

# SENIOR CONNECTION

Information for Seniors & Caregivers

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SUMMER 2007

## THE CALENDAR IN MY OFFICE



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

The calendar in my office is very special to me. No, it isn't because I am infatuated with the passage of time. In fact, as I get older, time is passing far too quickly.

The calendar is special because the pictures feature two of my grandchildren, Mia and Matthew. My daughter had the calendar made for me to bring to work so that, when times were stressful, I could glance at the smiles on those pages and think happy thoughts. Oddly enough, this works quite well considering the fact that my stress level has given my doctor cause to increase my blood pressure meds.

But enough of that!

Fact is, I was flipping through the calendar to September, when my wife, Kathy, and I will take our vacation, looking to put some dates in perspective. And there staring at me is a picture of 4 year old Matty, with a book bag over his

shoulder, flashing a grin that could melt an old, weary heart. The picture evokes the end of summer, and the beginning of school. It is a reminder that, with the arrival of September, vacations come to an end and work time is at hand. Labor Day, the unofficial harbinger of autumn is celebrated quickly and then dismissed as we all too quickly forget the warmth and fun of summer.

It is no coincidence that the process of aging is often likened to the seasons of the year. Spring is about new life, summer is about living life, and autumn...autumn is all too often about preparing for winter—in this sense, the winter of our lives.

Frank Sinatra sang about the “autumn of our years.” I guess that I feel that way too. Kathy and I have talked about preparing for retirement, things that we need to put into place both financially and otherwise. We belong to AARP now, we pay closer attention to 401k performance, and worry more and more about Social Security.

As the Director here at CMAA, I wonder about the future of many of the programs and services we help fund. Older Americans Act money is getting tighter each year with funding virtually level and the cost of living continuing to rise. Boomers may be better prepared for retirement, for our autumn of life, better than the generation that preceded us. I'm just not sure it will be enough, or that all of us even are prepared.

And looking at Matty's picture, and thinking about him and our three other grandchildren, I wonder what their world will be like, what their autumn and winter years will bring to them. Can we even imagine what our world will be like in fifty years? Will they have what they need? Will they be provided for if things fall short?

Those are questions we really can't answer. It is like the old bumper sticker I saw 30 years ago: "I may be lost, but I'm making record time."

Record time indeed.

And so I will continue to look at Matty's picture, and other pictures of Mia, Nick and Shelly that surround me, and at the least think happy thoughts for them, of love, peace and prosperity.

### **CMAA RECEIVES FULLER FOUNDATION GRANT AWARD!**

Central Massachusetts Agency on Aging received a grant in the amount of \$2,000 from the George F. and Sybil H Fuller Foundation. The grant is being used to purchase digital projection equipment, and also to provide wireless internet in the CMAA offices.

"This grant will hopefully allow CMAA to expand outreach and education activities, not only within our meeting room, but also 'on the road' to senior centers, community housing, to private industry and other organizations," said Bob Dwyer, Executive Director. "Since our funding from the Older Americans Act has been virtually level for so long, boosts from private foundations and other donors is essential in being able to take steps toward innovation and enhancement. This grant from the Fuller Foundation is more welcome than I can express."

If you would like to learn more about Central Massachusetts Agency on Aging and the Older Americans Act, call us at 508-852-5539 and schedule a staff visit to your organization!

## **Holy Cross Intern Shines for CMAA**



Nicole Mikelson is a member of the Central Massachusetts Agency on Aging team as a summer intern for Information and Referral Services. Nicole obtained this 10-week position, which is funded by a grant through the Lilly Foundation through the Holy Cross Summer Internship Program. Joining the agency in May, she became responsible for the research and writing of articles for the SeniorConnection website. She is also responsible for discussing pertinent topics regarding elder services with local legislators, and she also finds potential agencies for the website's database. She is very eager to learn about the grassroots process of our organization because she wants to make a difference in people's lives.

In the fall of 2007 she will be a senior at the College of the Holy Cross, majoring in Political Science with a concentration in Africana Studies. At Holy Cross, Nicole is a member of the Black Student Union and also is a hall representative for her dormitory. During the 2006 gubernatorial election, she volunteered for the Deval Patrick and Tim Murray campaign. Nicole is very interested in the American political process as well as environmental policy. She feels that interning at a non-profit organization such as the Central Massachusetts Agency on Aging will help her understand the basis of the political process. After graduation she hopes to move to Washington, D.C. to pursue a career in public policy or journalism.

## Board of Directors Approves Recommendations to Award 27 Grants Totaling Over 1.7 Million to Non-Profits Serving Elders in Central Massachusetts

The Central Massachusetts Agency on Aging Board of Directors has approved the recommendations to award 27 grants, effective October 1, 2007, in the amount of \$1,789,174 to 15 non-profit organizations serving elders throughout Central Massachusetts.

These federal grants, authorized under the Older Americans Act, are targeted to meet the highest priority needs of persons 60 years of age and older. A volunteer allocations committee reviewed all grant applications and recommended funding for the following programs. The Advisory Council concurred and the Board of Directors agreed the recommendations.

Agencies receiving Title III funds to serve elders throughout the 61 cities and towns in Central Massachusetts include: Jewish Family Service for Guardianship, \$48,660; Legal Assistance Corporation of Central Mass for Senior Citizens Law and Advocacy, \$ 115,000; MAB Community Services for Elder Rehabilitation, \$10,000; Medical Transportation, \$ 3,000; New England Homes for the Deaf, Drop-In Center, \$7,000; and the VNA Care Network for Medication Management, \$11,029.

Agencies receiving funds in North Worcester County include: Leominster Spanish American Center for Ancianos Latinos Unidos, \$29,757; Montachusett Home Care Corporation for Crisis Intervention, \$23,480; Money Management, \$15,406; North

Nursing Home Ombudsman, \$82,125, and Central Nursing Home Ombudsman, \$113,315; Montachusett Opportunity Council for Elder Home Repair, \$29,975; Medical Nutrition Therapy, \$4,964; and Nutrition, \$292,221.

Agencies receiving funds in Central Worcester County include: Elder Services of Worcester Area for Crisis Intervention, \$23,140; Financial Counseling, \$8,706; and Nutrition, \$452,921; Central Mass Housing Alliance for Elder Home Repair, \$54,400; Centro Las Americas for the Latino Elder Program, \$25,306; City of Worcester Elder Affairs Division for Osteoporosis Prevention, \$7,000; Great Brook Valley Health Center for Medical Transportation, \$5,000, and Jewish Family Service for the Elder Independent Living Initiative, \$4,650.

The agencies receiving funds in South Worcester County include: Tri-Valley Inc., for Crisis Intervention, \$26,000; Money Management, \$7,091; Nursing Home Ombudsman, \$72,284; and Nutrition, \$310,744; and Visiting Nurse Association of Greater Milford Northbridge for Alzheimer's Support, \$ 6, 000.

For additional information, please contact Central Massachusetts Agency on Aging at 1-800-244-3032 (V/TDD) or visit our website [www.seniorconnection.org](http://www.seniorconnection.org).

### IMPORTANT NEWS AND NOTES

- The Long-Term Care Ombudsman Program, housed at CMAA since the closing of the Age Center of Worcester, will again have a new sponsor. Beginning October 1, Montachusett Home Care Corporation (MHCC) will administrate this vital program in the Central region. Bob Dwyer, CMAA Executive Director, said "While we are sad to see GERALYN BAILEY, AIMEE HIBBARD and the other staff and volunteers move on, we know that Montachusett Home Care will provide a good and stable home for this tremendous program." MHCC has for many years provided administration for the Ombudsman program in the North County. The Central region program will be housed outside of the CMAA offices in a space that has yet to be announced.

- As of July 13, Prescription Advantage which fills in many of the holes in Medicare Part D, is open for enrollment year round, instead of for just two months. This change was effective with the signing of the State budget by Gov. Deval Patrick.

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## Volunteers A Gift to the Community

Volunteers play a vital role in the day-to-day business at Central Massachusetts Agency on Aging. Whether it is a long term volunteer opportunity, such as updating our mailing database or a one to two day bulk mailing project, our volunteers provide much needed support to the various departments here at CMAA.

If ever a name comes to mind as the most dedicated and enthusiastic volunteer for CMAA, I would have to say, Sue McCune. Sue and her husband Jay have been volunteering at CMAA for close to 6 years. There is never a job too big or too small, for each job is undertaken and finished in the same accurate way.

Sue can easily take a 3000 to 4500 piece mailing with an insert, put it together, put labels on while keeping the mailing in zip code order and finish it within a day and a half. She can also sort, collate and stuff bags for a 500 person event in no time at all.

Her sincere declaration of, "I love you guys", spoken every time she finishes a project, reveals the pride of a job well done. When asked why she likes to volunteer she answered honestly, "I like to help people and I like to keep busy".

Without Sue or volunteers like her, the responsibility of these projects would fall on staff, or get put on the "back burner" and may never get done. We at Central Massachusetts Agency on Aging would like to say, "Sue, thank you for all that you have done for us. You have been an integral part of our volunteer force and we truly appreciate your effort and we applaud you."

Sue also volunteers for the RSVP Worcester Area Volunteers.