

Date: July 23, 2019

To: Members of the Massachusetts Councils on Aging

From: Lynn Wolf, MCOA Communications Manager

Re: Offer of Free Aging Mastery Program Kits for Classes in FY'20

---

**MCOA has 250 Aging Mastery Program kits for COAs who wish to run the course during the Fall or Spring of FY'20.**

**Details:**

- We are offering kits to all COAs - if the number of kits requested exceeds 250, then we will award prizes by random draw.
- A simple application must be completed – <https://mcoaonline.com/amp-kit-application/>.
- Applications must be submitted by August 9, 2019.
- Sites will be notified of their award promptly.
- This opportunity is available to COAs who are both members of MCOA and up-to-date on MCOA dues through the last fiscal year.

**What is AMP?**

The Aging Mastery Program (AMP) is a fun and engaging education and behavior change incentive program for aging well.

The AMP core curriculum covers 10 topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Falls Prevention. The 10-week classroom experience is a mix of didactic and interactive learning with an emphasis on peer-to-peer interaction. When they graduate from AMP, participants have set goals for positive actions in many aspects of their lives such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships.

**What are AMP's results?**

Results have been very encouraging and consistent since the classroom version of Aging Mastery launched in 2013. Results have shown that older adults in the program participants significantly increased their:

- Social connectedness
- Physical activity levels
- Healthy eating habits
- Use of advanced planning
- Participation in evidence-based programs

- Adoption of several other healthy behaviors

Program graduation and satisfaction data prove that the program resonates with participants as both fun and educational.

- 80% of program participants graduate (take 7 of the 10 classes)
- 97% find the program fun
- 98% would recommend the program to a friend

Sites who've offered AMP are universally positive about it. A sample quote may be: *"Our seniors loved the classes. They bonded with other participants. I was told several times that it was the best program we ever had at the Senior Center."* (Source: NCOA)

### **Application Instructions**

To apply, complete the application online at: <https://mcoaonline.com/amp-kit-application/>. Applications must be completed by August 9, 2019; award letters will be issued shortly thereafter.

General questions about the application process itself or your COA's eligibility may be directed to my attention, via [lynn@mcoaonline.com](mailto:lynn@mcoaonline.com), or to Shari Cox at [shari@mcoaonline.com](mailto:shari@mcoaonline.com)

### **Delivery of Kits and other program Materials**

MCOA will arrange to deliver the kits to your location the month before your course begins. Prior to that time, NCOA will issue a site license agreement to your site and thereafter issue course facilitation manual and online tool instructions to the course leader.

### **Reporting Program Results**

Sites will use the NCOA AMP portal to capture information about participant attendance and other evaluation data. MCOA will inform NCOA of all recipients who will be holding programs in FY20. NCOA will issue a contract directly with each site to ensure their license rights are protected and to enroll your site into the AMP program at NCOA.

### **Return of Unused Kits**

If for some unexpected reason you cannot use your AMP kits this year, please notify Lynn Wolf of MCOA (413-527-6425) immediately; she will explain how to return the kits to MCOA or redirect the kits to another COA. Please don't hesitate to inform as soon as possible so others may benefit this year!