

Conference Mini-Guide

2025 MCOA FALL CONFERENCE



Facing the Future Together

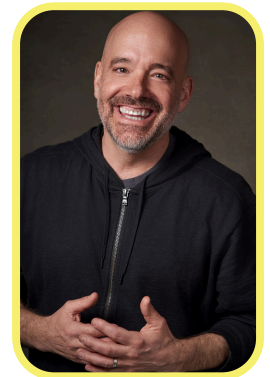
COLLABORATING TOWARD OPPORTUNITIES AND SUCCESS

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

The Power of a Playful Mindset

By Steve Gross, Founder and Chief Playmaker of the Life is Good Playmaker Project

The greatest achievers don't just go to work – they come to play. They show up with passion, purpose and presence. Why? Because play isn't just something you do. It's the spirit and energy you bring to everything you do. Play comes to life at the intersection of joy, connection, engagement, and empowerment. And these aren't just the core ingredients of play – they're the four most powerful levers for building stronger, healthier, more resilient organizations.



Platinum Sponsors



Schedule At-A-Glance

Tuesday Activities		
3:00-6:00pm	Early Check-In	Nauset Nook
Wednesday Activities		
7:30am-5:00pm	Check-In & Resolution Desk	Nauset Nook
7:30-9:00am	Breakfast	Ocean View Room
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 I
6:00-9:00pm	Dinner/70s Dance Party	Ocean View Room
Thursday Activities		
6:30-7:30am	Morning Wellness Activity - Rise & Revitalize	Meet in Lobby
7:30am-5:00pm	Check-In & Resolution Desk	Nauset Nook
7:30-9:00am	Breakfast	Ocean View Room
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	General 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/Game Night	Ocean View Room
Friday Activities		
6:30-7:30am	Morning Wellness Activity - Rise & Revitalize	Meet in Lobby
7:30-10:00am	Check-In & Resolution Desk	Nauset Nook
7:30-9:00am	Breakfast	Ocean View Room
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

General Session | Thursday 1-2:30pm | Ballroom I & II

General Session Highlights

Special Remarks

- Robin Lipson, Secretary of Aging & Independence

Award Presentation

- Community Visionary Award for Inclusive Aging – Nora Moreno Cargie
- Director of the Year Award – Janice Fitzgerald, Brockton Council on Aging
- Innovation of the Year Award – Marshfield Council on Aging
- David P. Stevens Advocate of the Year Award - Senator Patricia Jehlen and Representative Thomas Stanley.

MCOA Certifications

Recognizing achievement in professional development:

Director

- Alison Cservenschi, Bedford
- Connie Kelly, Carver
- Joanne Moore, Duxbury
- Jodi Zepke, Ludlow

Assistant Director

- Jessica Fitch, Hopkinton
- Heather Jolicoeur, Ludlow

Program Manager

- Maria Ardolino, Ludlow
- Kathleen Laughran, Franklin
- Kelly Walsh, Scituate

Panel Discussion: Charting the Path Forward – Advocacy Strategies in Changing Times

Featuring:

- Senator Patricia Jehlen, Senate Chair, Joint Committee on Aging & Independence
- Representative Thomas Stanley, House Chair, Joint Committee on Aging & Independence
- Jennifer Benson, State Director, AARP Massachusetts
- Moderated by Elizabeth Connell, MCOA Executive Director and Nomita Ganguly, Lobbyist, Gregory & Associates

Italian Buffet & Boogie Nights!

Wednesday 6-9pm | Ocean View Room

MEMBER NETWORKING

Enjoy an Italian buffet dinner with music by Rob Peters Entertainment, then get ready to groove at Boogie Nights!

🌐 Dance to funky 70's beats, join the Best Dressed Contest, or unwind with a Soothing Touch chair massage (7-9 PM). Bell bottoms optional—fun guaranteed! 🎵🕺

Headshots

Thursday 8:30-11:30am | Exhibit Hall



Looking for a free headshot? Head to the exhibit hall on Thursday for a complimentary photo shoot!

Perfect for LinkedIn, resumes, and websites. Limited spots available.

Fun Food Stations & Game Night!

5:30-8:30pm Thursday | Ocean View Room

MEMBER NETWORKING

Join the fun with Jeopardy-style showdowns, table games, and food stations galore! Play to earn raffle tickets for gift card prizes, or just kick back and enjoy the laughs. Whether you're a trivia champ or a casual gamer, Game Night is your time to play! 🏆😄

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

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 22 - Session 1 - 10:45 AM-12:00 PM	Room
Alzheimer's 101: An Overview and Communication Techniques (CEU)	Chatham
Building Effective Partnerships Between ASAPs and COAs	Race Point
Fun, Food, & Fellowship: Creating Community with Memory Cafes	Nauset V
Resilience: Skills to Learn to Dig Out of Burnout	Highland
The Art of Living Joyfully	Ballroom II
The Power of a Playful Mindset - Keynote Q&A	Ballroom I
Transportation Roundtable Discussion	Shutters
Who Listens Anyway?	Nauset II
Wednesday, October 22 - Session II - 1:15-2:30 PM	
Bridging the Gap Between COA Directors and Their Kitchens	Nauset V
Dementia Friendly Massachusetts Communities Roundtable	Shutters
Out of Sight: Reaching the Most Invisible Older Adults	Ballroom I
Partners in Safety: Best Practices for COAs and Police	Nauset II
The Help I Did Not Ask For	Chatham
Understanding and Building Vaccine Confidence (CEU)	Highland
Using Current Events to Create Dynamic Programming	Ballroom II
What Happens When We Dance?	Race Point
Wednesday, October 22 - Session III - 3:00-4:15 PM	
AI & Technology for Dementia Care and Caregiver Support	Race Point
COAST: A Model for Regional COA Director Collaboration	Nauset II
Hands-On Photography and Video for COA Events & Marketing	Ballroom I
Hoarding Disorder: What is it and how do we help?	Shutters
Loneliness is a Public Health Crisis: What We Can Do About It (CEU)	Ballroom II
Medicare Training: Helping Medicare Beneficiaries During AEP	Chatham
Social Prescribing: A Solution for Seniors Social Isolation	Nauset V
Stronger Together: A Unified Approach to Mobility	Highland
Thursday, October 23 - Session I - 9:00-10:15 AM	
Genealogy: Proactively Supporting and Promoting Healthy Aging	Nauset II
Lessons Learned: An Architect's Perspective on Designing Senior Centers	Race Point
Navigating Conflict for Seniors: Exploring Elder Mediation	Ballroom II
Navigating Medicare: Mastering the Plan Finder Tool (CEU)	Highland
New Directors 101	Nauset V
ReiMAgine Aging 2030!	Ballroom I
The GUIDE Model: Medicare's New Comprehensive Dementia Care (CEU)	Shutters
Working with Your Assessor	Chatham
Thursday, October 23 - Session II - 10:45 AM-12:00 PM	
5th Annual AGE Field Demonstration Grant Learning Collaborative	Ballroom I
Dementia Care Planning Tool Kit	Race Point
Growing Our Own: Building the Future Human Services Workforce	Chatham
It Takes a Cybervillage: Digital Inclusion Through Community	Nauset II

Medicare Savings: Tips, Tricks, and Tools for Beneficiaries	Highland
New Directors 201	Nauset V
PS: How it Works and How We Can Work Together	Shutters
Round Table Discussion to Address Loneliness in Our Seniors (CEU)	Ballroom II
Thursday, October 23 - Session III – 3:00-4:15 PM	
Engaging Caregivers through Collocated Services with the COA	Highland
Financial Exploitation of Seniors: One Law Firm's Experience (CEU)	Nauset V
Movie Screening & Discussions to Help Us Talk About Death	Race Point
Providing Door Through Door Transportation Models	Ballroom II
Should I Stay or Should I Go: Reverse Mortgage Workshop	Shutters
Supportive by Design: Business Beyond Bingo	Chatham
Training of Professionals to Effectively Support Caregivers (CEU)	Nauset II
Your Data at Work: How Synthesizing Annual Reports Inform the Aging Network	Ballroom I
Friday, October 24 - Session I – 9:00-10:15 AM	
Elder Justice Shelter and the Multidisciplinary Team Approach (CEU)	Chatham
Integrated Care Plans at MassHealth - Looking Ahead	Race Point
MySeniorCenter Training	Ballroom I
Thrive in Leadership Mini-Retreat for Renewal and Resilience 1 (CEU)	Shutters
Top Safety & Health Considerations for COAs	Ballroom II
Friday, October 24 - Session II – 10:30-11:45 AM	
Activity Idea Relay	Ballroom II
An Overview of PACE and the Current MA Landscape	Chatham
New Stuff at MySeniorCenter	Ballroom I
Post-Menopause, Post Viropause: What's Next Sexually? (CEU)	Race Point
Thrive in Leadership Mini-Retreat for Renewal and Resilience 2 (CEU)	Shutters

Thank you Sponsors

Platinum



Gold



Bronze

- Advocates
- Amramp
- At Home Hearing Healthcare
- Careforth
- EA Financial Solutions
- Embrace Prevention Care
- Family First Caregivers
- Guardian Angel Senior Services
- Hebrew SeniorLife
- Landmark Management Solutions
- LPi Communities
- Massachusetts Behavioral Health Help Line
- Mutual of Omaha Reverse Mortgage
- Planned Lifetime Assistance Network of Massachusetts & Rhode Island
- Surprenant, Beneski & Nunes, P.C.
- Therapy Gardens
- The Vascular Care Group

Thank you Exhibitors

- 2Sisters Senior Living Advisors
- Alzheimer's Association MA/NH Chapter
- Boston Bridge
- Center for EcoTechnology
- Compassion & Choices
- Cottage Caregivers
- Spano Dawicki & Witt, LLC
- edmSTUDIO Architecture
- Funeral Consumers Alliance of Western Massachusetts
- Game Shows To Go
- Heart to Home Meals
- instED
- Josie's Village, Inc.
- Lifeline Systems, Inc.
- Mass Cultural Council
- Massachusetts Association for the Blind and Visually Impaired
- Massachusetts Commission for the Deaf and Hard of Hearing
- Massachusetts Department of Telecommunications and Cable
- Massachusetts Registry of Motor Vehicles
- Massachusetts Vaccine Confidence Project (MVCP)
- MassDOT, Rail and Transit Division
- MassPACE Association
- MetroWest Mediation
- Next Day Access
- Norfolk County RSVP
- Oakley Home Access
- Oasis Senior Advisors
- Old Colony Hospice & Palliative Care
- OutstandingLife
- Perkins Library
- Plimoth Patuxet Museums
- Road Scholar
- Senior Care Authority
- Senior Medicare Patrol (AgeSpan)
- SeniorU
- South Coastal Counties Legal Services
- UMass Amherst
- UMass Boston Gerontology
- UnitedHealthcare
- White Mountain Hotel

EVENT SPACE DIAGRAMS

SEA CREST

BEACH RESORT

Nauset Center

Lobby Level

