

# SENIOR CONNECTION

Information for Seniors & Caregivers

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FALL/WINTER 2006

## Home and the Holidays

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



With Thanksgiving and other holidays close at hand, the focus on family is evident. Children and grandchildren of all ages travel to the "Olde Homestead" for the big family meal. In some instances, "The Kids," many of whom are themselves in their 40's and 50's see Mom or Dad for the first time in several months. And, they get to see how age and frailty have changed their loved ones. They see that Dad's eyes aren't what they used to be, or that Mom's memory is slipping. Perhaps they notice that Auntie is spending a lot of time alone, or that Uncle gets lost on the way to the barber.

Yes, it seems that it is within the holiday season that so many of us finally realize that we need to take on a new and different role: caregiver to those whom we love.

Over the course of the holiday season, the SeniorConnection phone here at CMAA begins to ring more often. Questions about options for elders and caregivers increase. Callers who are concerned about what they see at

"home" are looking for the best way to help their loved ones stay safely and securely in their own communities.

Calling SeniorConnection here at CMAA can help seniors and caregivers clarify their options. Our staff will help callers understand the needs, and perhaps even better understand their own feelings. The Information and Referral (I&R) Specialists here will also try to empower callers, helping them to learn the elder network and better understand how the system works. Staff will offer suggestions, and a general direction to help clarify and fill the service needs of our clients. Options are myriad, and only getting better.

Looking to the future, the options for helping frail seniors will continue to expand. The passage of Chapter 211 on Beacon Hill, once called the Equal Choice legislation, will make community based care a truer option in the long-term care of elders. Once all of the regulations are in place, Chapter 211 will make it possible for an elder to stay at home longer, with more services, and without automatic admission into a residential care setting (nursing home).

Being home for the holidays should be a joyous time. If your holiday visit raises questions about your aging family members, remember that you are not alone, and that Central Massachusetts Agency on Aging and SeniorConnection are here to "help you at the crossroads of elder care."

Have a great holiday season, and a hopeful New Year!



If You Want Others To Be Happy, Practice Compassion.  
If You Want To Be Happy, Practice Compassion.

*The Dalai Lama*

We welcome a new face to the CMAA office, Aimee Hibbard. With a B.S. degree in nutrition from Framingham State College and many years volunteering in geriatric programs she is able to use her skills and compassionate personality as the Assistant Program Director for the Long Term Care Ombudsman Program.

When Sandra Moore retired in August after 11 years of dedicated service to the residents of Long Term Care in the Worcester area, we had the daunting task of finding her replacement. Advertisement of the position yielded nearly thirty candidates. Each person possessed a desire to ensure quality of care to residents of nursing homes and rest homes.

Aimee presented herself as an intelligent, competent young woman pursuing a degree in nursing to compliment her degree in nutrition. Most notably, she showed consideration and respect towards those she will be privileged to serve.

We look forward to working with Aimee as she advocates for quality care for the many people she will meet as she visits the eleven rest homes in this area. She is already proving herself to be a valuable asset to the Long Term Care Ombudsman Program.

Aimee lives in Douglas on Lake Manchaug with her husband Myles and their son Austin. During her free time she enjoys scrap booking and baking.

## PRESIDENT BUSH SIGNS OLDER AMERICANS ACT REAUTHORIZATION

From the Administration on Aging

The successful passage of the 16th reauthorization of the Older Americans Act will play a vital role in redirecting our long-term care system to help older Americans remain active and engaged in their communities – the overwhelming preference of the American people. The OAA embodies our nation’s commitment toward ensuring the dignity and independence of our older citizens by promoting older Americans’ full participation in society, and supporting their overwhelming desire to remain living in their own homes and communities for as long as possible. Congress worked hard to assure passage in both houses. Thanks to their diligent attention to this most important legislation.

President Bush signed the Act on October 17 of this year.



## ElderCare 2007

*Taking Care of You... Taking Care of Others*

Save The Date

Wednesday, May 9, 2007  
10:00 AM - 3:00 PM

Worcester Hotel & Conference Center  
500 Lincoln St., Worcester

Agency Sponsors:

Central Massachusetts Agency on Aging  
Elders Services of Worcester  
Family Services of Central Massachusetts

# Senior Spectacular Rocks The DCU Center

## The Spectacular was

Central Massachusetts Agency on Aging was again invited to participate in the second annual Senior Spectacular, sponsored by Fallon Community Health Plan. The event, held at the DCU Center in Worcester, was a huge success. Fallon spokesperson Christina Andreoli estimated the crowd at 1500 seniors and caregivers.

"The Senior Spectacular was a great success," said Eric H. Schultz, President and CEO, Fallon Community Health Plan. "FCHP has been part of the Central Massachusetts community for over 25 years, providing health care to senior citizens. This was a great opportunity for us to connect with our community by offering a fun-filled day of entertainment, workshops, important seminars and free health screenings."

Spectacular!



Thanks to FCHP for their sponsorship, and to all those who attended this great event. See you all next year!



## Central Massachusetts Agency On Aging Recently Awarded 28 Grants To 16 Non-Profit Organizations In The Amount Of \$1,788,168

Agencies receiving Title III funds include: Busy Bee Transportation for Medical Transportation, \$16,800; Central Mass Agency on Aging for Nursing Home Ombudsman program, \$113,315; Central Mass Housing Alliance for Elder Home Repair, \$52,050; Centro Las Americas for Latino Outreach, \$25,306; Elder Services of Worcester Area for Crisis Intervention, \$23,140; Financial Services, \$8,706; and Nutrition, \$450,019. Jewish Family Service for Guardianship, \$46,660; Legal Assistance Corporation of Central Mass for Senior Citizens Law and Advocacy, \$110,500; Spanish American Center for Ancianos Latinos Unidos, \$29,757; MAB Community Services for Medical Transportation, \$3,000; and Vision Rehabilitation, \$10,000; Montachusett Home Care Corporation for Crisis Intervention, \$23,410; Medical Transportation, \$2,080; Money Management, \$11,514; and Nursing Home Ombudsman, \$82,125. MOC Elder Services for Elder Home Repair, \$29,975; Medical Nutrition Therapy, \$4,800; and Nutrition, \$301,898; New England Homes for the Deaf, Drop-In Center, \$6,607; Tri-Valley Inc., for Crisis Intervention, \$26,000; Medical Transportation, \$2,383; Money Management, \$7,841; Nutrition, \$303,969; and Nursing Home Ombudsman, \$72,284; VNA Care Network for Medication Management, \$11,284; VNA of Greater Milford/Northbridge for Alzheimer's Support, \$6,000; and the City of Worcester Department of Health and Human Services Elder Affairs Division for Osteoporosis Prevention, \$7,000.

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Fall/Winter 2006

## On-Line Seminar Series Offered on Basics of Elder Law

Through the combined collaboration of Central Massachusetts Agency on Aging, Quinsigamond Community College and Nicholas Kaltsas of Elder Disability Law Advocates, we have been offering an on-line seminar series on the Basics of Elder Law. Attorney Kaltsas presented topics covering specific concerns that families, health care providers and older individuals may have regarding Elder Law. The series ran for a total of 9 weeks and focused on Estate Planning, Guardianship, Housing Options, Community MassHealth and Long Term Care MassHealth.

Our online seminars included a PowerPoint presentation that you viewed on your computer while listening to the expert presenter's voice through your computer speakers. We have been able to capture those presentations and put them on line for future viewing. If you would be interested in seeing Attorney Kaltsas's presentations, please either call (508) 852-5539, (800) 244-3032, or email [Cathy.Pickering@SeniorConnection.org](mailto:Cathy.Pickering@SeniorConnection.org), and we will gladly send you the links to view this seminar series.

