

SENIOR CONNECTION

Information for Seniors & Caregivers

STAFF

EXECUTIVE DIRECTOR

ROBERT DWYER, PH. D.

GERALYN BAILEY

JOHN BELDING

JUDY CROTEAU

JENNIFER FINI

AIMEE HIBBARD

PEGGY LANDS

VALERIE MULDOON

EILEEN O'BRIEN

CATHY PICKERING

MELISSA SHEA

JANE WHEARLEY

CENTRAL MASSACHUSETTS

AGENCY ON AGING (CMAA)

360 WEST BOYLSTON ST.

WEST BOYLSTON MA 01583

CALL: VOICE/TDD

(508) 852-5539

(800) 244-3032

FAX: (508) 852-5425

E-MAIL US AT CMAAGING@

SENIORCONNECTION.ORG

WEB SITE:

WWW.SENIORCONNECTION.ORG

SPRING 2007

It Happens Every Spring

By Dr. Bob Dwyer, Executive Director



Growing up, I watched a lot of movies. One in particular was an old baseball movie by the title of "It Happens Every Spring." Starring Ray Milland and Jean Peters.

It was about a professor (Milland) who develops a liquid formula that causes a treated baseball to avoid contact with wood. The ball is unhittable.

More important to the story, however, was the reverence that is given baseball as the national pastime that takes place each spring. The start of spring training is more of a harbinger of the end of winter than Punxatawney Phil. Stories of the Red Sox equipment truck leaving for Fort Myers top the morning news. And, the most important stories are the signing of the hometown favorite or the new phenom that will give the hometown team another shot at the World Championship.

Older Americans Month is also celebrated every spring, in the Month of May. This year, the theme is "Older Americans: Making Choices for a Healthier Future."

OK...I suppose you want me to make more of a connection than simply spring is here, yes?

Fact is, players reporting to spring training are expected to be in relatively

decent physical shape. The hullabaloo about Curt Schilling's weight underlines this. Spring training isn't supposed to be about shedding all the pounds gained over the winter months. It's about conditioning a body that's already at playing weight, and getting used to playing every day. It's about having made good choices between November and February so that come Opening Day things are ready to roll. This isn't easy (I know!) but it truly is the point, isn't it?

The Older Americans' Month theme is about healthy choices, in a sense getting through the winter of our lives in good shape for a healthy life. Since our body changes with age (any extra body aches someone wants to share?) the choices we make will help determine how we will be able to cope when the first pitch is thrown, when we need to get on base, or make that throw home. How strongly will we be able to swing the bat when it's our time at plate?

Fine, I'll stop the baseball analogy but I'm sure you get the point. Even if none of us ever pick up a baseball bat, fact is we still want to make the most of our lives even as we age. Sure, it's a struggle to get fit, much less stay that way. But to give ourselves the best chance for a healthy future, the choices we make today around food, smoking, exercise or even stress management, are key.

In the meantime, beyond March Madness and the NFL draft, we'll have Curt and Dice-K to fill our time.

New Officers Announced

Central Massachusetts Agency on Aging has announced its new officers for the coming year. Elected at the Annual Business Meeting on March 22 were:

President: Gene O'Rourke of Uxbridge
Vice-President: Mary Rice of Uxbridge
Treasurer: Richard Burke of Worcester
Secretary: Margaret Barry of Worcester.

New members voted on to the Board are Dorothy Wright of Sturbridge, Eric Dunphy of Holden, and Chris Gillissen of Winchendon. O'Rourke, Rice and Barry join Mark Gauthier of Sterling in beginning their second terms on the Board.

Congratulations to all, and thanks for their good efforts on behalf of CMAA!

New Officers from the left: Margaret Barry, Eugene O'Rourke, Mary Rice and Richard Burke



New Employee on Board



Judy Croteau

The Central Massachusetts Agency on Aging has welcomed Judy Croteau as the new Bookkeeper. Judy has a Bachelor of Science degree in Business Administration, specializing in Accounting, from Nichols College.

Both before and after spending several years at home raising her four daughters, Judy was employed by Allmerica Financial Services (previously known as State Mutual). She held various accounting positions within the realm of the general accounting area. She also did volunteer work for both the Dudley Gendron Legion Post and the Millbury Senior Center.

Judy is a resident of Millbury where she lives with her husband Richard.

Do you have an event you would like to have published on our website? Email Cathy.Pickering@SeniorConnection.org with the details and we will list it on our Events Page. Our website received nearly 1 million hits last year. That means information provided to us by agencies like yours to be posted on our events page, has been read by thousands. Our consumers consist of elders, caregivers and professionals. Go to www.SeniorConnection.org and check out our Events and Announcements and then let us help you by listing yours. This service is offered at no cost to you.

Test Your Knowledge.

- Approximately, how many seniors reside in the 61 towns and cities in Central Mass?

(a.) 1.1 million, (b.) 128,500, (c.) 61,000
- Approximately, how many caregivers reside in the 61 towns and cities in Central Mass?

(a.) 2 million, (b.) 61, (c.) 60,000
- How much money do family caregivers save our communities by providing care to their cronicly ill, disabled or aged loved one?

(a.) \$306 billion, (b.) \$3.6 million, (c.) \$306,000
- According to MetLife the amount of money lost to US businesses per year in productivity for caregivers who take time from their work responsibilities is:

(a.) \$2000 to \$4000, (b.) \$17.1 billion to \$33.6 billion, (c.) \$500,000 to \$1 million
- How many Councils on Aging are there in the 61 towns and communitites in Central Mass?
- Is every city and town in the United States covered by an Area Agency on Aging (AAA)?

Answers on page 4.



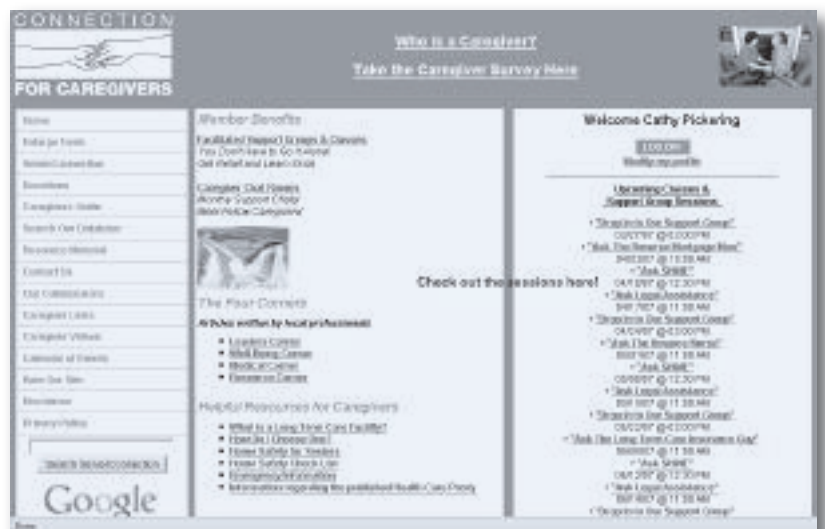
CMAA has a wonderful feature on our website that we offer to all elders, caregivers and professionals. It is our weekly sessions with professional facilitators that touch upon specific subjects such as, Long Term Care Insurance; Death and Dying, and Hospice Care; Legal Issues surrounding Guardianship, Probate, Tenant or Elderly Housing Issues; understanding Prescription Drug coverage and Medicare and MassHealth; Reverse Mortgages; and our General Support Group session where you can actually “chat” with a Licensed Social Worker regarding issues you are going through and where you can find help.

All of our sessions are held on Tuesdays and most during the day at various times. However, on Tuesday, April 17th, we held our first nighttime session featuring Dianne Sandman, Senior Paralegal from Legal Assistance Corporation of Central Massachusetts, from 6:00 to 7:00 PM. Ask Legal Assistance answers questions concerning Guardianship, Probate or any legal issues regarding low-income elders.

To attend one of our on-line sessions go to www.SeniorConnection.org and click on Connection for Caregivers and become a member. Then sign up for the session you want to attend. Next click on Caregiver Chats and create a username and password. Choose the session you wish to attend and bring with you all of your questions as a senior, caregiver or professional.

On our site, help is only a click away.

www.SeniorConnection.org



Central Massachusetts
Agency on Aging
360 West Boylston Street
West Boylston MA 01583

Non-Profit Org. U.S.
Postage
PAID
West Boylston MA
Permit No. 87



To Contact CMAA, V/TDD (508)852-5539 or (800)244-3032 FAX (508)852-5425 E-Mail CMAAging@SeniorConnection.org

This document is made available through financial support from the Federal Administration on Aging and the Executive Office of Elder Affairs of the Commonwealth of Massachusetts

Spring 2007

Looking to Support CMAA?

Keep a lookout for the CMAA Annual Appeal letter coming to your mail box! If you don't get one, call us and we'll send one out to you. Or, go to www.SeniorConnection.org and use our PayPal link.

Have a great Older Americans Month, and thanks for your support!

Older Americans: Making Choices for a Healthier Future

Answers to Test Your Knowledge

1. b.) 128,500
2. c.) 60,000
3. b.) 3.6 million
4. b.) 17.1 billion to 33.6 billion
5. 61
6. Yes