

MCOA News

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Notes from the Executive Director: ~~LATE July~~ Early August 2008 (vacations happen)

Please Circulate to Your Staff

Enclosed in This Mailing:

- FY09 Budget Update
- Tax Aide Program Update-AARP Foundation
- Staying Healthy for Men and Women Checklist
- Alzheimer's Association 10 Warning Signs
- Available Resources: Including Info from SHINE, on the new Food Stamp Application, on the new CORI Regs, from Mass Medline, and NISC's new Senior Center Models, and a link to a report from AARP on Older Workers
- Details on Upcoming Fall Conferences- MCOA, MHC, NASUA
- Training Opportunities on Chronic Disease Self Management and from BU's IGSW

In the Mail: You Should Have Already Received

- The request from MCOA that included FY09 Dues, A Call for Participation in MCOA Leadership, and a discount opportunity from the Motion Picture Licensing Corporation (note: If you have previously paid MPLC to show movies at your senior center your rate will be even lower than this year's discounted price.) Please return your dues payment and the Call ASAP.
- The Fall 2008 Conference Bulletin and registration Kit. Remember the deadline is September 15th. Send your hotel reservation directly to the Sea Crest- We expect a sellout. MCOA encourages everyone to try our online conference registration that will expedite the process and save MCOA \$\$\$\$\$. Beginning August 15th go to www.mcoaonline.com and click on "Online Registration". You will receive a printout that can be used to process payment and your information will be automatically recorded.

ReRead MCOANews for late June 2008 for: (go online to www.mcoaonline.com)

- MCOA's Nomination Form for recognition at the Fall Conference for the Advocate, Innovator, and Director of the Year Awards.
- Details and timelines on MCOA's Staff Certification Program.

MCOA Briefs: Fall Conference

Planning has already begun for MCOA's 2008 Fall Conference set for October 15th-17th at the Sea Crest Resort in Falmouth.

- We have already scheduled 85 Workshop Proposals and last week we mailed the Conference Bulletin and Registration Kit.
- MCOA is also asking our members to review the Sponsors, Exhibitors and Vendors forms currently online and in late June's MCOA News and to pass this info onto appropriate parties. Sponsors and Exhibitors help keep our costs down. Your assistance is greatly appreciated
- As we begin to plan the various events and ceremonies at our Fall Conference please refer to MCOA's Awards 2008 form to nominate someone or some agency for recognition.

MCOA Legislative Update: FY09 Budget

As we reported in the July issue of MCOA News and thru our Email Legislative Alert System, the FY09 budget was signed into law by Governor Patrick and it was generally favorable to eldercare line items.

Final FY09 Budget

9110-9002 For the local services program for grants to the councils on aging and for grants to or contracts with non-public entities which are consortia or associations of councils on aging; provided, that notwithstanding the foregoing, all monies appropriated in this item shall be expended in accordance with the distribution schedules for formula and incentive grants established by the secretary; provided further, that not less than \$80,000 shall be provided to the LGBT Aging Project; and provided further, that such distribution schedules shall be submitted to the house and senate committees on ways and means.....\$8,615,068

As notified by EOEI Secretary Festa this increase will translate into an additional \$0.50/elder and an additional \$140,000 for Incentive Grants. This achieves our three year goal of \$7/elder.

The Board has already had a conversation with the Secretary and his team about priorities for Incentive Grant funding. At that time Secretary Festa announced that an additional \$250,000 would be available in FY09 due to his realignment of SHINE funding. Coupled with the legislative increase and the Secretary's realignment we anticipate the available funds for Incentive Grants will rise from \$305,000 in FY08 to approximately \$700,000 in FY09. We expect the Incentive Grant announcement sometime late summer.

To recap: The Legislature increased funding overall 9.3%; with the additional cash Secretary Festa's team made available, funds for Incentive Grants and Formula Grants rose 12.5%. Extraordinary!

A Note of Caution: for those who read the fine print, you may have read that the Commonwealth and the Federal Government as not reached an agreement on Federal funding for our statewide healthcare initiative. Depending on how this is resolved we could face an immediate deficit that could trigger "9C" cuts mid year. MCOA will continue to follow the process but in the meantime- CONGRATULATIONS to all-especially our Legislative Chair Barbara Farnsworth, our President John Jope, our VP Sandy Vickery and our past President Laura D. Mailman. My personal thanks, to the rest of our Board and the Advisory Council for their never ending energy as well as to all of our members that made the effort to get this increase.

We ask you now to think of creative and public ways to thank all involved: From the Governor and the Secretary to all members of the Legislature.

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

Highlights from the Conference Report: from Mass Home Care

Despite overall constrained funding, there were several important achievements in this year's budget process:

- \$20 million in new funding for the Equal Choice CF 1115 waiver.
- Blunting of the nursing home effort to get an automatic \$45 M rate hike at the expense of community-based services.
- Addition of 'geriatric mental health' as an eligible home care service
- Addition of new language that requires LTC Options counseling and 1115 waiver caremanagement to be done by ADRCs
- An increase of \$1.237 million in protective services.
- Maintenance of Family Caregivers and Geriatric MH line items
- Open enrollment for Prescription Advantage, and no cost sharing hikes without legislative approval

MCOA Legislative Update: FY09 Budget (continued)

More Highlights from the Conference Report: from Mass Home Care

The budget includes:

1. \$23 million rate hike for human services workers
2. The Community First Waiver is funded at the higher Senate amount—but EOHHS is allowed to use up to \$5 M of that account for Rolland settlement cases.
3. Language in 4000-0600 requires the 1115 waiver caremanagement to be done by ADRCs, and the LTC Options counseling to be done by ADRCs. Important new language.
4. The \$45 M nursing home rate hike in 4000-0600 is approved, as long as there are additional funds that become available due to decreased MassHealth utilization, and that are not otherwise projected to be spent on other services. If such funds do not total \$45 M, the NF's rate hike is proportionally reduced. This is modified language not found in either version.
5. NFs also get their full \$288 M in user fees, and rates get adjusted upwards if utilization falls; \$50 M of this is to be used for NFs salary upgrades, and some funds for NFs that reduce unnecessary admissions and facilitate return of residents to the community.
6. ECOP: the Committee went with the higher Senate amount, but this is still only a 1.7% increase over '08.
7. Home care: the Committee adopted the higher Senate amount, but this is still only a 1.4% increase over '08.
8. "Geriatric mental health" is a new service added to the home care purchase of service account.
9. Care Management: this line item will only increase by 1.25% in FY 09.
10. Protective Services: the Committee adopted the slightly higher Senate amount, an 8.2% increase over '08.
11. Geriatric Mental Health line item: the Committee has restored this item to its level funded \$225,000 amount
12. Family Caregivers: the Committee went with the House version, restoring this item to level: \$250,000
13. The Congregate NORC account was raised to a new high level of \$2.789 M, a 6.4% increase. The Ethos AgeWell program is funded at \$90,000.
14. Homeless funds are raised to \$450,000, a 28.6% increase over '08.
15. The Elder Lunch program is funded at a new high of \$6.8 M, a 7.6% increase. But there are more earmarks in this item than last yr
16. The COA line item increases by 9.25%, or by \$730,000.

FY2009 Budget	FY 2008	FY 2009 House	FY 2009 Senate	Mass Home Care Prefers	FINAL Conference
4000-0117 (House)and 1599-6901 (Senate) Human Services Salary	\$ 23	\$ 23	\$ 23	Either	\$ 23
4000-0650 Community First1115 waiver	--	\$ 15	\$ 20	SENATE	\$ 20 (up to \$5M for Rolland)
4000-0600 MassHealth SeniorCare Plans Nursing Homes	\$2,051	\$2,164 incl. \$45 NF earmark	\$2,158 "funds that may come available"	HOUSE FUNDING LEVEL, SENATE PNA & Nursing Home compromise Language	\$2.175 B Mostly Senate Language on NF \$45 M, but Some changes
4000-0640 Nursing Home User Fees	\$ 288.5	\$ 288.5	\$ 288.5	SENATE	\$288.5
9110-0100 EOE Secretary	\$ 3.588	\$ 3.803	\$ 3.691	HOUSE	\$ 3.741
9110-1455 Rx Advantage	\$ 60.5	\$ 57.594	\$ 57.533	HOUSE	\$ 57.533
9110-1500 ECOP	\$ 47.41	\$ 47.847	\$ 48.199	SENATE	\$ 48.199
9110-1604 Supportive Housing	\$ 4.188	\$ 4.202	\$ 4.202	EITHER	\$ 4.202
9110-1630 purchased services	\$ 105.224	\$ 106.622	\$ 106.715	SENATE	\$106.715
9110-1633 care management & operations	\$ 39.869	\$ 40.368	\$ 40.368	EITHER	\$ 40.368
9110-1636 protective services	\$ 15.009	\$ 16.209	\$ 16.246	SENATE	\$ 16.246
9110-1640 geriatric mental health	\$.225	\$.225	----	HOUSE	\$.225
9110-1650 Family Caregivers	\$.250	\$.253	----	HOUSE	\$.250
9110-1600 Congregate& NORCs	\$ 2.62	\$ 2.639	\$ 2.313	SENATE (ETHOS)	\$ 2.789
9110-1700 Homeless	\$.350	\$.350	\$.450	SENATE	\$.450
9110-1900 Meals on Wheels	\$ 6.325	\$ 6.514	\$ 6.364	HOUSE	\$ 6.804
9110-9002 COAs	\$ 7.885	\$ 8.537	\$ 9,115	SENATE	\$ 8.615

MCOA Legislative Update: FY09 Budget (continued)

STATE CAPITOL BRIEFS – MONDAY, AUG. 4, 2008 STATE HOUSE NEWS SERVICE

REVENUES \$38 M HIGHER ON STRENGTH OF ONE-TIME SETTLEMENT

State revenues beat projections by \$38 million in July, the Patrick administration announced Monday, but Department of Revenue officials called the results “soft” because they relied on an \$80 million one-time tax lawsuit settlement. Sales tax collections of \$362 million fell \$42 million below benchmarks and payroll taxes of \$716 million missed benchmarks by \$18 million. Thanks to the settlement, corporate tax collections reached \$120 million and beat projections by \$85 million. Cigarette taxes nearly doubled projections, coming in at \$18 million, buoyed by a surge in sales to retailers stocking up on the higher-priced cartons. DOR warned in a statement that the increase in July may offset future cigarette tax collections.

PATRICK SIGNS BROADBAND ACCESS LAW

Gov. Deval Patrick signed into law Monday a three-year, \$40 million plan to build fiber, wireless towers and other broadband infrastructure to bring high-speed Internet to the 32 communities in the state that lack access. The spending is intended to meld with private-sector investments to increase opportunities for Internet providers to move into regions currently lacking broadband. “High costs pose a significant entry barrier for the private sector and are a root cause of the broadband inequities we’re experiencing now,” said Housing and Economic Development Secretary Daniel O’Connell in a statement. “Strategic investment by the state will bring private companies to the table and ignite the competition that will make broadband accessible and affordable throughout the Commonwealth.” The new Mass. Broadband Institute will be governed by a nine-member board, appointed by the governor. The new agency will oversee administration of the funds and select private firms for contracts through competitive bidding.

MassBudget Brief

The Legislature's Enacted FY 09 Budget **A preliminary analysis** The budget approved by the Legislature today includes very few significant new spending initiatives; it does, however, increase funding substantially to keep commitments made in previous years.

The largest increases are in Chapter 70 aid for education and in funding for health care, particularly to finance the increased access to affordable healthcare made possible by the state's health reform law.

The budget has a structural deficit of over \$500 million and uses money from the state stabilization fund to achieve balance. This structural gap would have been significantly larger, but the Legislature this week enacted legislation increasing the tobacco tax and closing corporate tax loopholes. This *MassBudget Brief* is available on MassBudget's website, www.massbudget.org, and can be read (in PDF format)

<http://www.massbudget.org/09ConferenceFinal.pdf>

Budget Monitor: More from MassBudget

The FY 2009 Conference Committee Budget **For immediate release: July 11, 2008**

BOSTON -- The budget crafted by the Conference Committee and approved by the House and Senate for the new fiscal year spends more than the amounts previously recommended by the House, the Senate, and the Governor. The Conference Committee budget totals \$33.2 billion when "off-budget" expenditures are included, and is balanced with a substantial use of funding from Stabilization (Rainy Day) Fund money and other temporary fixes. This *Budget Monitor* is available on MassBudget's website, www.massbudget.org, and can be read (in PDF format) [at this link](#). The Massachusetts Budget and Policy Center (MassBudget) provides independent research and analysis of state budget and tax policies, as well as economic issues, that affect low- and moderate-income people in Massachusetts.

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MCOA Property Tax Task Force:

Only one of the four changes to senior property tax relief programs that this task force and MCOA supported emerged out of the Conference Committee. We are investigating why and will be reporting back to the membership in the late August newsletter and at the September membership meeting. Stay Tuned

MCOA Legislative Update: (continued) Other State news

GOVERNOR SIGNS MASSHEALTH EQUALITY INTO LAW:

Congrats to the LGBT Aging Project- A Tremendous Success-DPS

Same Sex Married Couples To Have Access To Equal Benefits

Boston, MA -July 31, 2008. Governor Deval Patrick signed the MassHealth Equality bill into law today, ensuring that same sex married couples are eligible for spousal benefits under the state/federal Medicaid program, known as MassHealth. The MassHealth Equality law is the first piece of legislation that codifies the 2003 Goodridge decision for marriage equality in the Commonwealth.

Medicaid is a unique program, funded by both state and federal dollars and the federal Defense of Marriage Act (DOMA) does not recognize same sex married couples although Massachusetts' state law does.

"The purpose of the bill is quite simple - Medicaid has established benefits and protections for married couples and we want to ensure that those are extended to Massachusetts' same sex married couples as well " said Dale Mitchell, President of the LGBT Aging Project and Chair of it's Policy Committee.

Medicaid's spousal benefits and protections are especially meaningful for older married couples that are facing nursing home care. With average nursing home costs of at least \$75,000 a year many couple's assets are depleted and they must turn to Medicaid to cover their care. Medicaid spousal benefits ensure that the spouse remaining in the community can keep their family home and enough of their joint assets to live independently in the community. Without these protections the community spouse could face homelessness and impoverishment.

"We want to thank Governor Patrick for signing this landmark legislation. He is acknowledging and affirming older same sex married couples that have faced decades of discrimination. MassHealth Equality reaffirms the Commonwealth's commitment to true marriage equality." Said Lisa Krinsky Director of the LGBT Aging Project. For more information about this topic please contact Lisa Krinsky, Director of the LGBT Aging Project at 617.522.6700 x307 or email Lkrinsky@ethocare.org.

MCOA Legislative Update: Federal *Congrats to N4A, NCOA and others*

July 10, 2008 Senate Passes Medicare Bill by Veto-Proof Margin; Bill Contains Funding to Aging Services Network for Part D Assistance Legislation Now Goes to the President

Late yesterday, the Senate passed the Medicare bill (H.R. 6331) by a vote of 69-30, a wide enough margin to override the President's threatened veto. After coming up one vote short of the 60 votes needed to advance on June 26, Democrats obtained the additional vote they needed with the unexpected return of Senator Edward M. Kennedy (D-MA), who is recovering from brain tumor surgery.

Once it became clear the legislation had the votes needed to pass, nine Republican Senators switched their votes to support the legislation. They include: Senators Lamar Alexander (TN), Saxby Chambliss (GA), Bob Corker (TN), John Cornyn (TX), Kay B. Hutchison (TX), John Isakson (GA), Mel Martinez (FL), Arlen Specter (PA) & John Warner (VA). H.R. 6331 includes approximately \$4 billion over five years in beneficiary improvements and resources that n4a has advocated for in order to help seniors navigate and enroll in the Medicare Part D prescription drug benefit plans. This includes \$7.5 million in direct resources to Area Agencies on Aging (AAAs) and Title VI Native American Aging Programs and \$5 million to Aging & Disability Resource Centers (ADRCs) through the U.S. Administration on Aging, and \$7.5 million to the State Health Insurance Assistance Programs (SHIPs) through the Centers for Medicare and Medicaid Services (CMS), for outreach, counseling and assistance efforts.

In addition, the measure instructs CMS to reprogram \$5 million in AAA/ADRC grants (authorized under last year's Medicare legislation) specifically for Medicare Part D and Low-Income Subsidy (LIS) program outreach, counseling and assistance efforts.

The main feature of the legislation is a reversal of a physician payment cut of 10.6 percent that went into effect on June 30, ensuring stable payments for the next 18 months. Because the bill pays for many of these provisions with reduced payments to private Medicare plans known as Medicare Advantage, (totaling \$12.5 billion over five years according to the Congressional Budget Office), the White House has threatened to veto. However, this recent vote indicates that there is enough support in Congress to override a veto.

→ If you have questions about this *Legislative Update*, please contact n4a's public policy and legislative affairs staff, Amy Gotwals and KJ Hertz, at 202-872-0888 or agotwals@n4a.org, khertz@n4a.org.

MCOA Briefs: Available Resources

NISC Powerpoint: New Models Task Force Presentation

Dear State Association Director or state contact representative: My name is Stefanie Woolford and I am a member of the NISC New Models Task Force launched by Bob Pittman, then NISC Chairman, in 2006. The purpose of the Task Force was as followed:

- Identify examples of new models in the senior center field
- Envision senior centers of the future
- Position NISC as the leader in defining the 21st century senior center

In March 2008, the task force presented a PowerPoint with our findings during the NCOA/ASA Conference in Washington D.C. This presentation offers a wide variety of information that was collected by the task force in the last two years. If you were unable to attend the conference or the session this presentation is available on the NCOA website. You can find it at the following link:

<http://www.ncoa.org/content.cfm?sectionID=44&detail=2478>

Also available are NISC delegate members to present the information during a conference in your area.

We believe that the research that has been completed will definitely position NISC as the leader in defining the 21st century senior center but it also allows you to see the many innovative programs that are occurring throughout the United States. If you wish to discuss having a new models task force member present their findings in your state, please contact either Kathy Sporre or Peter Thompson, co-Chairs of the task force. Their contact information is as followed: Kathy Sporre: webmaster@ffsenior.org or 218-736-6842

Peter Thompson: peter@seniorcenterinc.org or 434-974-7756

Sincerely, Stefanie Woolford, Executive Director Maumee Senior Center 2430 South Detroit Avenue
Maumee, Ohio 43537 419-893-1994(tel) 419-893-9616 (fax) sspieth@maumeeseniocenter.com

MassMedLine: A free resource on the programs available for access to medications and more.

Helping With The Medication YOU Need - Safety, Compliance and Costs

Call toll free 1- 866-633-1617 Massachusetts College of Pharmacy and Health Sciences, under contract with the Massachusetts Executive Office of Elder Affairs, operates the MassMedLine pharmacy outreach program, a free, confidential service available to all Massachusetts residents. By calling a toll-free help line, patients can receive general information about their medications and side effects, in addition to personal assistance with accessing affordable prescription drug programs including assistance with all aspects of the Medicare Drug Benefit. The goal of MassMedLine's pharmacy outreach program is to assure medication compliance, adherence and safety in the purchase and use of prescription and over the counter medications. Callers to the help line, visitors to the website (www.massmedline.com), "Ask the Pharmacist" feature and the walk-in center are evaluated for eligibility in the many programs available then guided through the enrollment process.

Licensed pharmacists work with each patient individually to be sure they are guided into plans such as the Medicare Drug Benefit that would best fit their medication profile and assisted with the extra help that is also available. MassMedLine's staff of trained case managers and licensed pharmacists:

- Educate and counsel patients about their medications
- Inform patients about available insurance plans and private, state and federal programs that provide free, low cost or discounted medications (including the Medicare Drug Benefit and various patient assistance programs sponsored by members of the pharmaceutical industry).
- Evaluate patients for eligibility in appropriate programs
- Assist patients through the enrollment process
- Follow up and monitor patients, providing a comprehensive medication therapy management evaluation
- Conduct statewide outreach events to increase awareness of the services provided and participates in presentations on general health and disease related topics

Feel free to call with questions 1-866-633-1617.

MCOA Briefs: Available Resources continued

SHINE NOTES -- August, 2008

It is not too late to file for Stimulus Payments! You have until October, 2008! You are eligible to receive such payments (up to \$300 singly, \$600 if married filing jointly) if the following is true:

- * Minimum of \$3,000.00 income
- * Qualifying income is the total of Social Security, Veterans Affairs and/or Railroad Retirement benefits plus earned income (including nontaxable combat pay)
- * People receiving only Supplemental Security Income are not eligible

The payment should have no impact on other federal benefits. If the filer owes money to the federal government, that payment will be discharged prior to the filer receiving (remaining) stimulus funds.

Beware of Stimulus Payment Scams...

"Taxpayers should take steps to keep their personal information out of the hands of identity thieves," said IRS Commissioner Doug Shulman. The most common scams involve tax refunds and, this year, economic stimulus payments. Although most of these scams consist of e-mails requesting detailed personal information, the IRS generally does not send e-mails to taxpayers, does not discuss tax account matters with taxpayers in e-mails or faxes, and does not request security-related personal information, such as PIN numbers, from taxpayers.

The IRS has more than 400 local Taxpayer Assistance Centers operating during normal business hours Monday through Friday. These centers can provide assistance to retirees and veterans trying to receive their payments. A list of addresses and office hours can be found at www.irs.gov, then to "Contact My Local Office."

SHINE Program, Commonwealth of Massachusetts, Executive Office of Elder Affairs One Ashburton Place, 5th Floor Boston, MA 02108 Phone: 617-727-7750 Fax: 617-727-9368

More Stimulus Payment Information for IRS

You have until October 15, 2008 to file for this one-time rebate. Are you one of the many people who normally do not have to file federal income taxes because your income is quite low? This year it's different. To receive an Economic Stimulus Payment, you should file Form 1040A with the IRS by October 15, 2008. This includes people who receive at least \$3,000 in earnings and/or benefits from Social Security, VA disability or a Retired Railroad Worker's pension. Visit IRS.gov for details. Or ask a friend or relative for help going online. Don't let a little paperwork keep you from getting your stimulus payment. Don't worry. There's still time to file for your economic stimulus payment. Get free help at an IRS taxpayer assistance center. For a list of local centers, plus hours of operation, visit irs.gov and click on "contact IRS." then click on "contact your local office." visit irs.gov

SCO Refresher: A Valuable Program for Older Adults

The Senior Care Options (SCO) Program brings Medicare and MassHealth together and is especially for MassHealth members. Seniors who are 65 years of age or older, and meet the MassHealth financial eligibility criteria, may be eligible for SCO.

Why choose SCO?

- **Because** SCO will provide Medicare Part D Prescription Drug coverage without any co-payments
- **Because** SCO offers dental, vision and hearing-aid coverage
- **Because** SCO offers individualized care—each member's doctor and a team of professionals design each care plan - and each member has 24 hour access to a team of professionals
- **Because** SCO members keep all their MassHealth benefits

For more information, call 1-888-821-0484, TTY: 1-888-821-5225, or visit www.mass.gov/masshealth. The MassHealth SCO team will be at the MCOA Fall Conference with more information. See you then!

MCOA Briefs: Available Resources continued

Medicare Prescription Drug Plan Guide: How to Choose Your 2009 Plan

America's Health Insurance Plans (AHIP) has issued an on-line publication, *Medicare Prescription Drug Plan Guide: How to Choose Your 2009 Plan*. America's Health Insurance Plans (AHIP) is a national association representing nearly 1,300 member companies providing health, long-term care, disability income, dental, and supplemental insurance coverage. AHIP members also provide Medicare Advantage and Medicare Part D drug coverage for seniors and people with disabilities. The guide is useful for those who are newly eligible for the Medicare Part D prescription benefit as well as those considering a change. People who do not have an intention to change plans can use the guide to confirm that they are enrolled in a plan that is optimal for them. The guide can be completed online. A PDF version is also available to be downloaded. To access the guide, visit: <http://www.healthdecisions.org/guide> If you have any questions about the guide or Medicare Part D plans in general, please feel free to contact 1-800-AGE-INFO or your local SHINE representative.

US CENSUS: It is that time again!

Good afternoon everyone! Please find attached the most recent issue of the 2010 Census Activities Update for June 2008. Highlights include: New management positions available in our Local Census Offices, the new 2007 ACS data being released this summer and an updated Census timeline. I have also attached the link to the Employment Opportunities page on our regional website which allows the user to view the actual job announcements for the management positions and apply for the position of their choice.

<http://www.census.gov/robos/www/employ.html> Please share both the publication and the link with your constituents and/or whomever you feel would be a great candidate for these positions. Thanks. Arthur Bakis
Boston Regional Census Center US Census Bureau One Beacon St., 7th Floor Boston, MA 02108
617-488-9004

Revised Food Stamp Info: Press Release

*From the Commonwealth of Massachusetts Executive Office of Health and Human Services
Department of Transitional Assistance 600 Washington Street □ Boston, MA 02111*

Governor Deval L. Patrick, EOHHS Secretary Judyann Bigby, M.D., Lt.Gov.Timothy P. Murray, and DTA Commissioner Julia E. Kehoe

Field Operations Memo 2008-38 July 10, 2008 To: Transitional Assistance Office Staff

From: John Augeri, Assistant Commissioner for Field Operations

Re: The Simplified Food Stamp Application for Elderly Applicants

Overview The Food Stamp Program enables low-income households to purchase food. Many people, although eligible, do not receive food stamp benefits. This is particularly true for the elderly whom USDA has identified as a target population for food stamp outreach. Based on this information and to increase outreach efforts among the elderly, the Department has created a new simplified food stamp application form for use by applicants aged 60 or older. This form helps to streamline the application process and removes a longstanding barrier for this population. This Field Operations Memo:

- introduces the *Simplified Food Stamp Application for Elderly Applicants* (Attachment A); and
- issues procedures for processing applications received using this form.

The Simplified Food Stamp Application for Elderly Applicants

The *Simplified Food Stamp Application for Elderly Applicants* is a shortened version of the regular food stamp application form. It was fashioned after the regular food stamp application form, but adapted to reflect the general circumstances of elders. The form specifically does not include questions about childcare expenses, child support payments, boarders or foster care (although these questions will be asked during the BEACON interactive interview). However, it asks about medical expenses such as adult day care expenses which denote circumstances more common to elderly applicants. The Rights and Responsibilities Penalty Warning (RR/FSP-1B) page is attached at the back of the *Simplified Food Stamp Application for Elderly Applicants*. This RR/FSP-1B is for informational purposes only. It does not contain a signature line and does not have to be signed and returned. The form is only one page front to back.

MCOA Briefs: Available Resources continued

More Food Stamp Info from Project Bread: Good News For Seniors – Help is Available to Beat the High Cost of Food

If you are a low-income senior (age 60 or over), you may now qualify for food assistance through the Food Stamp Program, even if you own a home or a car, or have savings. Thanks to new changes to the Food Stamp Program, assets are no longer considered for seniors whose income falls within certain income guidelines. Seniors whose incomes fall above the guidelines may still be eligible, but their assets will be counted.

For instance, for a senior living alone, if your monthly gross income is under \$1,734, your bank accounts and other assets will not be considered. If there are two people in the home, and the total monthly gross income is below \$2,334, assets will not be considered in the food stamp calculation. Prior to the criteria changes, you would have been required to submit information about bank accounts, CD's and other assets. Assets higher than \$3,000 would have disqualified both of the households above and indeed many low-income seniors with modest assets had been ineligible under the old rules. That is no longer the case and as a result thousands of seniors who had not been eligible previously may now meet the requirements. Income alone cannot determine eligibility. Food Stamp benefits are primarily determined by a calculation that is based on income and certain expenses. It is important that you keep track of those expenses so that you can maximize your benefits. For instance, if you have more than \$35 in medical expenses per month, documenting those expenses may increase your food stamp benefits. Medical expenses include health insurance premiums, co-payments, transportation to medical appointments and many other out-of-pocket medical expenses.

Shelter expenses are also considered in the calculation of benefits. By providing proof of your rent or mortgage and utilities, you are able to benefit from important deductions. The increases in the price of fuel and food are hurting everyone. Food stamps can make a big difference in your quality of life by helping you purchase the food you need for good health. For more information, call Project Bread's FoodSource Hotline at 1-800-645-8333, Monday through Friday, from 8:00 a.m. to 5:00 p.m. It just takes a few minutes to determine if you are eligible to receive food stamps. Counselors will talk you through the medical expense deduction to help you make the most of that deduction. The average food stamp benefit for a senior in Massachusetts is \$88 per month. That is \$1,056 per year. Some people will get less, some will qualify for more, but isn't it worth a call to see if you can receive some help, particularly now with the rising cost of food? If you would like to apply for food stamps, the FoodSource Hotline counselors can help you start the process. They can fill out the application for you with the information you provide and will mail it to you for your review and signature, with information about how to complete the application process. **Once you are approved for food stamps, you generally will not have to go through this process again for two years.**

Call 1-800-645-8333 for more information. You can speak to a counselor (not a machine), ask any questions you may have about the program, and learn about other free and low-cost food resources. All calls are confidential. Call today!

CONSUMER ADVISORY: Is Your Free Annual Credit Report Really “Free”?

From: Massachusetts Office of Consumer Affairs & Business Regulation

Consumer Affairs Agencies, Division of Banks, Division of Insurance, Division of Professional Licensure

Department of Telecommunications and Cable, Division of Standards, State Racing Commission

Daniel C. Crane, Undersecretary 10 Park Plaza Suite 5170 Boston, MA 02116

Hotline: 617-973-3787 888-283-3757 www.mass.gov/consumer

The Office of Consumer Affairs and Business Regulation reminds consumers that they are entitled to one free credit report every 12 months from each of the three national consumer reporting companies—Experian, Equifax, and TransUnion. It is important to check your credit report regularly for accuracy and signs of fraudulent activity—especially with the increase in identity theft. You can receive a free credit report by phone, mail, or by visiting <https://www.annualcreditreport.com>. Beware of other web sites or unsolicited e-mails offering free credit reports. These sites that are not affiliated with the government-mandated free credit report program may claim to offer "free" credit reports, however the reports are tied to the purchase of other products.

If you would like to order a free credit report, follow these important steps:

- Steer clear of sites that promise free credit reports and then ask for your credit card information.
- Do not respond to e-mails, pop-up ads, or phone calls that claim to come from www.annualcreditreport.com or one of the credit reporting agencies. These may be scams seeking your personal information.
- Remember, there is only one official free credit report web site. Access it by visiting the Federal Trade Commission's site at www.ftc.gov. or directly at www.annualcreditreport.com.
- If you are uncomfortable with Internet security you can order your credit reports by phone or mail.

For a copy of your credit report from the major credit bureaus, contact:

Equifax - 1-800-685-1111 Experian - 1-888-EXPERIAN (397-3742) TransUnion - 1-800-888-4213

MCOA Briefs: Available Resources continued

Revised CORI Standards

“Any volunteer or paid person that your COA puts in direct contact with any older adult needs to be CORI’d” Effective May 16, 2008 the Criminal History Systems Board (CHSB) has amended its Criminal Offender Record Information (CORI) regulations. The following Information (and even more) can be accessed at [http://www.mass.gov/?pageID=eopssubtopic&L=4&L0=Home&L1=Crime+Prevention+%26+Personal+Safety&L2=Background+Check&L3=Criminal+Offender+Record+Information+\(CORI\)&sid=Eeops](http://www.mass.gov/?pageID=eopssubtopic&L=4&L0=Home&L1=Crime+Prevention+%26+Personal+Safety&L2=Background+Check&L3=Criminal+Offender+Record+Information+(CORI)&sid=Eeops)

CORI Overview

The Criminal Offender Record Information (CORI) Unit provides CORI to Board certified, non-criminal justice agencies such as schools, day care centers, home health aides, youth athletic coaches, and municipal government agencies. Individuals may also obtain a copy of their personal criminal record from the CORI Unit. Excluding law enforcement agency requests, the unit processes and average of 100,000 requests per month.

This Unit also assists in correcting inaccurate criminal records, investigates complaints of improper access to or dissemination of CORI, and provides legal assistance on matters relating to the CORI law to police, prosecutors, judges, and the public.

For additional information, or answers to questions not found on this site, please contact the CHSB’s CORI Unit at (617) 660-4640.

General Information

To receive CORI, organizations and individuals must submit an application to, and be approved by, the CHSB. CORI may be requested and provided for a wide variety of reasons. For example, individuals may request their own CORI, employers of certified agencies may request CORI on prospective employees or volunteers, and licensing boards may request CORI on applicants for certain licenses. Some applications will be reviewed individually by the Board, but many may be approved under a [general grant](#) of access previously established by the Board.

The application to be used depends on the needs of the requestor. All applications can be found on the CORI [Forms and Applications](#) page. Applications may be accessed through this Web site by downloading them. Note that all applications must be received by mail. There is no FAX or walk-in service available.

All CORI provided by the CHSB contains Massachusetts criminal history information only. If an agency or individual deems it is necessary to obtain CORI from another state, that state must be contacted by the requestor. For a list of out-of-state agencies that may be contacted for out-of-state CORI, go to the [out-of-state contacts](#) page.

Renewal of CORI Certification

By statute, certification to access CORI may be granted by CHSB only for a period of two years. If continued access to CORI is needed, it is the responsibility of the certified agency to submit a Renewal Application at the time of expiration. You may download and print an [application PDF](#) (12 KB) to complete and mail.

For those agencies certified as EOHHS agencies, download and print an [EOHHS application PDF](#) (11 KB) to complete and mail. Note that no FAX or walk-in service is available.



FOR IMMEDIATE RELEASE
June 27, 2008

CONTACT: Chryste Hall
617-305-0515
chhall@aarp.org

**AARP STUDY: EMPLOYER TRAINING PROGRAMS
PRODUCTIVE FOR WORKERS 50 AND OVER**

Worker Survey Still Finds Considerable Room for Upgrading, Customizing

Washington, DC – A new AARP national survey has found that workers age 50 and over are satisfied with employer-based training programs offered to them (79 percent), and they participate in those programs in large numbers.

But while two-thirds (67 percent) of workers questioned online said that they received all of the training they had desired or made no requests in the previous two years, one in four (24 percent) reported that they were able to participate in only some of the training desired. Another 8 percent said they were unable to participate in any of the training desired.

The inability to participate in work-based training was especially acute with low-income and less-educated individuals. For example, more than eight in ten (85 percent) workers with at least a four-year college degree had taken employer-based training within the previous two years, compared to only 50 percent of workers with a high school degree or less.

Given the somewhat uneven participation rate, the study called for working to ensure “that training opportunities are offered and clearly communicated to all workers,” including those with less formal education.

The report also suggested that organizations consider creative ways to bridge the educational barrier by making training more appealing to those with less education by customizing approaches to training, depending on workers’ needs.

The new study comes at a time of increasing focus on workers age 50 and over and, coincidentally, on training and development by American companies. The report states that “slowing labor force growth”, plus longevity and other factors, means that 50+ workers will likely figure more prominently in the workplace than ever before.

(For example, U.S. Bureau of Labor Statistics projections show that one in three people in the U.S. labor force will be ages 50+ by 2016, up from 28 percent of the workforce in 2007.)

These and other business changes, including “increased competitiveness accompanying globalization,” have resulted in organizations facing “unrelenting pressure to continuously build and sustain workforce knowledge and expertise through rigorous training initiatives,” the report stated.

-more-

MCOA Briefs: Available Resources continued

AARP STUDY / June 27, 2008 / Page 2

In announcing the results of the study today, Deborah Russell, AARP's Director of Workforce issues, said: "For employers to be successful in recruiting and retaining 50-plus workers, they will need to consider ongoing training as a key strategy. Ongoing training and development is what mature workers view as a top attraction in an ideal workplace."

AARP collected the data for the study through an online survey of workers age 50 + employed by companies with at least 10 employees. The study is titled: "Investing in Training 50+ Workers: A Talent Management Strategy." The survey was administered by Knowledge Networks of Menlo Park, CA. At the same time, Towers Perrin, a global professional services firm, interviewed a select group of employers for an accompanying analysis of training observations. Towers Perrin drafted the final report as well.

The range of training topics included, among others, computer skills, specific technical or professional skills, formal courses that lead to certification or degrees applicable to the job, management skills training, occupational safety training and communication skills training.

Among the other key findings of the survey include:

- More than six in 10 (62 percent) who took training in the previous two years said that it increased their productivity at work.
- More than nine in 10 (93 percent) of respondents said they enjoy learning new things, and 77 percent expressed interest specifically in work-related education. "The passion for knowledge does not disappear or diminish simply because a worker passes the age 50 threshold," the report said.
- The majority of 50+ workers said they were comfortable with a variety of learning methods. However, classroom-based training was clearly the preferred method, with 90 percent saying they were comfortable with small-group classroom training of less than five participants, and 81 percent expressing comfort with classroom training in a group of five or more participants.

To read the complete survey, go online to:

http://www.aarp.org/research/work/employment/invest_training.html.

MCOA Briefs: Available Resources continued

Boston Region Metropolitan Planning Organization (MPO): Focus on Transportation

The Boston Region Metropolitan Planning Organization (MPO) is seeking to provide more interested parties the opportunity to be involved in transportation planning in eastern Massachusetts. As part of accomplishing this, the MPO is expanding its e-mail outreach capability by adding addresses to its one-way e-mail listserve.

You/your organization have/has been identified as potentially having an interest in transportation. We hope you do. This listserve is used several times a year to send notices of important meetings and milestones. We hope you are interested in learning about and participating in transportation planning in the region. Thank you for your attention. **If you want to participate contact Pam Wolfe to be included on this list serve**

Pam Wolfe, Manager Certification Activities Group Boston Region MPO Staff Central Transportation Planning Staff Room 2150 10 Park Plaza Boston, MA 02116 617-973-7141 pamwolfe@ctps.org

MCOA Briefs: Member Request

CPR: Could you tell me who on your staff is required to know CPR? Is it just your drivers or in-house staff too? Are they also trained on defibrillators? Thanks so much.

Respond to Mary Beth Duffy [mailto:mbduffy@city.waltham.ma.us]

COA Board Meeting Times: What time of day do you hold the COA board meetings? How many non-elder board members do you have? Have you experienced a problem in recruiting board members due to the meeting time? Did you change your meeting time to accommodate these types of problems?

Respond to: Jeanne DeBruin jdebruin@lunenburgonline.com

Fundraising Volunteers: Hi Everyone. We have been approved for a new senior center and Fundraising is necessary. A fundraising committee is needed. Does anyone have a form letter requesting volunteers to be a part of it. It is our hope that we might attract some professional and involved citizens in the community. Any suggestions? Respond to: Robyn Mitton [mailto:coa@hanover-ma.gov]

MOW Truck: We are looking at replacing our MOW truck which is over 18 years old. It is a small pick with a hot/cold unit on it. A new one is about \$30,000. I am hoping there is some experience out there that can help with our decision. Has anyone recently purchased a new MOW vehicle with hot/cold unit? And where?

Is there a place that sells used MOW self contained vehicles? Has anyone ever removed the unit to install on a different unit? Do any of you just use regular vehicles with coolers etc? What about just a pick up truck with a cover? Any suggestions, recommendations or warnings? Respond to: Andrea M. Priest Executive Director Middleborough Council on Aging 558 Plymouth Street Middleborough, MA. 02346 Phone 508-946-2490 Fax 508-946-2489 apriest@middleborough.com

40th Celebration: The Amherst COA is commemorating the 40th anniversary of the opening of the Senior Center this year and one of the plans we have is to print a special collector's edition of our newsletter. If anyone else has printed something similar, we would very much like to know what they included and how they distributed it beyond the senior community and also how it was funded. Thank you so much for any input.

Respond to; Nancy Hirsh Pagano, Senior Center Director 70 Boltwood Walk Amherst MA 01002 413-259-3114 PHONE NUMBER 413-259-2413 FAX NUMBER

email address: paganon@amherstma.gov

Educational Centers for Seniors: I'm inquiring if your Senior Center or your town/city partners with a "lifelong learning" program, continuing education program from a community college or university, etc. receiving either programming/courses on site or options to take courses at college site – I'm very interested in discovering what other COA's might be doing in order to gather resources and models for a potential project here in Marlborough. If you are engaged in this type of programming I'd **love** to hear from you – Thank you!

Respond to: Amy Loveless, LICSW Executive Director Marlborough Council on Aging & Senior Center (508) 485-6492 aloveless@marlborough-ma.gov

Café Kiosk: Could you ask the membership if any of them have café's or food kiosks at their centers? I am not speaking of congregate meals or senior dining programs but a stand alone cart/kiosk where food is sold or a small café where food is sold. My reason for asking is we want to start one and have done a lot of leg work on it but would like to **visit a COA/Senior Center who has one** so I can ask some pitfall questions and costs etc.

Thanks so much, Barbara-Anne Foley Please ask them to respond to me at bfoley@town.harwich.ma.us

Participant Policies: We are looking into developing Standards for Participants at our senior center and would appreciate hearing from anyone of you on what kind of guidelines and expectations work the best. Thanks in advance - stay cool! Nancy DiPaolo, Asst. Director, Quincy COA ndipaolo@ci.quincy.ma.us

MCOA Briefs: Member Request (continued)

Serve Program: Could you please ask the membership if anyone has a SERVE program in their community, how does it work? I am looking for how many volunteers and how much time is invested. I would like to know if COA's work with other agencies to provide the program to the town.

We are looking to start one here in Plymouth and the town has asked me to get info from other communities. Thank you Respond to Kim Manion Plymouth COA kmanion@townhall.plymouth.ma.us 10 Cordage Park Circle, Suite 108 Plymouth, MA 02360 p: (508)830-4230 f: (508)830-4233

Save A Volunteer Coordinator: I am in a position of defending my Coordinator of Volunteers position. Please email or fax to me any information you have about the importance of volunteers (to the giver and/or the receiver) or what is involved in volunteer management. Anything about volunteerism would be helpful. I'll pick through for what I can use. Thanks very much and please respond quickly. I am facing a deadline for my report on the position. Happy Summer, Dawn Folopoulos Elder/Human Services Administrator Town of Reading 16 Lowell Street - Reading, MA 01867 Phone: 781-942-6658 Fax: 781-942-9071 dfolopoulos@ci.reading.ma.us

Medical Equipment Loan Policy: Does anyone have a policy for loaned medical equipment? Does it include a disclaimer? Does it make any statements about the condition of the equipment when returned or donated? Thanks, Moira Anne Munns, Director Human Services & Council on Aging Youth Advisory Board Advisor 117 East Central Street Natick, MA 01760 508-647-6540 phone [508-647-6548](tel:508-647-6548) fax mmunns@natickma.org

Computers: Council on aging-computer systems town provided or sponsored Is it common for individual towns to provide computers/internet for the Council on Aging, or is it the up to each individual Council of Aging to provide computers and internet service for themselves? Are there grants or money avail. for new computers and servers? Shouldn't all the towns be providing computers and internet at the every council on aging center in the state? Respond to: Peter Riley [<mailto:priley@millis.net>]

Tracking Software: I am looking to replace our STAR program with something that is better and affordable....very affordable. I just received a new computer and I am unable to use the STAR program. I need ability to hold Name, address, phone number, emergency contact information, activities attended. I also need to store and print statistical information for Annual report use and grant use. Any ideas? Thanks, Michelle Edelstein, Director Sutton Senior Center 19 Hough Road Sutton, MA 01590 508-234-0703 medelstein@town.sutton.ma.us

Facilities Wish List: Does anyone have wish lists compiled for a new senior center needs. I do not want to leave anything out. Thanks so much Robyn Mitton , Hanover COA <mailto:coa@hanover-ma.gov>

Results: Security Systems The results, of the survey Nava Niv-Vogel of the Belmont COA conducted on Senior Center Security System, are available thru MCOA. For obvious reasons we will only release only to listed COA Directors.

MCOA Briefs: Corrections

An earlier version of the 2008 Fall Conference Hotel Registration form distributed in last month's MCOANews listed the incorrect reservation dates for MCOA's Fall Conference. The version mailed last week in the complete Conference Registration Kit and Bulletin lists the correct dates. For the record: the conference will be held on Wednesday October 15, Thursday October 16th, and Friday October 17th. The hotel will accept reservations at the discounted rate for a few nights before and until the weekend after the conference.

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

MCOA Briefs: UpComing Events

Public Hearing: SCM Elderbus

This is a notice to all towns in central ma. serviced by SCM Elderbus On Wednesday, August 13 at 10:00 a.m. there will be a WRTA public hearing in the selectmen's room of the Spencer Town Hall concerning fare increases. I am hoping for a good turn out of Elderbus reps as the WRTA cut the budget 12% in FY 09 while purchasing new buses (same big ones), getting additional funding with our help, and are having a giant pr campaign. They seem to think it's okay to be concerned with the big city of Worcester and forget the smaller towns. Most important they forgot the seniors. Pam Woodbury, Spencer COA

NASUA: Comes to Boston Catch the Spirit of Independence!

**24th National Home and Community Based Services Conference,
September 28th through October 1, 2008, Boston, MA.**

Make your plans now to join us for exceptional networking and educational opportunities.

You won't want to miss the chance to design your HCBS conference experience! Choose from 5 plenaries, 4 intensives, 30 poster sessions and more than 70 workshops and issue forums.

Register Online Today: www.nasua.org *Volunteers Still Needed for this event-Contact MCOA*

Fall is Approaching. Take advantage of IGSW's expanding online course catalog

IGSW Online Course Catalog Program Through the IGSW Online Course Catalog Program, participants can choose from IGSW's extensive course catalog, featuring more than 45 accredited online courses in aging. Visit our Course Catalog ... <http://www.bu.edu/igsw/education/online/courses.html>

IGSW Online Certificate in Aging Program

Participants can also opt to enroll in the IGSW Online Certificate in Aging Program. Our Certificate program provides up to 29 CEUs and awards participants with a Certificate in Aging from IGSW at Boston University. IGSW online courses are self-paced, flexible courses that can be taken anytime, anywhere. All participants need is access to a computer with an internet connection. IGSW online training programs are especially designed for organizations. For staff training, our programs provide a cost-effective alternative to face-to-face training courses. Organizations can eliminate travel expenses, train staff at several locations, and receive comprehensive reports on learner competency gains. If your organization is interested in finding out more about participating in IGSW's online training programs and would like a guided demonstration of one of our online courses, please contact Kathy Kuhn. Website: <http://www.bu.edu/igsw> **Institute for Geriatric Social Work** info@igsw.org 617/358-2626

QUIT SMOKING!

Thursday, September 18, 2008 **LOCATION: Worcester Easter Seals Office 484 Main Street – 6th floor**

TIME: 10:30 am - 12:30 pm Help others get the help they need to Come to this free two-hour training.

Learn about: • QuitWorks • The QuitLine • MassHealth tobacco counseling benefits

To register call (617) 624.5965 by Friday, September 12. For directions to the Easter Seals office visit:

www.eastersealsma.org If you are deaf or hard of hearing, or are a person with a disability who requires accommodation, please call Linn Morrill before Sept. 2 at: TEL: (617) 624-5965 FAX: (617) 624-5075 TTY: (617) 624-5992 E-mail: Linn.Morrill@state.ma.us

This free training is sponsored by the Massachusetts Department of Public Health.

MCOA Briefs: UpComing Events continued

Mass Home Care's 20th Annual Network Conference Surviving at Home in Hard Times
Thursday, September 25, 2008 Hogan Campus Center, Holy Cross, Worcester

Keynote Speakers Senator Marc R. Pacheco Chair, Senate Committee on Post Audit, Author of "Running on Empty" on the energy cost crisis and

Geoff Beckwith Executive Director, Mass Municipal Association

9:00 to 9:30 am Registration & Refreshments

9:30 to 9:35 am Welcome: Paul Lanzikos, President, Mass Home Care

9:40 to 10:15 AM Senator Marc R. Pacheco, Keynote

"Running on Empty: The Impact of High Energy Costs on Seniors & the Commonwealth"

10:20 to 11:45 AM Morning Seminars.

LIFE'S NECESSITIES: FOOD, FUEL, HOUSING AND HEALTH.

1. Old Man Winter: Fuel and Utility Strategies. Charles Harak, Esq. National Consumer Law Center.
2. My Life, My Health: Teaching Chronic Disease Self-Management. Holly Cande, ESMV
3. *Medications on a Budget . Lorraine York-Edberg, Franklin County Home Care SHINE program, and Cynthia Phillips, SHINE/EOEA.*
4. Gimme Shelter: Basic Tenant Rights and Foreclosure Strategies. Odette Williamson, National Consumer Law Center; Dan Bartley, Esq., Greater Boston Legal Services.
5. *Old Mother Hubbard: Food Benefits. Phoc Coa, and Lauren Arms, Food Stamp Program, DTA.*

12 noon. Luncheon Buffet

12:45 TO 1:25 PM. Geoff Beckwith, Keynote

"Protecting Communities & Elder Services, Opposing Question 1 on Income Tax Repeal"

1:30 to 3:00 pm Afternoon Seminars:

LONG TERM CARE COMES HOME.

6. Round the Clock Care: Responding to 24/7 Needs. Carol Suleski, Kathy Burns, Elder Service Plan of the North Shore; Lisa Prince, Tri-Valley Adult Foster Care. Robyn Nathan, HEART Homes; Lisa Gurgone, Mass Council for Home Care Aide Services.

7. Project 2020. Charlie Sisson, President, n4a. Annette Peale, EOE. Rosanne DiStefano, Elder

Services of Merrimack Valley. Pat Kelleher, the Home Care Alliance of Massachusetts.

8. The Community First Waiver Is Coming. Laurie Burgess, Deputy Assistant Secretary, and staff from EOHHS.

9. Geriatric Mental Health Services. Chet Jakubiak, Mass Association of Older Americans; Meckle Elston, Cambridge Health Alliance; Steve Corso, Jeremy Potter, Baypath Elder Srv.

10. Aging & Disability: Across the Lifespan. Paul Lanzikos, North Shore Elder Services. Mary Margaret Moore Executive Director Independent Living Center of the North Shore and Cape Ann, Inc.

11. Board President's Circle: Moderated by: Bob Bushnell, President of Ethos, John Trott of SeniorCare, and Patricia McCarthy, Old Colony Elderly Services.

CEUs: An application for RN and SW CEUs are pending. Bring your license # to the conference.

Conference Fee: \$55 per person.

Fee includes continental breakfast, the HOGAN BUFFET lunch, featuring soup, salad, Wild Mushroom Chicken Marsala and Sole Florentine Lemon Leek Sauce, plus choice of 10 workshops and two keynote

Registration Deadline: Thursday, SEPTEMBER 11, 2008

Make checks payable to "Mass Home Care" Mail registrations & payments to: Roseann Martoccia, Franklin County Home Care, 330 Montague City Road, Suite 1, Turners Falls, MA 01376-2530

MCOA Briefs: UpComing Events continued



My Life, My Health

Stanford University's Chronic Disease Self-Management Program (CDSMP)

An Evidence-Based Health Promotion Program



CDSMP Master Training Information

- Dates:** September 15, 2008 – September 19, 2008
- Location:** Hebrew SeniorLife 1200 Centre Street Boston, MA 02131
617-363-9319 617-363-8929 (fax)
- Training Hours:** Day 1: September 15 (9:00 a.m.– 4:30 p.m.)
Day 2: September 16 (9:00 a.m.– 4:30 p.m.)
Day 3: September 17 (9:00 a.m.– 4:30 p.m.)
Day 4: September 18 (9:00 a.m.– 4:30 p.m.)
Day 5: September 19 (9:00 a.m.–12:30 p.m.)

This training is facilitated by two T-Trainers certified by Stanford University. It is hosted by Hebrew SeniorLife. The number of trainees is limited to 26, so please apply early.

Description of CDSMP

The Chronic Disease Self-Management Program (CDSMP), or My Life My Health as we refer to it here in Massachusetts, is a lay-leader participant education program offered to adults with chronic conditions, their family members, friends and caregivers. It is an evidence-based program that promotes the empowerment of people with chronic conditions to take control of their health and to improve the quality of their lives. The Program is a workshop given two and a half hours, once a week, for six weeks, in community settings. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic diseases themselves. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments. It is the process in which the program is taught that makes it effective.

Training Levels

There are three levels of trainers for CDSMP: T-Trainers, Master Trainers and Leaders.

- 1) T-Trainers are certified by Stanford and are authorized to train Master Trainers and/or Leaders.
- 2) Master trainers are certified by Stanford to teach the CDSMP workshop to participants and to train Leaders. To become a Master Trainer, one must complete 4 ½ days of Master Training and co-facilitate at least two participant workshops within the year. Once these requirements are met, a Master Trainer will have the competency to train Leaders. A Master Trainer must facilitate one Leaders Training every two years in order to maintain certification.
- 3) Leaders are certified by Master trainers who train them, after completing a 4-day Leaders training, and have taught at least one workshop. They must facilitate one workshop every 2 years in order to remain certified.

MCOA Briefs: UpComing Events -Hebrew Senior Life- CDSMP continued

Licensing

Any organization attending a CDSMP training provided by Stanford University must purchase a \$500.00 license which is renewable three years after the date of issue.

Training Costs

The standard tuition for the Stanford CDSMP Master Training is \$1,500 for a health professional and \$800 for a lay person with chronic disease. This amount covers training and materials, but does not include the licensing fee, traveling, lodging, and other costs. The discounted costs for this training will be as follows: \$1,000 for health care professionals \$500 for a lay person with a chronic disease . Full and partial scholarships are available for eligible organizations (see below). This unique opportunity is offered for this training only.

Eligibility/Scholarships

Applicants who can successfully demonstrate their organizational readiness may receive full or partial scholarships, provided by Hebrew SeniorLife. Organizations with a focus on health promotion and demonstrating a strong commitment to implement and maintain the CDSMP are eligible to apply. Scholarship are limited and will be granted on the basis of financial need and organizational readiness.

Peers or professionals are eligible to become Master Trainers. Persons who have at least one chronic condition are ideally suited to provide this training if at all possible, as well as community health workers and patient navigators. It is recommended that each organization send two trainees, since all workshops will be facilitated by two trainers.

Memorandum of Understanding (MOU)

The Memorandum of Understanding (MOU) is a mutual acknowledgement of the CDSMP program between Hebrew SeniorLife and your organization. The purpose of the MOU is to establish a collaborative partnership in order to build capacity to implement and sustain CDSMP. By signing the MOU, both parties agree on their commitments and responsibilities in the implementation, fidelity and sustainability of CDSMP. Each participating agency must sign the MOU prior to the training in order to receive the discounted rate and/or scholarship.

Application Instruction

Please submit the Application Form and signed Memorandum of Understanding no later than 4:00 p.m. on Friday, August 8, 2008. The two documents may be mailed or faxed to:

Jennifer Raymond Director of Evidence Based Programs Hebrew SeniorLife 1200 Centre Street Boston, MA 02131 617-363-8319 617-363-8929 (fax)

Once your application is approved, you will receive further instructions to apply for the Stanford CDSMP license. If you have any questions and concerns, please contact Jennifer Raymond at (617) 363-8319 or e-mail JenniferRaymond@hrca.harvard.edu. You can also find additional information on the Stanford website: <http://patienteducation.stanford.edu/programs/>

MCOA Briefs: Transitions

- Fall River: Henry Vaillancourt is leaving his position with Fall River and will be replaced by Michael Coughlin. Good luck to Henry and welcome to Michael.
- As of June 30th Cindy Beck has ‘completely’ retired from the Holden COA. As the former Director Cindy stayed on after her initial retirement to help around the senior center. WE wish Cindy ‘Best of Luck’ for all future endeavors.
- Peter Kubaska has joined MCOA’s staff (with Janiece and Dave) as a part time Office Assistant. Peter has been helping MCOA with the last two fall conferences but now has been hired at 15/hours/week - year round.

MCOA Briefs: Job Openings

South Hadley: ACTIVITY/VOLUNTEER COORDINATOR

The S. Hadley COA seeks qualified applicants for the position of Activity and Volunteer Coordinator. The successful candidate must be organized, detail-oriented and flexible with the ability to prioritize and multi-task. The successful candidate should possess strong interpersonal and computer skills. This position performs a wide variety of duties including the planning of various COA programs; overseeing daily activities and maintaining attendance records; recruitment, assignment and supervision of volunteers. Assist with the planning and coordination of special events; responsible for reports to the COA; financial planning, assists with the monthly newsletter and responsible for purchasing items related to events. Starting rate is \$13.42 per hour with benefits. Thirty hours per week with some flexibility. Associates Degree in Sociology/Gerontology or Human Services and 3 years experience working with elders is preferred. Appointment is contingent on a successful CORI check. Employment applications are available at the Personnel Office, 116 Main Street, Suite 103, South Hadley, MA. Resumes and completed job applications should be mailed to Jennifer L. Wolowicz, Personnel Officer/Chief Procurement Officer, 116 Main Street, Suite #103, South Hadley, MA 01075.

TOWN OF WAREHAM: COUNCIL ON AGING DIRECTOR

Applications are being accepted from qualified candidates for the full-time position of Council on Aging Director. Candidates must possess a Bachelor's degree, preferably in gerontology or social service with some business course work. Masters or higher degree preferred. Minimum three years experience as a director or assistant director and two years working with the elderly in a social service or public health position or related field with supervisory experience, or any equivalent combination of education and experience. Develops and implements programs and services designed to meet the needs of the aging and those in need within the community. Oversees the COA/Social Service operational budget. Administers daily operation of senior center/council on aging/social services. Maintains direct link with service providers (health, meals, transportation, etc.). Writes and prepares grants. Starting salary is \$51,491.00 Send resume and cover letter to the Town Administrator, Memorial Town Hall, 54 Marion Road, Wareham, MA 02571. Applications must be received by 4:00PM, Wednesday, August 13, 2008. EOE/AA.

Frontier Senior Center: Senior Center Director

The Frontier Senior Center, located in South Deerfield and serving the towns of Deerfield, Sunderland and Whately is seeking a Director. Candidates should have a minimum of three years of experience working with elders in group settings in addition to relevant education (a Bachelor's in gerontology or social work is preferred). Candidates should demonstrate familiarity with elder and aging issues, grant writing, and be computer proficient. Applicants must have a valid driver's license and a reliable vehicle. The successful applicant must be certified in CPR and Basic First Aid within the first six month of employment. Pre-employment drug testing and a CORI check are required. This is a part time position, fifteen hours per week, paying \$15.00 per hour. Job description is posted on www.townofsunderland.us or obtained at the Selectmen's Office in the Town of Sunderland. Send cover letter and resume to: Senior Center Director c/o Sunderland Selectmen's Office, 12 School Street, Sunderland, MA 01375. Applications must be received by 12:00 PM, August 11, 2008. The Senior Center is an EEO/AA employer.

EOEA: Assisted Living Ombudsman

Agency Name: Executive Office Of Elder Affairs Official Title: Program Coordinator II Functional Title: Assisted Living Ombudsman Occupational Group: Office & Program Admin Position Type: Civil Service Full-Time or Part-Time: Full-Time Salary Range: \$43,978.48 to \$63,379.42 Annually Bargaining Unit: 06
Shift: Day Confidential: No Number Of Vacancies: 1 City/Town: Boston
Region: BOSTON Facility Location: One Ashburton Place Application Deadline: 08-12-2008
Apply Online: No Posting ID: J15872
(PLEASE COPY AND PASTE TO YOUR INTERNET BROWSER FOR FURTHER INFORMATION):https://jobs.hrd.state.ma.us/recruit/public/31100001/job/job_view.do?pos

EOHHS: Manager, Institutional, Residential, and Day Services V Agency Name

Executive Office Of Health And Human Services Official Title: Administrator V Functional Title: Manager, Institutional, Residential, and Day Services Occupational Group: Not Used Position Type: Non-Civil Service Full-Time or Part-Time: Full-Time Salary Range: \$38,067.12 to \$84,011.33 Annually Bargaining Unit: M99
Shift: Day Confidential: No Number Of Vacancies: 1 City/Town: Boston Region: BOSTON
Facility Location: 1 Ashburton Place, Boston, MA
Application Deadline: 08-15-2008 Apply Online: No Posting ID: J15928

Attach

- **Tax Aide Program Update-AARP Foundation**
- **Staying Healthy for Men and Women Checklist**
- **Alzheimer's Association 10 Warning Signs**

Contact MCOA to have these faxed to you.