



Massachusetts Councils On Aging

CONFERENCE GUIDEBOOK

MCOA 2024 FALL CONFERENCE



Massachusetts
Councils On Aging



OCTOBER 23 - 25

SEACREST RESORT, FALMOUTH, MA

It Starts With Us!

CREATING COMMUNITY CONNECTIONS FOR 45 YEARS



Mass General Brigham
McLean



MASSACHUSETTS

Schedule At-A-Glance

Tuesday Activities		
4:00-6:30pm	Registration	Nauset Nook
Wednesday Activities		
7:30-9:00am	Breakfast	Ocean View Room
8:00am-5:00pm	Registration & Resolution Desk	Nauset Nook
8:00am-5:00pm	Exhibitors Hall	Nauset Exhibit Center
9:00-10:15am	Welcome and Keynote	Ballroom
10:15-10:45am	Break	Nauset Exhibit Center
10:45am-12:00pm	Workshop Session I	<i>See workshop schedule for rooms</i>
12:00-1:00pm	Luncheon	Ocean View Room
1:15-2:30pm	Workshop Session II	<i>See workshop schedule for rooms</i>
2:30-3:00pm	Break	Nauset Exhibit Center
3:00-4:15pm	Workshop Session III	<i>See workshop schedule for rooms</i>
4:30-5:00pm	Annual Meeting	Ballroom
6:00-9:00pm	Dinner/Entertainment	Ocean View Room
Thursday Activities		
7:30-9:00am	Breakfast	Ocean View Room
8:00am-5:00pm	Registration & Resolution Desk	Nauset Nook
8:00am-5:00pm	Exhibitors Hall	Nauset Exhibit Center
9:00-10:15am	Workshop Session I	<i>See workshop schedule for rooms</i>
10:15-10:45am	Break	Nauset Exhibit Center
10:45am-12:00pm	Workshop Session II	<i>See workshop schedule for rooms</i>
12:00-1:00pm	Luncheon	Ocean View Room
1:00-2:30pm	Plenary Session	Ballroom
2:30-3:00pm	Break	Nauset Exhibit Center
3:00-4:15pm	Workshop Session III	<i>See workshop schedule for rooms</i>
5:30-8:30pm	Dinner/Trivia Night	Ocean View Room
Friday Activities		
7:30-9:00am	Breakfast	Ocean View Room
8:00-10:00am	Registration & Resolution Desk	Nauset Nook
9:00-10:15am	Workshop Session I	<i>See workshop schedule for rooms</i>
10:30-11:45am	Workshop Session II	<i>See workshop schedule for rooms</i>
12:00-1:00pm	Luncheon	Ocean View Room

Welcome and Keynote | Wednesday 9-10:15am | Ballroom

It Starts with Us: Celebrating the MCOA Community
Today is all about celebrating YOU and the larger MCOA community!

In this interactive keynote, Carrie Stack will remind us of the positive impacts we're making on older adults and their families. You'll learn to take care of yourself while working in a field with infinite need and explore how to utilize the MCOA community as an ongoing source of support, inspiration, and expertise.



Plenary | Thursday 1-2:30pm | Ballroom

Featured Speakers

- Layla D'Emilia, Undersecretary, Office of Consumer Affairs and Business Regulation
- Robin Lipson, Acting Secretary, Executive Office of Elder Affairs
- Kate Walsh, Secretary, Executive Office of Health and Human Services



Kate Walsh

Awards Presentation

"Celebrate Your Superpower" Party Wednesday | Ocean View Room



DON'T MISS OUT!

Dinner – 6 PM
Karaoke & Photo Booth
Fun – 7-9 PM

Unleash your superpowers at the most fun-filled night of the MCOA Fall Conference! Enjoy dinner, karaoke, and a photo booth—let's celebrate together! 🍷

Headshots

Thursday | Exhibit Hall

Looking for a free headshot? Head to the exhibit hall on Thursday between 8:45 AM and 10:45 AM for a complimentary photo shoot.

Perfect for LinkedIn, resumes, and websites. Limited spots available, so don't miss out!



Dinner & Trivia Night!

Thursday | Ocean View Room



DON'T MISS OUT!

Dinner and Trivia
5:30-8:30 PM

Show off your smarts at Trivia Night and be a superhero! Compete for "Super Prizes for Superheroes"—

Rise & Revitalize: Morning Run/Walk & Oceanfront Stretch | Thurs. & Fri. 6:30-7:30am | Meet @ Nobska

Start your day with energy and inspiration by joining our morning group run or walk led by Terri Graham, Lisa Loo, and Josie Dutil from Bellingham COA. This inclusive 30-40 minute jog or 45-minute walk through scenic surroundings offers a great chance to network and recharge before the day's sessions, ending with an oceanfront stretch and guided meditation to set a positive tone for your conference experience.

CONFERENCE WORKSHOP SCHEDULE

Wednesday, October 23 - Session 1 - 10:45am-12:00pm	Room
Building Strong Teams: Supporting Trust and Ownership	Ballroom 1
Protective Services Overview and How to Work Together	Ballroom 2
Community Rowing for Healthy Aging	Chatham
Financial Protection and Empowerment for Older Adults	Highland
Hoarding's Impact on Older Adults, Avoiding Elder Abuse CEU Eligible	Nauset II
Honoring Cultures: Options Beyond the Conventional Funerals	Nauset V
Solo Ageing: Legal Concerns, Thoughts and Options CEU Eligible	Nobska
Navigating Feasibility Studies for Senior Center Projects	Race Point
Transportation Roundtable Discussion	Shutters
Wednesday, October 23 - Session II - 1:15-2:30pm	
Field Demonstration Grant Learning Collaborative	Ballroom 1
Through the Closet Door: Welcoming LGBTQIA+ older adults CEU Eligible	Ballroom 2
Showcase of AARP Speakers Bureau Presentations	Chatham
Basics of Estate Planning for the Older Adult	Highland
Creating a Supportive Community for Solo Agers: Best Practices and Innovations CEU Eligible	Nauset II
Don't Do It Alone: Designing Dining Programs: How to Start	Nauset V
You've Got the Power: A Guide to Shaping Public Policy	Nobska
Unlocking In-Home Dementia Care: A New Model for Seniors	Race Point
Activity Idea Relay & Replication	Shutters
Wednesday, October 23 - Session III - 3:00-4:15pm	
A New Approach to Clinical Mental Health for Older Adults	Ballroom 1
No Wrong Way: Scalable Age and Dementia Friendly Initiatives	Ballroom 2
Helping Seniors Stay Mobile and Connected with Smartphones	Ballroom 3
Current Trends in Elder Law 2024 CEU Eligible	Chatham
Caregiving Legal Basics	Highland
Mapping Massachusetts' Journey to End Loneliness CEU Eligible	Nauset II

Don't Do It Alone: Designing Dining Programs: How to Keep it Going	Nauset V
A New Tool to Improve Wellbeing and Address Disparities	Nobska
Smart Branding Is Much More Than Logos and Tag Lines	Race Point
Thursday, October 24 - Session I - 9:00-10:15am	
Digital Discovery In Franklin County	Ballroom 1
Calling All New Directors	Ballroom 2
Leadership in Action	Ballroom 3
Mindfulness for Holistic Health and Well-Being	Chatham
Senior Speed Dating	Highland
Strengthening COAs as Welcoming Places for All: Part 1	Nauset II
Supporting Dementia Caregivers CEU Eligible	Nauset V
Transparency in Action: Enhancing Hiring and Performance Reviews	Race Point
Blue Cross Blue Shield Advocate Training Session: Empowering You to Assist Medicare Beneficiaries	Shutters
Thursday, October 24 - Session II -10:45am-12:00pm	
Unlock the Power of AI: Work Smarter, Not Harder!	Ballroom 1
The Art of Self-Leadership	Ballroom 2
Issues of aging and technology use among rural older adults	Chatham
Creating a New Framework to Fill Gaps in Senior Services	Highland
Strengthening COAs as Welcoming Places for All: Part 2	Nauset II
Empowering Dementia Caregivers CEU Eligible	Nauset V
Happiness...At Any Age	Nobska
Mobility Management in Massachusetts	Race Point
Intergenerational Panel Presentation	Shutters
Thursday, October 24- Session III - 3:00-4:15pm	
Mental Health 911 A Co-Response Model CEU Eligible	Ballroom 1
From Prevention to Management: Behavior Modification Strategies	Ballroom 2
Women on the Move: Implementing a Purposeful Women's Group	Ballroom 3
Developing a Communication Strategy for the Modern Senior Centers	Chatham
Cannabis Medicine for the Aging - Today and under Schedule 3	Highland
Aging Like Fine Wi-Fi: Strategies for Sustainable Digital Equity	Nauset II

What Matters Most? Tough & Tender Conversations . . .	Nauset V
Your Data at Work: EOE's COA Statistical Report	Race Point
Kids and Aging - Using Legos to Demonstrate Diversity	Shutters
Friday, October 25 - Session I - 9:00-10:15am	
MySeniorCenter Training	Ballroom 1
Estate Planning for LGBTQIA+ Seniors	Ballroom 2
Funding Transportation: Grant Opportunities & Other Strategies	Nauset II
Mystic Valley Elder Services and Innovative COA Partnerships	Nauset V
Mastering Excellence: The New MCOA Certification Program	Shutters
Friday, October 25 - Session II - 10:30-11:45am	
New Stuff in MySeniorCenter	Ballroom 1
Technology Use for Older Adults with Low Vision CEU Eligible	Ballroom 2
Aging Alone: A Sexual Wellness Perspective	Nauset II
Addressing the Behavioral Health Needs of Older Adults through Collaborative Partnerships	Nauset V
Menus, Food Cost, & Meeting Older Adults' Nutrient Needs	Nobska

Thank you Sponsors

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Advocates, At Home Hearing Healthcare
LPi Communities, Massachusetts Behavioral Health
Help Line, Massachusetts Senior Medicare Patrol
(SMP) Program, Oasis Senior Advisors, Surprenant
& Beneski, P.C., The Vascular Care Group

Thank you Exhibitors

Abigail by Gail: A Colonial Experience
Alzheimer's Association MA/NH Chapter
Best of Times Travel
Boston Bridge Inc - An Affilliate of the MIT Age
Lab
Carol Sullivan/White Mountain Hotel & Resort
Center for EcoTechnology
CereVasc, Inc.
Commission for the Deaf and Hard of Hearing
Community Family
Compassion & Choices
Consumer Finance Protection Bureau
Dignity Alliance Massachusetts
Discovery Centers for Civic Engagement
edmSTUDIO Architecture
Executive Office of Elder Affairs
Funeral Consumers Alliance of Eastern
Massachusetts
Funeral Consumers Alliance of Western Mass
Harbor Health PACE
Heart to Home Meals
It's The Music Entertainment
Legacy Legal Planning
Lifeline
LPi Communities
MA Department of Telecommunications and
Cable

Mass Aging Access
MA Adult Immunization Coalition
MA Commission for the Blind
MA Executive Office of Elder Affairs
MA Secretary of the Commonwealth
MassDOT Rail and Transit Division
MassPACE Association
MassPack Pharmacy Services
Mature Caregivers
MetroWest Mediation
Next Day Access
Norfolk County RSVP Volunteer Program
Oakley Home Access
Office of Consumer Affairs & Business
Regulation
Patient Presence
Perkins Library
Plimoth Patuxet Museums
REquipment, Inc.
Senior Care Authority
South Coastal Counties Legal Services
Spano Dawicki & Witt
The Carroll Center for the Blind
Tri-Valley Inc
UMass Boston Gerontology
Unicorn Tours
United Healthcare
WOLK Center for Memory Health at Hebrew
SeniorLife

EVENT SPACE DIAGRAMS

SEA CREST

BEACH RESORT

Nauset Center

Lobby Level

