fill the position of Outreach Worker. Under the direction of the Executive Director and Social Worker, assist senior citizens and their families, with an emphasis on assisting the frail, isolated or disabled seniors and their caregivers, in understanding, coping with and resolving problems. Provide information and referral, statistical tracking on service provided and assist with senior grocery shopping program.

Position requires advanced theoretical or technical knowledge of gerontology and human services equivalent to a bachelor's degree in a related field, such as gerontology, human services, and/or counseling. Computer literacy required. Competency in word processing and statistical tracking preferred.

This is an 18-hour position with no benefits and town/grant funded. The salary range is \$19.85-\$25.93 per hour.

Please e-mail your letter of introduction and resume to [hr@needhamma.gov](mailto:hr@needhamma.gov), or mail it to Elizabeth A. Dennis, Director of Human Resources, Town of Needham, 1471 Highland Avenue, Needham, MA 02492, or fax to 781-455-0165. **Applications will be accepted until Friday, January 15, 2010 or until a suitable candidate has been selected.** The Town of Needham is an EOE.

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### **MCOA Briefs: Job Opportunity — Town of Plymouth – Elder Affairs Director**

The Town of Plymouth (pop. 58,000) seeks qualified applicants for position of Elder Affairs Director. Responsible for professional, administrative and supervisory work in developing and implementing programs, in an effort to meet the social and emotional needs of the Town's elderly and provides support to the Board of Directors of the Council. Responsibilities also include preparing and managing budget and grant writing. Supervises, directs and coordinates the duties of all staff members and numerous volunteers, assigns work activities, conducts annual employee evaluations and recommends personnel actions. Bachelor's Degree in a relevant field of social science; three years of progressively responsible experience in group adult programs; supervisory experience strongly preferred; or an equivalent combination of education and experience. Must be a Licensed Social Worker. Must have ability to develop effective and constructive working relationships with Town, State and Federal officials, the elderly, service providers and the general public.

Salary range \$52,872.07 - \$64,899.13, full benefit package, 37.5 hrs. per week.

**Position open until suitable candidate chosen.** Please send cover letter and resume to Town of Plymouth, Human Resources, 11 Lincoln Street, Plymouth MA 02360. AA/EOE

12/18

### **MCOA Briefs: Job Opportunity — Town of West Springfield Executive Director**

The Town of West Springfield (approx. population 28,000) seeks qualified applicants for the position of Executive Director. Reporting to the Mayor, this individual will be responsible for providing social programs and delivery of services by administering and supervising all operations and activities to meet the social and nutritional needs of senior citizens of the community.

Candidates must possess a Bachelor's degree, preferably with a concentration in gerontology or social services with five years of related experience; Master's degree preferred; demonstrated communication

skills, with the ability to maintain confidentiality; proficiency in personal computer applications, grant writing and most importantly an individual who has energy, enthusiasm and is a friendly senior citizen-oriented individual able to work effectively with a diverse population.

To apply, please send resume to: Director of Human Resources, J. Edward Christian Municipal Office Building, 26 Central Street, Suite 6, West Springfield, MA 01089.

**Review of resumes will commence immediately and continue until a suitable candidate is selected.**

The Town of West Springfield is an affirmative action/equal opportunity employer and is strongly and actively committed to diversity within its community. 12/11

— ★ WORTH REPEATING ★ —

[ NB: Please re-send your submissions after 30 days ]

## IS IT TIME TO RENEW YOUR MCOA CERTIFICATION?

Those Directors and Program Managers certified by MCOA in the fall of 2006 or earlier must apply for renewal of their certification by June 2011. In order to renew, Directors must have accumulated 75 CECs between 2006 and June 2011. Program Managers must have accumulated 50 CECs during the same time period. You may submit CECs as you go to Pat Roberts, Marblehead COA, or all at once with your request for renewal. If you need more information about CECs, go to [www.mcoaonline.com](http://www.mcoaonline.com), and click on Staff Certification on the left. Click on FY10 MCOA Recertification Standards.

You must request renewal of your certification, in writing, to MCOA, 116 Pleasant St, Suite 306, Easthampton MA 01027-2781. Your letter should indicate that you are currently employed as a COA Director (or Program manager) and where. A check of \$50 must accompany your request.

Those certified after the fall of 2006, will need renewal of their certification five years following their initial certification (example, certification in 2007, renewal is due in 2012).

Pat Roberts, Staff Certification Vice-Chair, Marblehead Council on Aging, 10 Humphrey Street, Marblehead MA 01945 — 781-631-6737 — 781-639-3431 — [robertsp@marblehead.org](mailto:robertsp@marblehead.org) 1/22

### **MCOA Briefs: For our Members — US EPA Aging Initiative Guide**

**“Growing Smarter, Living Healthier: A Guide to Smart Growth and Active Aging”**

<http://www.epa.gov/aging/bhc/guide/index.html> 1/15

### **MCOA Briefs: For our Members — A Profile on Older Americans: 2009**

<http://www.mcoaonline.com/content/pdf/Census2009profile-Jan2010.pdf> 1/8

### **MCOA Briefs: For our Members — New Foodstamp/SNAP Guidelines**

Go to: <http://www.mcoaonline.com/content/consumer/foodstamps.php> 12/18

### **MCOA Briefs: For our Members — 2010 Prescription Advantage Letters**

These letters explain the Prescription Advantage benefits for 2010. If you have any questions, please feel free to contact:

Kathy Campbell, Outreach Coordinator, Prescription Advantage Program, Executive Office of Elder Affairs, One Ashburton Place, Boston, MA 02108 — Phone: 617-222-7529 — Fax: 617-727-9368  
E-Mail: [Kathy.Campbell@state.ma.us](mailto:Kathy.Campbell@state.ma.us) 11/27

## **MCOA Briefs: For our Members — Older Adult Drivers: CDC Fact Sheet**

In 2008, there were 31 million licensed drivers ages 65 and older in the United States. Motor vehicles allow older adults to maintain mobility; but as adults 65 years and older age, so does their risk of being injured or killed in a motor vehicle crash. More than 500 older adults are injured every day as occupants of motor vehicles. Thankfully, there are steps that older adults can take to stay safer on the roads.

- Per mile traveled, fatal crash rates increase starting at age 75 and increase notably after age 80. This is largely due to increased susceptibility to injury, particularly chest injuries, and medical complications among older drivers rather than an increased tendency to get into crashes. 12/11

Go to: [http://www.cdc.gov/MotorVehicleSafety/Older\\_Adult\\_Drivers/adult-drivers\\_factsheet.html](http://www.cdc.gov/MotorVehicleSafety/Older_Adult_Drivers/adult-drivers_factsheet.html)

## **MCOA Briefs: For our Members — Best Practices Roundtable**

Best Practices Roundtable — 2009 MCOA Conference Results — <http://www.mcoonline.com/>

## **MCOA Briefs: For our Members — Job Posting Strategies**

Announcing Job Positions: Various Strategies and Suggestions — from Emmett Schmarsow at EOEa.

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

## **MCOA Briefs: For our Members — Past issues of Civic Engagement Times**

<http://www.mass.gov/Agov3/docs/cetmayjun09.pdf>

Search “civic engagement times” at [www.mass.gov](http://www.mass.gov) for prior issues.

(12/11)

## **MCOA Briefs: For our Members — Mass DPH Flu Information Brochures**

Here is the link for the H1N1 (Swine) weekly Flu Updates — [www.mass.gov/flu](http://www.mass.gov/flu)

Here is the link for ordering flu info brochures in several languages — [www.mass.gov/dph/flu](http://www.mass.gov/dph/flu) (9/11)

## **MCOA Briefs: For our Members — Differences among Cold, Flu, H1N1**

<http://www.mcoonline.com/content/pdf/Cold-Flu-H1N1-chart.pdf>

(11/13)

## **MCOA Briefs: For our Members — Medicare Prescription Drug Plan Scams**

NEVER provide data such as social security numbers, Medicare or other health insurance numbers, dates of birth, bank account information, and similar information to anyone unless you are absolutely certain of who is making the request. Be wary about responding to someone seeking identifying information IF YOU DID NOT INITIATE the telephone call, e-mail, written correspondence or conversation. Check previously received written materials to confirm whether the contact information seems legitimate.

Please see information provided by the Attorney general about Medicare prescription drugs plans. Go to:

<http://www.mass.gov/?pageID=cagotopic&L=3&L0=Home&L1=Consumer+Protection&L2=Scams+and+Identity+Theft&sid=Cago>

If you have been victimized, contact your local police department as well as the Attorney General’s Office of Public Inquiry & Assistance Center Hotline, call (617) 727-8400.

Further Information on Scams: <http://www.mcoonline.com/content/consumer/scams.php> (10/30)

## **MCOA Briefs: For our Members — CDC Phishing Scam Alert**

For further information, go directly to the CDC website:

[http://www.cdc.gov/hoaxes\\_rumors.html](http://www.cdc.gov/hoaxes_rumors.html)

12/4

## **MCOA Briefs: For our Members — Mass Eye & Ear – Safety Tips**

At the MCOA Convention we were asked to provide some tips for visually and hearing impaired seniors — especially with regard to designing senior centers. Beth Grande in the Marketing Department developed the attached with the help of Lynn Bushee (Vision Rehab), Ellen O'Neil (Audiology) and Pat Carleton (Social Work). <http://www.mcoaonline.com/content/wellness/index.php> 11/20

### **MCOA Briefs: For our Members — USDA Grants**

Community Programs provides grants to assist in the development of essential community facilities in rural areas and towns of up to 20,000 in population. Grants are authorized on a graduated scale. Applicants located in small communities with low populations and low incomes will receive a higher percentage of grants. — [http://www.rurdev.usda.gov/rhs/cf/brief\\_cp\\_grant.htm](http://www.rurdev.usda.gov/rhs/cf/brief_cp_grant.htm) 11/20

### **MCOA Briefs: For our Members — Update on Circuit Breaker Tax**

Hi all, I have already sent you the updated Circuit Breaker but several people asked for it again. Also, Pat Costello updated the exemptions guidelines - a generic form useful for any town. We just ask that you check with the town assessor to find out what YOUR town/city has chosen for income, age, etc. where there are options on these. Feel free to download and tailor to your town's needs.

These forms will be posted at [www.mcoaonline.com](http://www.mcoaonline.com)

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

### **MCOA Briefs: For our Members — Call for Participation 2010**

MCOA recognizes that Members' volunteer time is as valuable as the dues annually contributed, but we can only accomplish our many goals and objectives with assistance from our members. Volunteering just a few hours a month in combination with other COA Directors will provide MCOA the talents and cooperation necessary for accomplishing the membership's set tasks that we are pledged to achieve in FY2010.

<http://www.mcoaonline.com/content/pdf/Call-for-ParticipationFY10.pdf>

### **UPDATED REQUEST**

#### **MCOA and Mass Municipal Association are collaborating on a Survey**

*We are collecting info on any cuts...*

**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](mailto:Ruthann_Dobek@town.brookline.ma.us) and Jayne Colino/ Newton — [jcolino@newtonma.gov](mailto:jcolino@newtonma.gov)

**We also need a copy sent to [Peter@mcoaonline.com](mailto:Peter@mcoaonline.com)**