



## Silverwire

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## Inaugural Body and Mind Camp Held

The first Body and Mind Adult Fitness/Wellness Camp was held at the UMaine New Balance Student Recreation Center on Saturday, June 3rd, and was a great success! This collaborative effort between UMaine's Department of Campus Recreation, Center on Aging, School of Nursing, the Eastern Area Agency on Aging and Cooking Matters offered participants aged 55 and older the opportunity to have a wellness assessment, a fitness and falls risk assessment, learn about healthy shopping and cooking techniques and engage in Theraband exercises they can do from home or on the road! Programming for the day camp was informed by significant outreach to older community members and service providers to make sure the content was as enjoyable and relevant to the needs of community members as possible. Feedback on the day was incredibly positive, and we look forward to creating more collaborative, healthy on-campus programming in the future.

For information about two upcoming day hikes being offered for folks aged 55+ in July, contact Kristie Deschesne at 207-581-3479.



Participants in the Body and Mind Fitness/Wellness camp pose for a group photo, and of course, for a selfie, taken by Day Camp instructor and UMaine School of Nursing Professor Kelley Strout.

## **The Spread of Social Isolation in Today's World**

You might wonder how it is possible in the age of dramatic advances in communication technologies that we could find ourselves living socially isolated lives. Well, lo and behold, that is precisely what we are witnessing, and those at greatest risk of discovering themselves to have extremely compromised connections with the outside world are older adults. Those older adults living in rural states like Maine, may be at especially high risk of becoming disconnected.

Surveys indicate that Americans are more social isolated than ever before with the prevalence rate among community dwelling older adults as high as 43%. Front line service providers repeatedly confirm the seriousness of the problem and the direct connection that exists between living an isolated and lonely life and a host of extremely negative outcomes. These unfortunate consequences include increased mortality and morbidity rates, lower self-reported health, more frequent hospitalizations and experienced falls, poorer health practices, higher levels of psychological distress, and greater exposure to neglect, abuse, and exploitation.

While older adults' greater allies in defending themselves against the scourge of social isolation continue to be spouses and partners, relatives, friends, and neighbors, those individuals, themselves, may be at risk of becoming isolated especially if they are growing older and taking on the responsibilities of caring for an incapacitated loved one.

Finding innovative ways in which to build up and preserve aging individuals' community and social networks are crucial strategies in the war on the growing menace of social isolation. It is heartening that the Senate Special Committee on Aging, chaired by Senator Susan Collins, recently convened a two-part hearing on this very challenge to older adult well-being. Getting the problem on the national agenda is essential. At least two senators on the Special Committee indicated that they have separate pieces of proposed, bi-partisan supported legislation that aim to make inroads into reducing the negative consequences of elder isolation (increased support for caregivers by

Senator Susan Collins and over the counter hearing aids by Senator Elizabeth Warren). Of course, the federal government can't begin to stem the tide alone. Inevitably, local communities will need to continue to mobilize and respond to the public health threat of human disconnectedness. The growing livable and age friendly community movements are important organizing vehicles in this regard. As are the many less formalized, but equally important, neighborhood and local initiatives that aim to keep elders engaged and vital contributors to community life.

I am a firm advocate of the contributions that technology can and does offer in keeping us mobile, safe, healthy, and functional. Ensuring we are employing technology not only to promote individual independence but to also repair, strengthen and sustain fragile social support networks is equally critical. Today more than ever!

Len Kaye



Len Kaye



Dr. Kaye (center) testifying on the impact of social isolation and promising solutions at the Dirksen Senate Office Building, Washington DC, along with Dr. Julianne Holt-Lunstad, Brigham Young University and W. Mark Clark, MSW, President and CEO, Pima Council on Aging

### Former CoA Staff Member Helping to Spur Social Security Innovation

In summer 2016, the AARP Public Policy Institute announced an Innovation Challenge calling for fresh ideas for reforming and strengthening Social Security. Over twenty formal proposals were received, and among five chosen for further development and financial support was one developed by UMaine alum Elizabeth Johns of Orono, in partnership with Kimberly J. Johnson, assistant professor at the Indiana University School of Social Work. They proposed creating a new minimum benefit in Social Security meant to protect the lowest earners from the risk of poverty. The added cost would be paid for through an increase in the taxable earnings base and by assessing a higher FICA tax on employers not contributing to their workers' retirement account. Other proposals awarded by AARP would: (1) give workers the option to increase their Social Security contributions in midlife, thus raising their benefit at retirement; (2) provide financial incentives to delay claiming Social Security benefits past age 62, again raising the benefit amount; and (3) credit workers for time spent caregiving, unemployed, or in-job training. Both Johns and Johnson are Ph.D. graduates of the gerontology program at the University of Massachusetts Boston. Johns also worked for the UMaine Center on Aging before entering the UMass program, and she is now a Research Associate with the Center for Social and Demographic Research on Aging, University of Massachusetts Boston. More information about theirs and the other policy proposals is available at: <http://www.aarp.org/ppi/info-2017/aarp-policy-innovation-challenge-results.html>

### Dr. Kaye's Testimony Informs Congressional Hearing On Social Isolation and Loneliness

Center on Aging Director, Dr. Len Kaye, provided testimony on April 27, 2017 in Washington DC during the Senate Special Committee on Aging hearing on *Aging Without Community: The Consequences of Isolation and Loneliness*. The special Committee on Aging, led by Chairman Susan Collins (ME) and Ranking Member Bob Casey (PA), invited a range of experts and individuals with lived experience from across the United States to highlight the challenges resulting from social isolation and loneliness and examine community efforts and effective interventions to address this problem. A diverse array of issues intertwined with isolation and loneliness were examined, from prevalence and risk factors, to the importance of augmentative and alternative communication devices for individuals with speech and language impairments. Also highlighted, was the importance of Older Americans Act funding and community-based services and supports for combatting isolation. A follow-up hearing, titled *Aging With Community: Building Connections that Last a Lifetime*, included Meg Callaway of the Charlotte White Center, who discussed lessons learned from the Piscataquis Thriving in Place initiative that the Center on Aging is serving as evaluator for.



Dr. Kaye with Chairman Collins

To view the hearing and read written testimonies, please visit the following link:  
<https://www.aging.senate.gov/hearings>

# CoA Releases Findings on Bangor Age-Friendly Assessment

Editor's Note: This article was contributed by Center on Aging Intern Tim Price

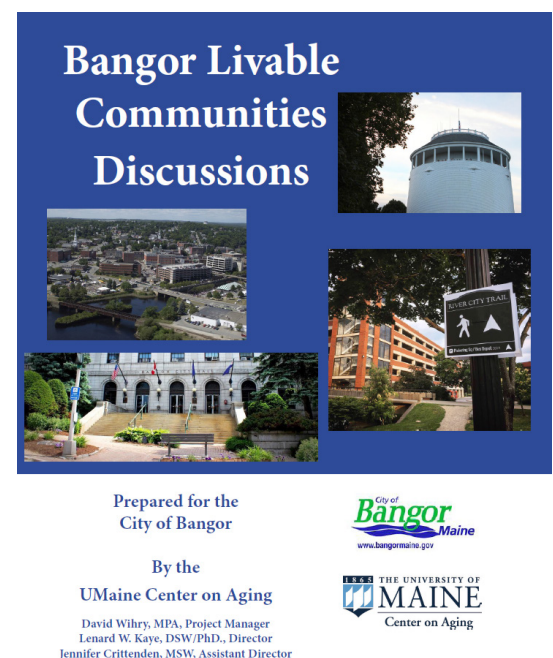
Across the nation, a new generation of older adults has begun to face the question of where they will live as they grow older. For many older people, remaining in their own home is their preferred option, or the only option on the table. As the older adult population continues to grow, communities around the country must prepare to provide support to their community members so that they are able to safely and comfortably age in place.

There are many ways for communities to support older adults as they age in place, but one means of support is found in AARP's Age Friendly Communities network. The Age Friendly Communities network certifies communities as Age Friendly, which means they have committed to making themselves great places for older adults to live and grow older. AARP has adopted the eight domains of livability model developed by the World Health Organization. Each domain focuses on a different aspect of day-to-day life for people in the community, from accessing transportation, to social inclusion. When a community is strong in all eight domains of livability, it is a great community for people of all ages and abilities. In July of 2016, Bangor became the 100th city in the United States to join AARP's Age Friendly Communities network and receive its designation as an Age Friendly Community.

After Bangor received Certification as an Age Friendly Community, it partnered with the University of Maine Center on Aging to conduct an assessment of the Bangor community. The goal of the Center on Aging's community assessment was to improve understanding of what Bangor does well and what it can do differently to be a great place to grow older. When the Center on Aging conducted its assessment, it gathered input from a diverse group of residents through a series of community discussions. Citizens who decided to participate in the community discussions were asked what they thought made Bangor a good city to grow old in and what changes they would like to see the city make. After conducting seven community discussions, the Center on Aging distributed a survey to local business owners to learn what they are doing to meet the needs of their older adult customers and employees.

Once the community discussions had concluded and the local business owners had been surveyed, the Center on Aging began to compile the results into a final report. Through the community assessment, the Center on Aging was able to identify a variety of strengths in the Bangor community. Participants in the community discussions reported that there is an abundance of accessible outdoor spaces and that there are excellent medical service providers within the community. The community assessment also identified some changes that can make Bangor even stronger. These included repairing certain sidewalks and expanding transportation options.

The final report on the community assessment was submitted by the UMaine Center on Aging to the Bangor City Council in January of 2017. With the findings from the report as a guide, the committee tasked with moving the age-friendly work forward is now evaluating potential solutions to identified needs. The city of Bangor's decision to seek the Age Friendly Community certification is a clear sign of the dedication in the community to making the city an even greater place to live for its older residents. The UMaine Center on Aging looks forward to working with the City of Bangor as it continues its age-friendly work.



### Back by Popular Demand - Senior Yellow Pages Receives Second Printing

The 2nd printing of the Senior Yellow Pages is available without cost at the Bangor Public Library, the Old Town Public Library, and the Orono Public Library. Within the next 2 weeks it will be available at the Hermon Public Library, Hampden Public Library, the Eddington Town Office, the Brewer Public Library, Eastern Area Agency on Aging, the Veazie Town Hall and other libraries and town offices. It is recommended that you call ahead to your local library or town hall to make sure they have copies.

You can also access the Senior Yellow Pages online by going to:  
<http://senioryellowpages.org/>



With the assistance of Students and Staff at the University of Maine Center on Aging and Partnering Community Agencies of the MOOV Penobscot Thriving in Place Project.



### Join the Penobscot Valley Senior College

Affiliated with the statewide Maine Senior College Network and the UMaine Center on Aging, Penobscot Valley Senior College offers non-credit courses and other learning opportunities for area residents 50 years and

over. With “learning for the fun of it” as its motto, PVSC provides opportunities for learning, social interaction, and intellectual stimulation with no requirement for college degrees, tests, or grades. Volunteer members plan and teach weekly sessions for six weeks each fall and spring. Membership dues and course fees are minimal. To learn more or become a member, visit: [http://www.eaaa.org/index.php?id=2&sub\\_id=709](http://www.eaaa.org/index.php?id=2&sub_id=709)



## Penobscot Valley Senior College

### Thank you Prudy

After seven years with the Center on Aging, our Office Manager, Prudy Searl has retired from the University of Maine. Prudy joined the Center on Aging in 2010 and over the years has been key to accomplishing all of the tasks that keep the Center on Aging running smoothly. From day to day activities to major events at the Center on Aging like the Colloquium, Prudy was tenacious in overcoming any administrative barrier or other challenges to accomplishing a task. Perhaps most importantly, Prudy knew that community among staff makes for a good work environment. She knew that it is important to get people out of their cubicles and offices to interact, and she took a sincere interest in the ups and downs of her co-workers over the years.

We'll miss you very much Prudy. Thank you for all your contributions to the Center on Aging.

We wish you the best of luck in your retirement.



## Senior Volunteers Responding to Community Needs



### Senior Volunteers and Kids! What a Great Match!

For this edition, we are featuring three programs connected to RSVP which provide senior volunteers opportunities to interact with youngsters of varying ages. They are win-win situations for the children and the volunteers. For many seniors volunteering provides an opportunity to find a purpose in life, particularly if family members have passed on or moved far away. Intergenerational experiences through volunteering offer not only resources that children need, but they also provide seniors with special connections and the sense of generativity (a need to nurture and guide younger people and contribute to the next generation).

### (1) JUNIOR CURATOR PROGRAM

A long-time partnering agency with RSVP has been the Galen Cole Land Transportation Museum in Bangor open May to October each year. RSVP volunteers have served there in various capacities from being docents to office assistants. The Galen Cole Land Transportation Museum has a long history of involvement with schoolchildren and has a volunteer position designed for those who might be history or science buffs, as well as enjoy interacting with young people. This opportunity, known as the Junior Curator Program, is available to students from grades 1-5 and is expected to impact about 1000 schoolchildren this year.

The Junior Curator Program allows students to work in small groups and use the clues provided to determine the use of an artifact on their table. After 10 minutes, the groups rotate and analyze another artifact. At the end of the one hour session, the groups explain how they came up with their answer as to what the artifact was and how it was used. This program is fast-paced and allows the staff and volunteers to interact with the children in several different areas such as teambuilding, literacy, comprehension, history, and deductive reasoning, as well as other skills.

As a former social studies teacher and if I were retired, this program director would find this to be an appealing volunteer experience. No room to get bored here.



**What could it be?**



## Senior Volunteers Responding to Community Needs



### Bone Builder News

March 29th, RSVP fitness consultant, George Manlove, conducted a training of 4 new lay leaders:

- Dee Carter– Bangor
- Barbara Fisher– Newport
- Amy Gimbel & Patricia Brierley-Stonington.



Newport Bone Builders celebrated their 1 yr. anniversary this spring after class at the Newport Cultural Center.



### (2) LET'S READ, LET'S GROW

Research indicates that children read to regularly by a caring adult in the first five years of life is critically important to those children's success in school and in life-long learning.

Through the RSVP "Let's Read, Let's Grow" program, senior volunteers are matched with local preschools or childcare centers. The volunteers visit the children on a regular basis to read aloud, sing, play and engage the children in various literacy activities; scheduling is flexible. Volunteers, trained on early childhood literacy, are provided with books, tips, and ideas to get started. High quality children's books are distributed directly to the children at different points in the year.

"Reading to children gives me the chance to escape into a world filled with wonder and spontaneity" -

Volunteer Reader

### (3) ROOTS FOR STEM

Open a child's mind to the wonder and exploration of the world around them. For those of you out there with special interests and expertise in STEM subjects – science, technology, engineering, and mathematics – you might find serving as a "Roots for STEM" volunteer through RSVP to be stimulating and fun.

The "Roots for STEM" program utilizes highly skilled volunteers to engage young children in hands-on math and science activities to build skills and knowledge, but most importantly to stir interest and excitement for future STEM learning and perhaps STEM-related careers.

Senior volunteers are matched with local schools or afterschool programs where they visit the children on a regular basis to engage children in math and science activities. Volunteers are provided training and given sample activities, tips, and ideas to get started.

To learn more about any of UMaine Center on Aging RSVP's programs, please contact Paula Burnett at 262-7926 or via email at [Paula.Burnett@maine.edu](mailto:Paula.Burnett@maine.edu)

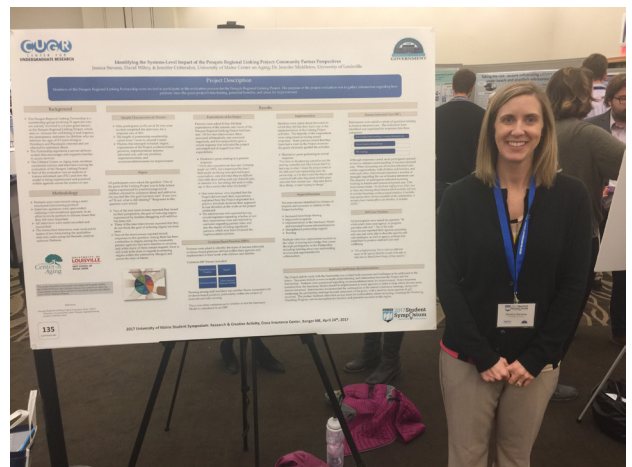
### New UMaine Student Group Supporting Intergenerational Friendships

Project Generations is a new program at the University of Maine with the mission of fostering strong intergenerational friendships by connecting student volunteers with older adults in Orono and surrounding communities. For at least one hour each week, the student and older adult visit with each other and play games, make crafts, watch movies, or just enjoy each other's company. The program was founded at Ithaca College in 2010 and soon expanded to Cornell University in 2011. In January of 2017, the UMaine chapter was founded by Chloe Gray, a third year social work major at the University. Project Generations currently has fifteen volunteers and older adults matched in the community and is expanding quickly! If you or someone you know would benefit from this program, please call Eastern Area Agency on Aging at (207) 941-2865 to submit a referral.

### CoA Students Present on Research at UMaine Student Symposium

Every year, the University of Maine Center for Undergraduate Research and UMaine Graduate Student government host an excellent UMaine Student Symposium that highlights research conducted by graduate and undergraduate students from a broad array of disciplines at UMaine. This April at the Cross Insurance Center in Bangor, there were 1,200 students presenting their work!

The Center on Aging was well represented at the Symposium with four Center on Aging students participating. Graduate student Silas Walsh and undergraduate Tim Price presented a poster highlighting the findings of the Bangor Age-Friendly Community work (Page 4 of the Silverwire). Silas and Tim were key in the implementation of community discussions and analysis of resulting data. Social work undergraduate Jess Stevens presented on the findings from the Penquis Regional Linking Project evaluation work focused on evaluating changes in the system of care for opioid-exposed infants and their families. Jess was instrumental in conducting interviews and analyzing data for the project. Graduate student Lindsey Dale presented the results of a needs assessment she spearheaded examining preferences for older adult day camp programming, which informed the establishment of a new day camp at UMaine (Page 1 of the Silverwire).



Jess Stevens



Lindsey Dale



Silas Walsh (left) and Tim Price

# Volunteering in the Age of the “Silver Tsunami”

Editor’s Note: This article, describing research conducted with the Center on Aging, was contributed by UMaine School of Social Work Students Christy da Rosa, Jennifer Holesha, Laurie Qualey, Mariah Picard, and Kelsey Barnes

Current literature surrounding volunteerism suggests that despite the proven benefits, not only is volunteerism declining precipitously, but it is also unclear whether the retiring Baby Boomer population will provide a larger pool of volunteers or opt for other alternative activities (Burtica, Johnson & Zedlewski, 2009; Tang, Morrow-Howell, & Choi, 2010). Overseen by the UMaine Center on Aging, The Senior Companion Program (SCP) and the Retired and Senior Volunteer Program (RSVP) are older volunteer programs in the Bangor, ME, area that are experiencing a decrease in volunteers. These programs currently comprise 225 individuals, recruited from the 55 and older population.

This exploratory study examined demographics and characteristics of current SCP and RSVP volunteers using a mailed survey. At the time this study was conducted, SCP used word-of-mouth as its primary recruitment method while RSVP used a variety of methods. The word-of-mouth method is defined as: a potential volunteer gaining information about the program, either directly or indirectly from a current volunteer, staff, or other individuals with intent to recruit.

According to current literature, this method is most successful for recruiting individuals who: have previous volunteering experience, were employed when they were recruited,

or have a spouse with volunteering experience (Ulsperger et al., 2015; Tang & Morrow-Howell, 2008). The survey consisted of seven quantitative questions to better understand what populations these programs are recruiting using this method and the final three open-ended questions were aimed at obtaining qualitative data on volunteer recruitment experiences and suggestions for these programs to improve their recruitment efforts.

Overall, 103 out of 225 volunteers responded to the survey, and the findings were consistent with current literature on volunteer demographics; both volunteer groups surveyed consist mostly of socially active women over the age of 70, with previous volunteer experience (80% identified as women). It is clear there are certain demographic segments of the older adult population in Maine that are not being reached or recruited by these volunteer programs, including Baby Boomers. These findings reflect a consistent struggle volunteer programs have with recruiting males; and programs like RSVP and SCP may benefit from future research about how to expand their recruitment strategies to reach this population as well. We hope these preliminary data might provide a demographic baseline for any future research conducted with these organizations.

It was beneficial that we were able to survey volunteers from these two distinct volunteer programs; there were notable differences between RSVP and SCP volunteers. For example: 83% of RSVP volunteers had previous



UMaine Social Work students present the results of their volunteerism research at UMaine’s Student Symposium.

volunteer experience compared with 56% of SCP volunteers, and the RSVP group of volunteers did not respond as well as SCP volunteers to the mailed surveys (65% of RSVP surveys were not returned, as compared to the 33% of SCP unreturned surveys).

Another valuable aspect of our survey was that it contained open ended questions to explore individual recruitment experiences and provided for an opportunity for current volunteers to offer suggestions to improve recruitment for these programs. The majority of volunteers from both groups recommended more public education efforts and advertisement; for example, posting flyers on local bulletin boards and publishing newspaper ads, as well as program development efforts to increase volunteer incentives. These recommendations reflect a recognition of the need for these programs to grow their current recruitment capacities to include more diverse volunteer populations. Not only were we all pleased with the phenomenal response rate, but we were also honored and inspired by the dedication and passion for volunteering communicated by all of the volunteers who responded.

### CoA Hosts Students as Part of School of Social Work Junior Rotation Program

The Center on Aging was pleased to host students from the University of Maine's Bachelors in Social Work program, over two sessions in March and April. The junior rotation is an annual event which allows students to visit a variety of agencies and engage in hands-on activities with professionals in their field of study. Our first rotation brought Faith Perez, Brittany Stewart, Jannelle Gordon, and Renee Stronarch to the Center. The students engaged in a brief orientation and then took a tour. During the tour they met with employees who discussed the programs that they oversee and took questions from the students. Later, students were given the opportunity to engage with some clients during a series of phone calls in which the students surveyed older adults about their experiences with the Senior Companion Program. During their rotation, the students also attended a Bone Builders exercise session and helped with data collection and analysis. Our second rotation took place in April. We were joined by Julie Orrego, Sam Chamberlain, Mackenzie Granger, Mykayla McCormick, and Chloe Gray. After a brief orientation and tour, students set to work on preparing a presentation to promote Project Generations, a student run organization designed to create strong intergenerational friendships between college students and older adults through weekly visits. The students made their presentation to Center on Aging staff members, which led to a great conversation about how to improve and expand the program. Afterwards the students discussed how to incorporate the feedback into their work moving forward. The annual juniors rotation is a great way for social work students to explore career and learning opportunities within their field. We would like to thank all of the students that participated this year and wish them luck in their future educational endeavours.

### CoA Welcomes Kelley Morris as Office Manager

Center on Aging staff would like to welcome Kelley Morris, who has joined the Center in the crucial role of Office Manager. Below, Kelley shares a little about herself:

"I've been married to my husband, Tim for over 20 years and we have three children together-Isabelle, Evan, and our guardian angel Michael. For nearly 10 years I was an assistant at the Ronald McDonald House in Bangor and it's a place still near and dear to my heart. Before that, I worked at various banks and credit unions. I live on the east side of Bangor and enjoy cooking, reading, riding my scooter, and playing with our two calico kitties, Dyann & Samantha."



# Save the Date - Mark Your Calendar Now!



## 2017 University of Maine Clinical Geriatrics Colloquium Emerging Perspectives on Death, Dying, and Bereavement

Friday, October 20, 2017  
8:00 am – 4:00 pm  
Wells Conference Center  
University of Maine  
Orono, ME

### This Year's Special Features

- A keynote on Complicated Grief and Its Treatment delivered by Katherine Shear M.D., Marion E. Kenworthy Professor of Psychiatry, Columbia University School of Social Work and Columbia University College of Physicians and Surgeons, and Director, Center for Complicated Grief, New York City
- Participate in a “Death Lunch”, an effective and nonthreatening way of opening dialogue about the traditionally taboo topic of death
- Hear from an interfaith panel exploring the spiritual influences that different faiths associate with the processes of dying and mourning
- Hear personal stories and successful strategies used to recover from loss

And, as always...continental breakfast, lunch, resource materials, exhibits  
and terrific networking opportunities

**More information and registration materials coming soon!**  
**Save the date for this great annual event!**

### UMaine Center on Aging Offers Unique Online Certificate Program in Grandfamilies Leadership

The University of Maine Center on Aging is pleased to announce the creation of a certificate program providing core education and leadership development for professionals delivering grandfamily and kinship programming across the country. This certificate program was made possible with the generous support of the Brookdale Foundation. The program has successfully completed two cohort offerings, and another is planned for fall 2017.

This innovative online certificate program is comprised of nine modules delivered over a 12-week period using a cohort model, meaning participants have an opportunity to learn together and discuss topics using online discussion forums. The course content was designed based on feedback gathered from those working in the field. Topics addressed through the course include legal issues, general resources, mental health and special needs, caregiver self-care, grief and loss, serving special populations of grandfamilies, ethics, program development, and program sustainability. These course modules were developed by recognized experts in their respective fields including practitioners, researchers, and program administrators from across the country.



The certificate curriculum is designed to meet the diverse needs of professionals working in a variety of social services settings providing supports to grandfamilies or those who find they are working with extended family members who are raising another family member's child or children and are seeking specialized training to meet the unique needs of these families. Course participants thus far have hailed from a variety of organizations across the country and represent a range of experiences and backgrounds in serving grandfamilies.

The response to the program has been very positive with participants reporting that they have been able to use course content in their work with grandfamilies and share what they have learned through the course with colleagues. Some quotes from participants illustrate the impact this program has had on their practice:

- "I am pleased with the course, and have found it to be very helpful, especially with the support groups I am facilitating for foster adoptive kin families."
- "I came away feeling much more skilled and confident in helping my grandfamilies as they raise their kids."
- "It is a very valuable tool."

We are committed to keeping the course affordable for frontline staff and have set the fee at \$85 per person which will allow us to cover our costs. As a new addition to our program, we are pleased to offer 9 continuing education units from the National Association of Social Workers (NASW) to those who complete the course. The registration fee includes all course materials and a certificate of completion noting 9 NASW CEUs. For more information about the course, including an outline of the content and presenter bios, please visit [www.kinshipcert.org](http://www.kinshipcert.org)

Our next offering begins in October of 2017 and there is still time to register online via [www.kinshipcert.org](http://www.kinshipcert.org)!

### CoA Partners With *At Home* to Document Client Outcomes

The UMaine Center on Aging is pleased to have released its findings from an evaluation partnership with the Blue Hill Peninsula and Mount Desert Island based program of Washington Hancock Community Agency (WHCA), At Home.

At Home is a membership organization based on the Village-to-Village model where members of the organization pay an affordable annual fee based on a sliding scale. Members gain access to guaranteed core services such as transportation, nursing visits, home safety assessments, support with hospital discharge and continued communication with the staff, two of which are social workers. The program offers an array of other volunteer-provided services, as feasible, from home maintenance, to social visits and a delivered homemade meal. The program is currently serving approximately 80 people in 14 towns on the Blue Hill Peninsula and Mount Desert Island (At Home MDI). This array of services is helping Mainers to thrive in their own homes as they age through access to affordable, flexible, and timely resources.

While the positive impact of the program on members of At Home is very clear to the staff and volunteers who provide the services, understanding the impact of these types of services is often challenging for community members and others who don't have face-to-face interactions with members. To help tell the story of At Home's successes, a partnership was developed with the University of Maine Center on Aging to collect data that would provide evidence about the role At Home services play in supporting the health and wellbeing of members, as well as developing an understanding about how the organization can further strengthen its work.

The Center proceeded to undertake interviews with the community volunteers who provide At Home's array of services, eventually interviewing 18 community members who volunteer with the organization to learn their perspective on how At Home is impacting the ability of members to age in place. There were a number of key themes that emerged:



- Transportation is a core service through At Home, and a critical one given Blue Hill Peninsula and MDI's rural character. Anecdotes from interviews showed the ride service provides a crucial link to local and regional health providers for accessing care, as well as helping members to maintain their patterns of community life into old age, by providing access to grocery shopping, hair appointments, performing everyday errands, and more.
- Peace of mind, both for the member, but also caregivers, friends, and family was a major impact identified. For members and loved ones alike, this peace of mind stemmed from having reliable resources in place to support wellbeing. For the member specifically, they were able to access these resources without a fear that they were burdening their friends and family.
- At Home is helping to combat isolation. A clear theme emerging from interviews was that reducing social isolation was a dual benefit of services provided. Car trips, planned membership events and other services allow for time for members to talk with volunteers or just be with another person, which is important for maintaining wellbeing as we age.

In addition to talking to volunteers, the Center on Aging learned from members directly how the program is impacting them through a survey given at the start of membership and six months post membership. An analysis

### *At Home (continued)*

was done on surveys from 22 members at pre and post enrollment, and although the sample size is small, the results are promising. Some of the key findings:

- After six months, 95% of members surveyed indicated they were able to get transportation to a medical appointment if needed. Among those surveyed, 90% were able to get transportation to complete errands if they needed it.
- After six months, 100% of members surveyed said they hadn't delayed or not gotten healthcare they needed in the previous six months.
- 74% of members said they had not used the emergency room in the previous six months – an improvement of 16 percentage points from the 58% who said they had not used the emergency room in the previous six months at the start of the program.
- The percentage of members indicating that they had a hospital stay overnight or longer decreased from 36.8% to 5.3% from when they started as a member to six months in.

Taken together, survey and interview information provide promising initial evidence about the role of At Home in supporting the health and wellbeing of members by ensuring access to care and reducing isolation. In a financial analysis done on At Home services, the Center on Aging was able to document the value of an At Home membership relative to other available options such as homemaker services. It was found that the rides element of the membership alone would provide enough value in two months to justify the cost of an average yearly membership. The analysis also identified a number of competitive advantages from village membership, including; allowing the member to stay in their own home or region; the convenience factor of having multiple services under one roof; having a set of guaranteed core services that aren't dependent on volunteer availability; the sliding scale model, which supports affordability; and built-in care management from a trained social worker, which is a service that would otherwise cost at least \$50 per hour.

The Center has enjoyed working with an organization that has such a commitment to documenting its impact and identifying ways to strengthen its services to members. Our partnership will continue with At Home into the future, with plans to implement a rigorous comparative research design that looks at health and wellbeing outcomes of members relative to those individuals who are not members. Kara Janes, Program Manager with At Home, stated, "Our partnership with the Center on Aging has proven to be very productive and rewarding. We worked very well as a team and the evaluation results proved to be fruitful. We gained invaluable information on the current program structure, as well as direction on future goals in our development and continuing commitment to empowering elders to remain in their homes and communities. We look forward to working with the Center on Aging in the near future."

If you would like to learn more about At Home Downeast and At Home MDI, please visit:

<https://www.whcacap.org/at-home/downeast/about.php>

Village to Village is a national network supporting local Villages throughout the United States. The organization's website is a great resource for learning more about the Village Model, finding Villages throughout the United States, and learning more about the growth of this movement that is supporting older adults as they age in place. You can visit the Village to Village Network website by going to the following web address:  
<http://www.vtvnetwork.org>

### ElderTech Collaborative To Spur Aging Technology R&D

The UMaine Center on Aging, with funding from the University of Maine System Research Reinvestment Fund Seed Grant Program, is embarking on the planning and start-up of the ElderTech Collaborative, an innovative approach for responding to the expanding technology and aging R&D sector that aims to meet the needs and preferences of the rapidly growing older adult population. A prototype incubator model will represent a founding business partnership between a for-profit Maine company (Elder Technology Labs), Phillips-Strickland House Corporation, one of the oldest assisted living non-profits in the state, and the UMaine Center on Aging. Expert advisement from an interdisciplinary team of UMS aging initiative faculty researchers and community health consultants will guide the planning process, and participation by a multidisciplinary student unit will lend additional project support while providing students with an innovative service learning experience, and input from older adults and the personnel serving them will ensure responsiveness to the needs of aging consumers. While the ElderTech Collaborative will be housed in an assisted living facility in Maine, its mission is national in scale. The Collaborative will reflect a special focus on the user interface (UI) and user experience (UE) in the design and testing of new technologies targeted to older adults with a commitment to the direct involvement of older adults and their service providers throughout the R&D process. A detailed business plan, operational model, and multiple grant applications for implementing the Collaborative model are among the project deliverables at the end of the seed grant. Lenard Kaye is the principal investigator and Mark Jadkowski (Elder Technology Labs) and Wayne Woodford (Phillips-Strickland House Corporation) are project partners.

### Mayor and County Recognition Day for National Service

According to the press office for the Corporation for National and Community Service (CNCS), more than 4,520 mayors, county officials, and tribal leaders participated in a nationwide effort to recognize the impact of AmeriCorps and Senior Corps during the fifth-annual Mayor, County, and Tribal Recognition Day for National Service. In total, these elected officials represent 194 million citizens, nearly two-thirds of the U.S. population.

Local leaders held public events, issued proclamations, joined service projects, and used social media to thank AmeriCorps and Senior Corps members for their valuable service on April 4. This also provided opportunities to highlight ways in which national service volunteers tackle critical needs in their communities, such as fighting food insecurity, mitigating disasters, helping seniors remain independent, improving childhood literacy and academic success, and assisting veterans of all ages.

As the federal agency for service and volunteering, CNCS annually engages millions of citizens in service at 50,000 location sites across the country through AmeriCorps, Senior Corps, and other programs.

The Center on Aging is a host sponsor for two Senior Corps programs – Senior Companion Program (SCP) and the Retired & Senior Volunteer Program (RSVP). In advance of April 4, the Bangor City Council on March 27 presented representatives of AmeriCorps and Senior Corps in Bangor with the Proclamation for National Service Recognition. Councilor Sean Faircloth read the Proclamation aloud. Paula Burnett, RSVP Director, and



## Recognition Day (Continued)



Cindy Whitney, SCP Director, both spoke on their respective programs and the impact these have on the local community.

In addition, Council Chairman Joe Baldacci visited a RSVP initiative called Bone Builders at Sunbury Village in Bangor on April 6 as a part of recognizing national service volunteers. (Bone Builder classes consist of trained volunteers leading an exercise protocol designed to increase bone density and strength and flexibility for seniors.)

To learn more about RSVP and SCP, please see the pages devoted to these programs in this newsletter and on the Center on Aging website: <https://mainecenteronaging.umaine.edu/>



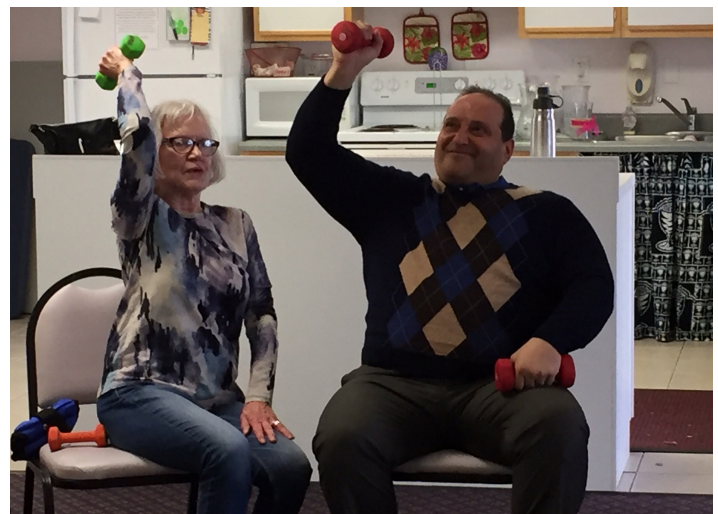
Bangor City Council Chairman Joe Baldacci with Bangor RSVP Bone Builders lay leaders, Eleanor Cain and Dee Carter.



RSVP Director, Paula Burnett



SCP Director, Cindy Whitney



Bone Builders volunteer instructor, Eleanor Cain, shows Joe Baldacci the proper technique.

### ENCorps Heads to Midcoast for Day of Learning

The Encore Leadership Corps recently took part in a day trip to the Midcoast. Staff members Jennifer Crittenden and Silas Walsh were joined by ENCorp members Paula Mrozicki, Stephanie Emens, Terry and Susanne Sandusky, Alice Morgan, Barbara Davis, Lynn and Paul DeGrenier, Jermar Inman, Guy Piper, Norma Rossel, Candice and Roger Cyr, and J.C. Camelio. Ominous clouds overshadowed the parking lot where we met, but the rain held off all day and the sun even managed to make an afternoon appearance. After a quick ride down scenic Route 1 on a comfortable charter bus from Bo-Mar transportation, we arrived at the Farnsworth museum. At the Farnsworth we enjoyed a guided tour of exhibits featuring artists with Maine connections. One of the highlights of the visit was a trip into the Andrew Wyeth exhibit, comprised of drawings and paintings from the artist and members of his famous family. After a quick visit to the museum gift store, we walked to the Island Institute for lunch. Seated in the fourth floor, state of the art, conference room at the Island Institute, we learned more about how this nonprofit agency helps Maine's Island residents address the challenges posed by their unique geographic living situations. We heard about how technology was connecting the island schools in Maine and explored how to address the rising costs of energy on the islands. Upon departing the Island Institute we headed down the coast to the lighthouse at Owl's Head. After a brief hike, we gathered at the lighthouse and understood first hand why the original name for the area was "Bedabedec Point", a Native American word meaning "Cape of the Winds". After a quick tour of the lighthouse and grounds we hopped back onto the bus for a quick walk on the Rockland breakwater, a nearly one mile long expanse of locally mined granite that protects Rockland harbor from waves and weather. With our time dwindling, we got back on the bus for our ride home. On our return trip we snacked on locally made whoopie pies and discussed the highlights of our day.

For those who are unfamiliar with the Encore Leadership Corps, ENCorps is dedicated to taking care of all of Maine, from its beautiful natural resources to its cities and towns and the people who live here. The program is a unique opportunity for everyday Maine people over 50 years old who care about the world around them to give back to their community through volunteerism. For more information please contact us at [info@encoreleaders.org](mailto:info@encoreleaders.org)

Special thanks to:

[www.mainebusrentals.com](http://www.mainebusrentals.com)

[www.farnsworthmuseum.org](http://www.farnsworthmuseum.org)

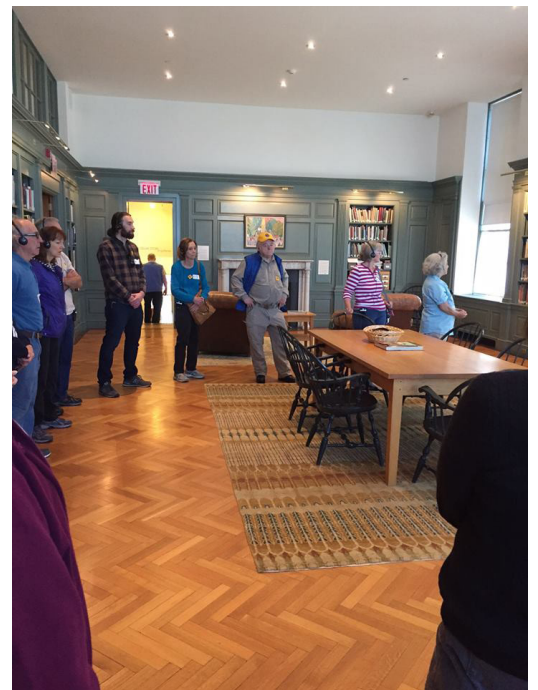
[www.islandinstitute.org](http://www.islandinstitute.org)

[www.clanmaclaren.net](http://www.clanmaclaren.net)

[www.Whoopiepiecafe.com](http://www.Whoopiepiecafe.com)



ENCorp members at Owl's Head Light



ENCorp members at the Farnsworth Museum

# SAVE THE DATE!

## THE THIRD ANNUAL UNIVERSITY OF MAINE SYSTEM AGING INITIATIVE SUMMER WORKSHOP

MONDAY, AUGUST 14, 2017

10:00 AM - 3:00 PM

THE UMAINE HUTCHINSON CENTER

80 Belmont Avenue (Route #3)

Belfast, Maine

### WHY SHOULD YOU ATTEND?

- \*You will network with fellow faculty, researchers and students from all seven UMS campuses who are already a part of or want to join the exciting aging-focused R&D underway across the state.
- \*You will hear from a wide range of statewide community stakeholders who, like you, want to advance research that will make lives better for aging citizens and their families in the oldest state the nation
- \*You will learn what the most significant aging-related challenges and opportunities are across Maine in both our cities and rural communities that could benefit from aging-focused R&D

Keynotes, Community Panels, Roundtable Discussions

### NEW THIS YEAR

RESEARCH PROJECT EXHIBITORS AND POSTER DISPLAYS

REFRESHMENTS AND LUNCH SERVED

NO REGISTRATION FEE

REGISTRATION INFORMATION COMING SOON

Sponsored by the University of Maine Office of the Vice President for Research

SEE YOU IN BELFAST ON AUGUST 14TH!



### Memories, Alzheimer's Disease and Storytellers

Editor's Note: This article was contributed by Professor Ian Cameron, Lecturer in Human Development and Family Studies at the University of Maine College of Education and Human Development

In my class CHF-434: Adult Development and Aging my opening lecture starts with a variation of the Riddle of the Sphinx: "What walks on four legs in the morning, two legs at noon, and three in the evening?" I remind my 20 something students that when they see an elderly person...they are looking at a distant mirror...

One section of our class involves the discussion of Alzheimer's disease and dementia. In collaboration and under the guidance of the Maine Chapter of the Alzheimer's Association and the Eastern Area on Aging students have the option of joining with the Eastern Maine Volunteer Scribes Legacy Storytellers Program. 10 student volunteers are teamed with residents at a local nursing home who are living with Alzheimer's disease. The students team interview a resident about their life and transcribe their life history. This is printed and presented to the resident and their family members during a small ceremony after the conclusion of the program. Each session features interviews covering a specific period of the participant's life: childhood, adolescence, young adulthood/parenthood, and "life lessons learned." These student scribes make it possible for those with Alzheimer's disease to have a written legacy of their lives that can be passed on from generation to generation. Many of the students in this class will be pursuing careers in the health care/ caretaking field and the participants are providing the students with an invaluable real world learning experience about the realities of living with Alzheimer's disease.

Maine continues to be an experimental petri dish for the rest of the country because of its first in the nation number of its aging population. One looming question about aging, health and society is whether our health care system is capable of dealing with a growing aging population. We currently have no cure for Alzheimer's and if this disease continues at its current rate, it has the distinct potential to bankrupt the nation because of its direct and indirect costs.

Studs Terkel, the oral historian wrote of people's lives in *Working: People Talk About What They Do All Day and How They Feel About What They Do* (1974). The book is a lovely example of the Preamble to the Constitution... "We the People." We, ie., the "people" are the ones who live and make history. Too often students associate "history" with the "great ones" doing good and bad with a timeline interspersed with large and small wars. Of course, part of history is that...but it is also "us" who cause it, do it, make it, and act on it and live with it. The Scribes in this class are preserving a small part of history...the history of us...we the people.



UMaine students in class on aging share stories of people living with Alzheimer's

Learn more about the program at the UMaine News blog:  
<https://umaine.edu/news/blog/2017/05/16/umaine-students-class-aging-share-stories-people-living-alzheimers/>



Jason Bard Yarmosky (American, born 1987) *Wintered Fields*, 2015 - Oil on canvas - Courtesy of the artist and Aeroplastics Contemporary, Brussels

## The University of Maine Museum of Art Somewhere: Jason Bard Yarmosky

### Associated Educational Programs

DATE & TIME	DESCRIPTION	INFORMATION
Thursday, May 25 6 - 8 PM	Panel Discussion	<i>Alzheimer's Disease: Creating a better life through art</i> Panelists: <b>Cliff Singer, MD</b> - Chief of Geriatric Mental Health and Neuropsychiatry at Acadia Hospital and Eastern Maine Medical Center; <b>Miki MacDonald, APRN-FNP</b> - Family Nurse Practitioner at St. Joseph Internal Medicine; <b>Laurie Trenholm</b> - Executive Director, Alzheimer's Association, Maine Chapter
Thursday, June 15 Noon	Noontime Talk	<b>Mark Pechenik</b> , Manager of Community Engagement and Outreach Alzheimer's Association, Maine Chapter <i>Alzheimer's Social Engagement: Get out, get active, get connected.</i>
Saturday, June 17 11 AM - 3 PM	Art activity	<b>Busy Quilts</b> - Session 1 Create a lap blanket for a person living with the disease
Saturday, June 24 11 AM - 3 PM	Art activity	<b>Busy Quilts</b> - Session 2 Create a lap blanket for a person living with the disease
Thursday, June 29 Noon	Noontime Talk	<b>Jason Bard Yarmosky</b> , Featured UMMA Artist <i>ART@NOON: Thoughts on the Somewhere Exhibition</i>
Thursday, July 20 Noon	Noontime Talk	<b>Lenard W. Kaye, DSW, Ph. D</b> Director of University of Maine Center on Aging & Professor of Social Work <i>Caregivers of Older Adults: America's Unsung Heroes</i>
Thursday, August 17 Noon	Noontime Talk	<b>Cliff Singer, MD</b> Chief of Geriatric Mental Health and Neuropsychiatry Acadia Hospital and Eastern Maine Medical Center <i>Finding Hope: Research Update on Alzheimer's Disease</i>

### EXHIBITION SPONSORS



The Jason Bard Yarmosky exhibition at UMMA is supported by a grant from the Cultural Affairs/Distinguished Lecture Series Fund.

### PROGRAM PARTNERS



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umma.umaine.edu



## THE UMAINE CENTER ON AGING

An interdisciplinary research center reporting to the Vice President for Research and associated with the University of Maine's School of Social Work and the College of Natural Sciences, Forestry & Agriculture. Our mission is to promote and facilitate activities on aging and the life span in the areas of education, research and evaluation, and community service, in order to maximize the quality of life of older citizens and their families in Maine and beyond.

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