

SENIOR CONNECTION

Information for Seniors & Caregivers

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SPRING 2010

Age Strong! Live Long!



By Robert P. Dwyer, Ph.D.,
Executive Director

Each year, the Administration on Aging and the White House designate May as Older Americans Month. And, each year there is a theme that stands as a call to all seniors, caregivers, and professionals in the "aging network" to use as a guidepost that will make our aging society just a little better, hopefully a little healthier.

This year, the theme is "Age Strong! Live Long!" For many years, the Administration on Aging (AoA) has asked our growing senior population to take better care of our health. Too many of us (me included) have taken a lackadaisical approach to far too many issues that affect our health and wellness. The result, of course, the degradation of our overall health, increased use of health care services, medicine, medical technology, hospitalizations, and re-hospitalizations. With fewer primary care physicians, and the high cost of health care and insurance, coupled with the expected onslaught of baby boomers reaching elder status, there

seems good reason to step back and look hard at our health care system.

Yet, we cannot rely on something happening in the future alone. Something needs to be done today, now, so that those of us who ARE the boomer generation will not overtax the system and, in fact, will reduce healthcare use and abuse.

So, for those who are already seniors with some health needs, programs are in existence to help begin educating them in self awareness and better self care. Chronic Disease Self Management Programs are popping up around the Commonwealth, many provided by our own system of Aging Services Access Points (ASAPs). These same organizations are also doing training in models of coaching and management to help reduce re-hospitalization (e.g., something called the Coleman/Colorado model). This will help elders, post hospitalization, to better understand their situation and manage new meds and other new regimens for their care.

What of the rest of us? We, of course, need to be sure to take responsibility for our health. Nutrition and exercise become important to maintain wellness. Few of us need to strive to be Jack LaLanne, but eating better and increasing muscle strength will postpone effects of chronic disease, increase bone density and muscle tone and balance. Even if we already have a chronic disease (as do I) taking control now will mitigate many of the ill effects, and prove beneficial in the long

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term. This is a lesson that I only recently learned, and it remains a struggle. But for however long I will live, I want to enjoy life with my wife and family. That won't happen if I end up homebound.

So, "Age Strong! Live Long!" Take these words to heart, and let's move forward!

As CMAA tries to get the word out about programs and services for seniors and caregivers, your help is always welcome. You can help us with your donations during our annual appeal. Some of you will receive a mailing, and others can give using PayPal on our website, www.SeniorConnection.org Thank you for your support.

Happy Older Americans Month!

Cara Hannigan is an intern from the Human Services program at Quinsigamond Community College.



As a SeniorConnection Associate, she assists in updating the over 2000 agencies and programs in our IRis searchable resource database. Cara has chosen a project to create a community education package for case managers and social services responsible for discharge planning at hospitals and rehabilitation centers.

Cara will be graduating with her associate's degree and plans to further her education in Urban Studies at Worcester State College in Fall 2010.

CMAA Board Elects Officers, Offers Farewell to Retiring Members



Robert Dwyer addressing board and staff at annual meeting

Central Massachusetts Agency on Aging recently held its Annual Business Meeting at O'Connor's Restaurant in Worcester. Board members were joined by staff for this yearly event.

Officers elected for the coming year are: Richard Burke, President; Bruce Leger, Vice-President; Christopher Gillissen, Treasurer; and Dorothy Wright, Secretary.

Also, the Board bid farewell to retiring members Mary Rice and Mark Gauthier. Bob Dwyer, Executive Director, noted their faithful service and presented them with certificates and a parting gift.

The newest member of the Board, Gloria Castriotta, joined the group for her first meeting.

In addition to the above mentioned, other members of the board are: Lynne Alexandrowicz, Nick Kaltsas, Eric Dunphy, Anna Marie Meola, Eugene O'Rourke, Margaret Barry, James Leary, and ex-officio member Ginger Wills-Howe. Una Rice and Millie Marion are members "Emeritus."



Mary Rice receiving her Certificate of Appreciation from Robert Dwyer, Executive Director

ElderCare 2010

Living Long by Aging Strong

Tuesday, May 11, 2010 • 10:00 a.m. – 3:00 p.m.

The Manor

42 West Boylston Street (Rte 12), West Boylston, MA

Free Event for Seniors and Caregivers

60 EXHIBITING COMPANIES! GIVEAWAYS & RAFFLES! REFRESHMENTS!

INFORMATIVE SEMINARS

10:30-11:00

My Life, My Health

Presented by Theresa Eckstrom, Director of Programs and Community Relations at Elder Services of Worcester Area, Inc. and a trainer for the My Life, My Health program.

11:30-12:00

THE WELL-KEPT SECRET: Veterans Benefits

Presented by Nicholas Kaltsas Esq., Elder & Disability Law Advocates

1:00-1:30

Getting Your Loved One to Say YES To Help!

Presented by Debbie Dowd-Foley, Caregiver Specialist, Central Massachusetts Family Caregiver Support Program, Elder Services of Worcester Area, Inc

ENTERTAINMENT

11:00 Fitness Demo with SilverSneakers

12:00 Ballroom Dancing with Dancers of Central MA-USABDA

1:00 Big Band Sounds of the 30's & 40's with Wendell Crocket

2:30 Raffle Winners Announced

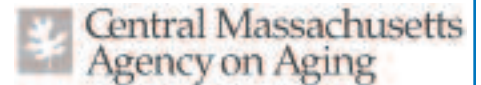
Must be Present to Win Great Prizes!

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Spring 2010

Be Wary of Tax Relief Scams

by Office of Consumer Affairs and Business Regulation

You may have seen them on television and the internet—companies promising to reduce your tax debt, stop garnishments, remove tax liens, or settle your debt.

Individuals in debt to the Internal Revenue Service (IRS) are regularly preyed upon by scam tax relief companies that charge thousands of dollars and deliver nothing. In many cases these scams involve a personal tax evaluation costing several thousand dollars only for the taxpayer to be told that there is nothing that can be done. The IRS has issued warnings about these companies.

If you cannot pay your taxes by the April 15 deadline, you should contact the IRS as soon as possible, as they will listen to your case and offer the best solution to your situation.

The IRS has many options for you to pay your taxes, including:

1. The IRS may give you an extension of time to pay from 30 to 120 days.
2. An installment plan that allows you to make regular monthly payments until your tax bill is resolved.
3. Request an offer in compromise, an agreement between you and the IRS to settle your tax debt for less than you owe.
4. Plan ahead for next tax season: Adjust your withholding or increase your estimated tax payments so you will have a lesser tax obligation next year.

For more information about your personal income taxes and/or tax relief, contact Internal Revenue Service (IRS) Phone: toll-free (800) 829-1040 Massachusetts Department of Revenue (DOR) Phone: toll-free in MA (800) 392-6089, (617) 887-MDOR DOR's customer service call center hours for tax help are 10 am - 1 pm and 1:30 pm - 4 pm, Monday through Friday.