



Massachusetts
Councils On Aging

ANNUAL **REPORT** **FY 2023**

EDUCATE

ADVOCATE

COLLABORATE

www.MCOAonline.org

Building strategic partnerships to educate and empower COA professionals who serve and support the 1.7 million older adults 60 and over in Massachusetts, to lead healthy and purposeful lives.

Message from our Chair



Emily Shea

MCOA Board Chair

As we gather for our 45th Annual Meeting, I've reflected on the many transitions underway at MCOA. MCOA continues to transform, grow, innovate and advance, in order to adjust to the continually evolving landscape. The consistent dedication and steadfastness of this organization to making a difference in the lives of older adults across our state is needed more now, as we all witness the growing number of older adults in all our communities.

During the COVID-19 pandemic, the work of the Councils on Aging became a guiding light for countless older adults. Each Council on Aging adapted and evolved to meet the challenges of a rapidly changing environment. This network's ingenuity not only addressed the immediate needs of the older adults in your communities, but also helped to raise and amplify the vital role of COAs across the commonwealth, creating paths for elevating older adult issues in your communities and in other municipal departments. In many municipalities, new relationships were formed, or strengthened, and this proved yet again, how Senior Centers have the capacity to improve and expand community connections, and in a time of crisis, this was what so many communities needed.

Advocating for the FY23 budget cycle, we were successful in continued funding for the Service Incentive Grant program, while maintaining the Formula Grant at \$12/elder. We continued to emphasize the impact of the work and the achievements of COAs during, and after the COVID-19 Pandemic.

Advocacy

We advocated for and received an additional \$1.3million dollars of additional funding for the Elder Mental Health Outreach Teams, to expand EMHOTS across the state and to pilot innovative workforce models.

Those funds were so vital, because of the mental health impacts seen on older adults. EMHOT clients during FY23 experienced:

- **35% were found to be at Increased risk for experiencing significant health issues**
- **24% were found to be at increased risk for decreasing ability to manage ADL's**
- **23% experienced a behavioral health crisis in the reporting period.**
- **45% were found to have comorbid Psychiatric Illnesses**

I am grateful we have MCOA on our side, supporting us with education, advocacy and collaboration! I am delighted that MCOA will continue to advance its core initiatives, focusing on enhancing COA capacity, driving legislative advocacy, and providing technical assistance and training.

I'd like to express my gratitude to the membership for the opportunity to serve as your President this past year. I also want to extend a heartfelt thanks to my fellow Board members and the MCOA staff for your exceptional teamwork and dedication, and to acknowledge all that we have achieved together!



MCOA Chair, and Commissioner, Age Strong Commission, Boston

Elevating the work of Councils on Aging

In FY23, MCOA was able to award Over \$175,000 in Service Incentive Grants to 23 COAs for Outreach/Marketing as well as Caregiver Respite.

The projects undertaken by the COAs in these areas were very impactful, and helped to inform and inspire other COAs to address challenges in their communities.

I just love it here at the Dalton Senior Center. When I first came here I had no one. I came to the Center and now I have so many friends. I am so happy!

June 1923



Dalton Council on Aging
3 Senior Center
401 Field Street Ext.
Dalton, MA 01226



Paid for in part by a grant provided by the Massachusetts
Councils on Aging and the Executive Office of Elder Affairs

Caregiver Support

In the Hilltowns of the Berkshires, respite services were provided to allow caregivers a much-needed break from their duties. Impacts included getting meals for a homebound person in his 90s and which gave his 91-year-old caregiver, a break from cooking, and a spouse who works full time was very grateful for the provision of transportation and companionship for her husband who is dealing with early onset Alzheimer's.

Talk of the Town

Dalton COA used their SIG grant sought to make their Senior Center the "Talk of the Town." Creating an innovative poster campaign marketing tool featuring photos of seniors with quotes of how they feel about the Senior Center. The posters have been placed in eight different businesses throughout town. Feedback from the community was very positive. One senior reported that she looked up her COA and then called her sister to look at her own COA's website because there are so many wonderful activities available that she didn't know about!

Supportive Day

In Fairhaven, grant funds were used to provide 197 days of respite to caregivers of 13 individuals who were able to attend the Fairhaven Supportive Day Program. The program participants were surveyed during the grant period and 100% of caregivers reported that having their loved one in the Supportive Day Program reduced their stress levels. In addition, 92% of caregivers reported that they noticed a positive difference in the demeanor of their loved one on days they attend the Fairhaven Supportive Day program.

FY23 Key Accomplishments



FALL CONFERENCE IN PERSON

- 372 attendees registered for the Fall Conference
- 268 Councils on Aging were represented
- 83 workshops were conducted during the conference



TRAININGS & TECHNICAL ASSISTANCE

- Delivered 3,589 training hours to 3,727 attendees from over 275 Councils on Aging (COAs)
- 268 towns and cities registered for trainings
- 294 towns and cities received technical assistance
- 3,123 technical assistance contacts
- Allocated \$30,000 of SIG funds to support DEI training with Elder Affairs



DEMENTIA FRIENDLY MASSACHUSETTS INITIATIVE

Dementia Friendly Massachusetts designated communities as of June 30, 2023: 107



ELDER MENTAL HEALTH OUTREACH TEAMS (EMHOTS)

- 13 MHOT contracts in place
- EMHOT services provided in 135 communities
- 1,398 older adults received EMHOT services
- 8,924 hours of EMHOT counseling delivered
- 87% of recipients received the help they sought
- 73% reported improved ability to manage crises
- 82% reported better coping with daily challenges

Statement of Financial Position
Fiscal Year Ended June 30, 2023

Assets

	<u>2023</u>
Cash	\$ 366,988
Short-term investments	26,850
Grants receivable	1,386,140
Membership dues receivable	4,346
Prepaid expenses	42,428
Equipment, net	1,837
Funds held as fiscal agent for others	<u>2,360</u>
Total assets	\$ <u>1,830,949</u>

Liabilities and Net Assets

Liabilities	
Accounts payable and accrued expenses	\$ 1,282,962
Funds held as fiscal agent for others	<u>2,360</u>
Total liabilities	<u>1,285,322</u>
Net assets	
Without donor restrictions	
Available for operations	536,157
Board-designated	<u>633</u>
Total without donor restrictions	536,790
With donor restrictions	<u>8,837</u>
Total net assets	<u>545,627</u>
Total liabilities and net assets	\$ <u>1,830,949</u>

Statement of Activities
Fiscal Year Ended June 30, 2023

	<u>2023</u>		
	<u>Without Donor</u>	<u>With Donor</u>	<u>Total</u>
	<u>Restrictions</u>	<u>Restrictions</u>	
Revenues and other support			
MA Executive Office of Elder Affairs grants	\$ 3,421,454		\$ 3,421,454
Membership dues	303,748		303,748
Non-governmental grants	75,216	\$ 10,000	85,216
Conference registrations	129,345		129,345
Federal grant			
Conference sponsors and advertisements	29,275		29,275
Conference vendors	28,814		28,814
Interest	69		69
Space rental and other income	832		832
Net assets released from restrictions	106,128	(106,128)	
Total revenues and other support	<u>4,094,881</u>	<u>(96,128)</u>	<u>3,998,753</u>
Expenses and losses			
Program	3,791,026		3,791,026
Administration	157,454		157,454
Fundraising	26,816		26,816
Total expenses	<u>3,975,296</u>		<u>3,975,296</u>
Loss on disposal of equipment	172		172
Total expenses and losses	<u>3,975,468</u>		<u>3,975,468</u>
Change in net assets	119,413	(96,128)	23,285
Net assets - beginning of year	417,377	104,965	522,342
Net assets - end of year	\$ <u>536,790</u>	\$ <u>8,837</u>	\$ <u>545,627</u>

MCOA Certified Senior Center Staff CLASS OF 2024

Sherry Manyak

Director, Chicopee

Holly Angelo

Assistant Director, Chicopee

Terri Graham

Assistant Director, Bellingham

Erin Koebler

Director, East Longmeadow

Tammy Murray

Director, Hanover

Alicia Smith

Program Manager, East Longmeadow

Marge Yetman

Director, Burlington

Michael Squindo

Director, Westfield



FY 2023 Board of Directors

Marge Yetman

Emily Shea

Becky Moriarty

Susan Pacheco

Janice Long

Mignonne Murray

Brian O'Grady

Jayne Colino

Pam Hunt

Jodi Zepke

Amy Waters

Terri Marciello

Stacy Minchello

Joanne Moore

Sharmila Biswas

Grace O'Donnell

Nancy Hill

Josie Dutil

THANK YOU

Our success is built on strong partnerships. We extend our gratitude to the Executive Office of Elder Affairs (EOEA), our Conference Sponsors, and all of our Aging Network partners. Together, we've been able to enhance programs, expand resources, and better serve older adults across the Commonwealth. Collaboration is key to achieving our shared goals.

We deeply appreciate the ongoing support from our partners, sponsors, and the entire Aging Network. Your dedication and collaboration have been essential to our success, and we look forward to continuing our work together to improve the lives of older adults. Thank you for your commitment and partnership!

Strengthening Partnerships



MASSACHUSETTS COUNCILS ON AGING

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