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UMaine Welcomes New Vice President for Research

The Center on Aging would like to welcome Dr. Kody Varahramyan to the University of Maine. As of July of 2017, Dr. Varahramyan took on the roles of Vice President of Research and Dean of the Graduate School at the University. In his position, he is responsible for supporting and guiding UMaine's advancement as a world-class research university.

Dr. Varahramyan obtained his PhD in electrical engineering in 1983 from Rensselaer Polytechnic Institute. He has worked as a member of IBM's technical staff in Essex Junction, Vermont (1982-1992). Since then, he was a faculty member at Louisiana Tech University (1992-2008); where he was the associate dean for research and graduate studies within the College of Engineering and Science and subsequently the director of the Institute of Micromanufacturing. In 2008 he joined Indiana University-Purdue University Indianapolis where he served as vice chancellor for research, then as senior aid to the chancellor, while he was also a professor in Electrical and Computer Engineering.

Although, Dr. Varahramyan's own research has focused on nanoscale materials, processes and devices and their integration into nanosystems for medical, energy, environmental, and information technology applications, he sees research in aging as an emerging area of distinction at the University of Maine: "I am delighted about the role that our Center on Aging and its collaborating partners have played in the realization of a comprehensive set of aging-focused services, education, and research programs of great benefit to Maine and beyond. Moreover, aging research has been identified as an Emerging Area of Excellence at the University, indicative of the institution's commitment to this important area of significant impact to our state and the nation."

Maine is the oldest state in the country and has the nation's highest concentration of baby boomers, making aging research essential in planning for the future of not just the state, but the aging population of the country.



Dr. Kody Varahramyan

From the Director

It is annual report preparation time here at the Center on Aging. That means we are in the process of taking stock of Center accomplishments over the past fiscal year (July 1, 2017 – June 30, 2018). It has been a productive year and I thought I would share with readers some of those achievements.

Congratulations are due Jennifer Crittenden, Assistant Director, for winning a Corporation for National and Community Service Dissertation grant from the Corporation for National and Community Service (CNCS), a federal agency that oversees AmeriCorps and the nation's volunteer initiatives. The study, one of only 13 selected for funding from 79 applications, aims to explore the challenge many older adults face to balance their work, caregiving and volunteer roles.

Our Senior Companion Program (Cindy Whitney, Director) reports a successful compliance visit this past year from the Corporation for National and Community Service. Senior Companions provided over 77,000 hours of service to 357 home bound adults this past year. This was accomplished by 96 Senior Companions making 22,159 home visits in 2017-2018.

Our Retired and Senior Volunteer Program (RSVP) (Paula Burnett, Director), comprised of 127 volunteers, provided critical services across four counties in Maine this past year representing 13,580 hours of community service in the areas of STEM education, aging and thriving in place, access to health care, veterans and military families, and more. RSVP's Bone Builders program reached over 150 participants with 36 volunteers last year.

The Encore Leadership Corps (ENCORPS) (Jennifer Crittenden, Director), provided 30,159 hours of community service to their communities at an estimated economic value of \$1.48 million in FY17. Volunteers provided community service at 102 community sites. ENCORPS engages over 280 older adult volunteers throughout Maine.

Together, the Center directly engages over 750 older Mainers in community service and lifelong learning

programs. Our prominent position in advancing aging as an emerging area of excellence at the University now reaches over 150 faculty and researchers from more than two dozen disciplines and professions across the seven University of Maine System campuses.



Len Kaye

In terms of return on investment, I'm proud to say that for every \$1 invested in the Center by the University of Maine, \$11.91 in grants and contracts is netted. The Center has competed successfully for approximately \$12 million in research, evaluation, education, and training grants and contracts.

I am delighted to report that the Center on Aging has recently assumed responsibility for administering the Maine Gerontological Society (MGS), the statewide association of individuals interested in issues impacting older adults in the state of Maine. The Society has the charge of serving as the leading interdisciplinary association on aging in the state focusing on aging education, practice and research in policy perspective. The transition from operating as a stand-alone 501c3 to a program of the Center is nearly complete. As a center dedicated to research, education, and service to older adults and their families, I cannot think of a better place for the MGS to call home.

And finally, I would be remiss if I did not wish only good things to all of our students who are now leaving us having spent extremely productive years here at the Center as Graduate Research Assistants, Work-Study Students, and both Undergraduate and Graduate Interns. Farewell, Silas Walsh, Hannah Sherman, Lisa Dezso, and Melody Joliet. We will miss you all.

Center on Aging Supporting Age-Friendly Communities

Over the past several years, the concept of the Age-Friendly Community has been gaining traction at the state and national level as more and more research points to the need for a holistic approach to aging in place that recognizes how infrastructure, service availability, flow of information, and culture can impact the wellbeing of older adults. Through the Network of Age-Friendly Communities initiative, AARP designates communities as Age-Friendly and these towns undertake a needs assessment process to understand local needs and develop and implement an action plan to support improved livability. Towns are asked to look at how livability can be improved in eight”domains,” which include: transportation, outdoor spaces and buildings, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. AARP provides a variety of supports and opportunities for shared learning which help to facilitate the success of these initiatives.

Maine’s culture of local activism, community engagement, and volunteerism is reflected in the fact that we have the most age-friendly designated towns of any state in the nation. With the Center’s strong background in community-based research and evaluation, it has partnered with age-friendly communities in Piscataquis County, Bangor, and Bar Harbor to assist communities in the survey processes that will shape their priorities for developing an age-friendly action plan. If you would like to learn more about this program through AARP, please visit the following link: <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/an-introduction.html>



The City of Bangor Age-Friendly Community gathers as it is designing its action plan for strengthening Bangor as an age-friendly community. The Center on Aging supported the community input process by conducting community discussions in 2016 which have helped to guide the Committee’s understanding of community needs and priority areas.

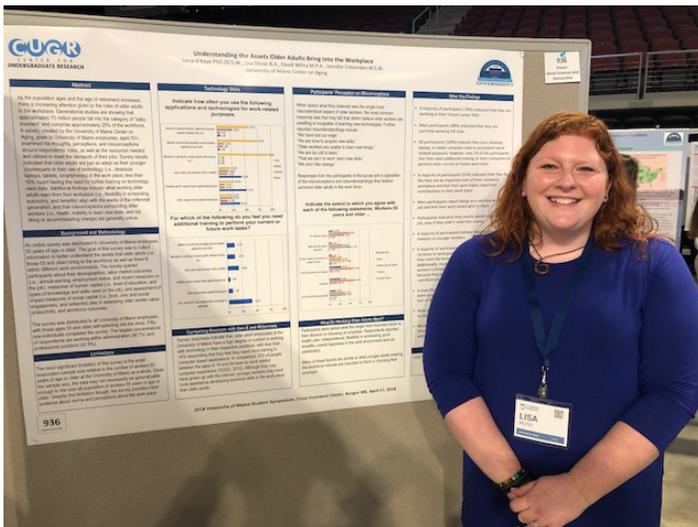
2018 UMaine Student Symposium

The Center on Aging had a strong showing at the 2018 UMaine Student Symposium this year. This excellent event, organized by the Center for Undergraduate Research at the University of Maine, is designed to showcase research projects that are led by or engage graduate and undergraduate students. Hundreds of student researchers from a diverse array of disciplines including natural and social sciences, allied health, humanities, and more, presented at the Symposium. Student researchers had the opportunity to share their work via research posters, exhibits, and oral presentations.

Student researchers at the Center on Aging Lisa Dezso, Melody Joliat, and Silas Walsh presented posters on their work as part of two Center on Aging projects. The first was an analysis of a survey of older staff members at UMaine that examines job satisfaction, training needs, and other workforce issues within this population. The second poster displayed the results of a study in partnership with Penobscot Community Health Care through a Maine Health Access Foundation Access to Quality to Care grant that examined community member perceptions of alternative treatments to opioids for chronic pain and recent changes in prescribing practice for opioid medications. This poster won an award at the symposium for best poster presentation in the Allied Health category. Center on Aging students also displayed findings from research completed through their class work. Silas and Lisa presented on the results of a study examining satisfaction with services among individuals receiving treatment for substance use disorder. Center on Aging workstudy student Hannah Sherman presented on the results of her research group's work on the efficacy and ethics of deep brain stimulation for treating Parkinson's disease. Congratulations to all students participating!



The main exhibit hall at the 2018 Student Symposium



Center on Aging Graduate Intern Lisa Dezso presenting on the results of a survey of older workers



Students Moriah Geer, Jenna Borden, Lisa Dezso, and Silas Walsh present on the results of a study examining satisfaction with substance use disorder treatment services

Gateway Seniors Without Walls

Gateway Seniors Without Walls (GSWW) is off to a great start in 2018. Our year was “jump-started” last December when we met with our Advisory Board and worked out an exciting roadmap for 2018. We’d like to share a little news about three of our new initiatives: The Outreach Program, the Senior Yellow Pages revision, and our new office space.



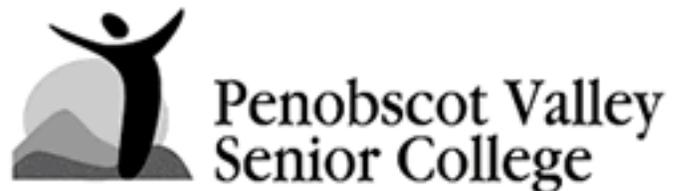
Penobscot River House, Old Town, Maine

We have initiated a new outreach venture, which advises senior groups in the Orono, Old Town, Veazie communities about inexpensive activity options and offers financial assistance where necessary. We have developed a relationship over the past year with the Penobscot River House, located in Old Town, ME. The sturdy brick building, erected as the Old Town Woolen Mill in the late 19th century, was converted to 80 units of affordable housing for seniors and the disabled in 1980. The complex is now managed by the Volunteers of America, a church without walls. Gateway is proud to work with a sister ‘without walls organization’ to better the lives of River House residents. So far Gateway has provided River House with performers for country music concerts, a Veteran’s Day celebration, and a Christmas party. Also, Gateway stocked a small bookcase in River House’s social gathering space with books for residents use. The book collection has proven so popular that it has expanded many times the size of the original collection. In cooperation with River House we have worked out a continuing schedule of events and activities and look forward to a long and mutually beneficial relationship.

The Penobscot Aging in Place Project serving Orono, Old Town, Veazie, and Milford is collaborating with GSWW on revisions to the Senior Yellow Pages, a manual that lists services for seniors in the Greater Bangor Area. In the past year GSWW has distributed free of charge over 2000 printed copies of the Yellow Pages and established a web-based version (www.senioryellowpages.org). The revised and expanded version of the Yellow Pages is expected to go to press in early 2019. The expansion will add coverage of services for disabled adults. A Committee of the Senior Yellow Pages Work Group has been established to carry out the revisions. The Committee welcomes input from people with knowledge of community services in the Greater Bangor area who would like to work with them. Call the Gateway Office at 207-889-3031 if you’d like to help with this project.

And finally, Gateway is moving its corporate office to the UMaine Center of Aging (UMCOA). The Center is housed in Camden Hall on the campus of the University of Maine at Augusta in Bangor, Maine. Gateway has been affiliated with UMCOA since 2014, and the affiliation has been very fruitful one. The move to our new office space signifies a continuing close relationship with the promise of good things to come for both organizations.

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



Senior Volunteers Responding to Community Needs

Bone Builders News

On January 22, 2018, RSVP started a new Bone Builders class at the Bucksport Area Senior Center. Additional support for this new class came from the Robert B. & Beatrice B. Goodrich Trust.

Lay leaders are Patricia Burke of Orrington and Denise Brown of Verona Island.

Bucksport classes meet Mondays and Wednesdays at 1-2:30pm.

Congratulations to Christy Coombs, a new Lay Leader for the Brewer Bone Builders class.

Other locations for classes include:

Bangor, Deer Isle, Dover-Foxcroft, Hampden, Milbridge, Newport, Old Town, and Stonington

Benefits for Seniors Who Volunteer

Numerous research studies continue to find compelling evidence for the benefits of volunteering. Research through the Corporation for National and Community Service, which oversees RSVP, found volunteering:

Increases longevity and living independently

Increases physical and cognitive ability

Lowers rates of depression

Decreases heart disease by lowering blood pressure

Boosts self-esteem and self-confidence

Fosters a greater sense of belonging
Brings purpose and improves overall life satisfaction.

In our 2017 annual RSVP survey, 99% indicated that volunteering improved the quality of their lives.

RSVP Members in Action

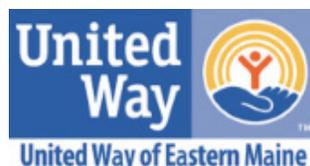
Reading volunteer, Cherry Finck, selecting books from RSVP book fair to read aloud at an early childhood center.



Trudy Morine has served 13 years as a Bone Builders lay leader!



Learn more about volunteer opportunities through RSVP by calling 262-7926 or via email: paula.burnett@maine.edu



Maine Older Adult Research Registry

UMaine has recently launched an older adult research registry to support aging research at UMaine.

What is a Research Registry?

A research registry is a list of individuals who want to participate in research studies. The goal of the Maine Older Adult Research Registry is to create a way to quickly recruit adults 50+ for research projects through the University of Maine and other partner organizations. The registry makes it easy for older adults to connect with and support research. The types of research projects vary and can include research on topics like caregiving, Alzheimer's and dementia studies, studies on health, volunteering, and testing new products and services for older adults.

How it works

Those interested in becoming a participant of the registry will fill out a brief questionnaire and provide contact information so that we may reach out regarding new projects and research studies to join. The information you give us on the questionnaire will help us to match you to studies that may be of interest. The information on this questionnaire includes questions about health or medical conditions you may have, your interests and your contact information.

Joining the registry does not mean you have to participate in any study or project. If a study interests you, you will have the chance to ask questions and get all the details regarding the study before you decide to participate.

There is no cost to enroll and you can withdraw your participation in the registry at any time.

Why Join?

You might join a research registry for one or more of the following reasons

- You want to help others
- You enjoy volunteering
- You want to contribute to research and help to create knowledge about aging

As a registry participant, you may be asked to contribute to research and projects that aim to improve the quality of life and care for older adults in Maine and beyond. Joining can give you an opportunity to share your thoughts and experiences. In addition, many research studies offer compensation to participants in the form of stipends, gift cards or other goods.

Eligibility criteria

- Be at least 50 years old
- Have an interest in taking part in research
- Be willing to complete a questionnaire to join and again at least once a year to update your information

Sign up to participate in the Maine Older Adult Research Registry at:
mainecenteronaging.umaine.edu/registry

Assistant Director Jennifer Crittenden Awarded Grant to Support Research Dedicated to Older Adult Volunteerism

Editor's Note: This story originally appeared in UMaine News on February 2nd, 2018.

Older adults are balancing a growing number of responsibilities during what would have been traditional retirement years. Work, family and community obligations present a challenge for would-be volunteers and the organizations that seek to engage with them.

To strategize a solution, Jennifer Crittenden of the University of Maine Center on Aging was awarded a \$46,650 Corporation for National and Community Service Dissertation grant from the Corporation for National and Community Service (CNCS), a federal agency that oversees AmeriCorps and the nation's volunteer initiatives.

The study, one of 13 selected for funding from 79 applications, aims to explore the challenge many older adults face to balance their work, caregiving and volunteer roles.

Crittenden, assistant director of the Center on Aging, and an adjunct faculty member and Ph.D. candidate in the School of Social Work, designed the study to help address the changing nature of how people are spending their retirement years.

“Now is a critical time to examine how we welcome older adults into various roles including paid and unpaid work. Many volunteer programs are set up to engage older adults under a more traditional model of volunteering, one that does not necessarily take into account the various roles that people are juggling in their lives,” Crittenden says.

“This research seeks to better understand what older adults have on their plate and how we can help them to stay healthy, active and engaged in their communities.”

According to CNCS, the grant supports the organization's strong belief in the importance of scholarly research to identify effective strategies in the field to highlight the impact associated with civic engagement, volunteering and national service.

In addition to UMaine's Center on Aging, CNCS awarded 12 grants to higher education institutions across the country, totaling more than \$1.3 million. The awards aim to address gaps in knowledge, and provide new ideas for volunteer and civic engagement infrastructure.



Senior Companion Volunteers Recognized

Senior Companion program staff held recognition events in Machias, Littleton, Skowhegan, Newport and South Paris during the month of September to honor the critical work of our Senior Companion volunteers. Along with a delicious lunch, each volunteer was presented a pin, tote bag and certificate.

71 Senior Companion Volunteers Receive Governor’s Service Roll of Honor Award



In April, 71 Senior Companion volunteers received Governor’s Service Roll of Honor Awards for serving 500 or more hours during 2017. Many of these volunteers served over 1,000 hours, and several over 1,500. One volunteer served an amazing 1,700 hours during 2017!

These many thousands of hours of service are spent providing companionship for home-bound and isolated seniors, providing respite services to family caregivers, providing independent living support to disabled adults, and in some instances, providing much needed transportation to critical locations such as pharmacies, grocery stores and medical appointments.

These dedicated volunteers provided these services from Rumford to Lubec, from Caribou to Lewiston/Auburn, and all points in between. These volunteers serve 15 to 32 hours each week, and will happily tell everyone how much they love what they do!

Volunteer Spotlight—Estella “Stella” Huff

When she arrives at her monthly training meeting, you hear a familiar welcome from the room as fellow volunteers shout, “STELLA!” Like Norm on Cheers, everybody knows her name.

This energetic octogenarian loves to tell people how much she loves being a senior companion. In typical volunteer fashion, she feels volunteering has done far more for her than she has done for those she helps. I know her clients would tell a different tale.

After her husband’s passing, Stella sat around for weeks. Then one day she saw an ad in the paper for the Senior Companion Program. Stella says, “I took it to my children and they said, “Go for it. It will be good for you to get out of the house.” so I did. I have been with the Senior Companion Program since then.” Stella says, “This group has been good for me. The people that are in the program and the program coordinator have been life-savers. Also, the people that I visit. When I don’t go to visit them, they call me to see if I am okay!”

We here at the Senior Companion Program, look forward to more years of Stella’s warmth and enthusiasm!



Polypharmacy and Older Adult Wellbeing

Editor's Note: This article was contributed by BSW Intern Melody Joliat

Maine's median age is 44.5 yrs of age – this is the highest in the nation. Second only to Florida, 17% of the population in Maine is 65 years and older and baby boomers account for 29% of that figure. Baby boomers are those born between 1946 and 1964. By 2030, 25% of the population will be 65 years and older.

As our population ages, health care services increase dramatically and that translates into demand for medical personnel, i.e., doctors, nurses, etc. Presently, there is a shortage of gerontologists in our state as well as nationwide. With less expertise available for our senior population, and considering distances to be traveled from rural locations and availability of transportation, elders are less likely to go for regular wellness checkups unless an emergency arises.

Many of our elderly citizens are taking several different medications to treat chronic pain, diseases, or mental health conditions and may have been doing so for years without regular medical monitoring. Many of these drugs may be causing the discomforts they are being treated for. This situation has developed into what is known as “Polypharmacy”.

What, you may ask, is Polypharmacy?

The definition varies depending on who you ask. One definition, according to the National Institute of Health (NIH), is “the use of more medications than are medically necessary”. Further, this definition includes, “medications that are not indicated, not effective, or constitute a therapeutic duplication.” While there is disagreement on a specific definition, it is generally agreed that, “the concurrent use of five or more drugs by the same patient constitutes polypharmacy.” According to Pharmacy Times, “the problems that may be associated with polypharmacy can be so extensive that it was designated as the principle medical safety issue in the Department of Health and Human Services Report. Healthy People 2000.”

This mismanaging of medications has set up a patient for adverse drug interactions or overdose especially if an opioid has been added to the mix. Elderly addiction has been steadily on the rise since 1991 and many of them were considered by their healthcare provider to be experiencing pain due to the process of aging. This ideology has changed thus creating stricter prescribing laws. In fact, the drug law in Maine is one of the strictest in America.



Graduate Research Assistant Silas Walsh and Undergraduate Intern Melody Joliat present the results of Center on Aging research at the UMaine Student Symposium on the topic of opioid prescribing

Pain thresholds differ in older adults and clinicians must be aware of all aspects of caring for the geriatric patient to include psychological, physiological and pharmacological issues. A person in their 30's is able to tolerate an opiate dose far better than one in their 70's that may present with a compromised renal or hepatic function.

The medical community is working on ways to improve or remediate this situation. While several interventions are being studied, one initiative is to involve pharmacists in a team approach to medical intervention. It is felt that the pharmacists can be instrumental in helping to reduce the instances of polypharmacy by:

- Screening patient drug profiles
- Assessing the effects of comorbid conditions
- Reviewing potential drug-drug interactions

The bottom line is that healthcare providers must attain pharmacological intervention to include pain management in our senior population by practicing appropriate prescribing techniques along with a holistic treatment plan.

Ideas for the elderly patient to prevent polypharmacy from occurring:

- Check labels on medications for expiration dates on a regular basis
- Follow dosage instructions
- Keep regular medical appointments
- Turn in medicines that are no longer required
- Take a printed list of prescription drugs to medical appointments and keep a copy of that list in your wallet or purse



Left: Student presenters at the Center on Aging-sponsored Aging and Technology R&D Showcase at the 2018 Student Symposium. From left to right: Taylor Delp, Psychology; Renee Stronach, Social Work and Disability Studies; and Ahmed Almaghasilah, Electrical Engineering.



Right: Renee Stronach demonstrates aging tech at the R&D showcase.

Maine Gerontological Society Becomes Program of the Center on Aging

The UMaine Center on Aging is pleased to report its assumption of the administration of the Maine Gerontological Society (MGS). The transition of the MGS from operating as a stand alone 501c3 to a program of the University of Maine Center on Aging is nearly complete. As a Center dedicated to research, education, and service to older adults and their families, this new responsibility seems quite natural. As this transition is completed, we want to recognize all of the hard work by volunteer board and committee members that established the Society and saw it through the last 28 years. As always, MGS will continue to welcome the participation of MGS members in shaping the Society and its operations going forward. Whether you are a new or longstanding member, be aware that this transition will ensure that we are able to offer you enhanced member benefits in the months and years to come while sustaining the Society over the long term. As part of this process, you will soon see several changes including updated marketing and outreach materials along with a renewed focus on newsletter and announcement distribution to MGS members. The Center on Aging and its staff are committed to the success of MGS now and into the future.

New Officers of Project Generations Announced

The newly named officers of Project Generations are: Emily Dillon, completing a placement at Eastern Area Agency on Aging (EAAA) is president. Emma Brickman, the Vice President, will be doing her senior BSW internship at EAAA next year. Lily Brickman is the treasurer and Haley Bissonnette the secretary.

Project Generations is a friendly visiting program that connects students with socially isolated older adults in the community. Students visit their older adult “match” for at least one hour per week and for at least two semesters in a row. Officers of the program receive advisement from Lenard Kaye, the director of UMaine’s Center on Aging. All four of these women have shown much enthusiasm and commitment to the group already, and will surely do a great job with the program next year.

A fond farewell is extended to Chloe Gray, the undergraduate social work student responsible for founding Project Generations and who now steps down as president.

Save the Date

Fourth Annual UMS Aging Initiative Summer Workshop



University of Maine Hutchinson Center

Belfast, ME

Friday, August 24, 2018

9:30am - 3:00pm

UMaine Launches ElderTech Collaborative

The Center on Aging is pleased to announce the establishment 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 and the care providers who serve them. The incubator model used by the Collaborative, endorsed by LeadingAge Maine and New Hampshire (part of a national association of 6,000+ members and partners including not-for-profit organizations representing the entire field of aging services, 38 state partners, hundreds of businesses, consumer groups, foundations and research partners), represents a founding business partnership between a for-profit Maine company (Elder Technology Labs - ETL), Phillips-Strickland House Corporation (P-SHC), one of the oldest assisted living non-profits in the state, and the UMaine Center on Aging (CoA). Expert advisement from an interdisciplinary team of UMS aging initiative faculty researchers and community health consultants will keep the planning process substantively informed, 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. 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.



Above: The ElderTech Collaborative convenes focus groups to get participant feedback on a technology in development.

Left: ElderTech collaborative partners from left to right: Jim Ferguson, Helen Loos, Vinny Caccese, Claudia Rebola, Len Kaye, Jennifer Crittenden, Steve Castle, Karen West

Maine Understanding Sensory Integration & Cognition (MUSIC) Project: Feasibility of a music training intervention for cognition in older adults

Editor's Note: This article was contributed by Dr. Rebecca MacAulay of the UMaine Department of Psychology. Dr. MacAulay's research was presented at the International Neuropsychological Society in Washington DC, February 2018.

Research suggests that music learning is a cognitively stimulating activity that may enhance cognitive function and delay age-related cognitive decline in older adults. The Maine Understanding Sensory Integration & Cognition (MUSIC) Project provides 12 music learning sessions once a week. The MUSIC project aims to investigate the effects of music learning on cognitive function as measured by a comprehensive neuropsychological test battery. Musically naïve older adults learn how to read music and play a recorder in a social and economical group format. Results from the MUSIC feasibility study were recently presented at the International Neuropsychological Society in Washington DC. For the pilot study, ten naïve to music literacy older adults (Mage = 69 years) completed the study. Consistent with the study's hypotheses, preliminary findings indicated improvements in global cognition and measures associated with frontal lobe function following the music learning intervention. The pilot study also qualitatively identified barriers that older adults have in trying to learn to play a music instrument when traditional teaching methods are employed. Cognitively, slower information processing speed and decreased visuospatial attention that happen with age, appears to impact older adults' ability to read music and a play a recorder. Knowledge gained from the pilot study was applied to developing a novel MUSIC manual that takes these cognitive limitations into account within the lesson plans. Relevant psychoeducation components (e.g., arthritis hand stretches and learning challenges with age) was also integrated into the manual's lesson plans. Validation of the MUSIC manual is currently underway and participants are being actively recruited for this study.



The MUSIC project is a collaboration between UMaine assistant professors Dr. Rebecca MacAulay, a clinical psychologist who specializes in cognitive aging in the Psychology Department, and Dr. Philip Edelman, a music educator in the School of Performing Arts. The MUSIC project is conducted within the community thanks to the support and use of space at the UMaine Center on Aging, Eastern Area Agency on Aging, Bangor YMCA, Brewer Housing, and Volunteers of America. Individuals interested in becoming involved with the MUSIC project are welcome to contact Dr. MacAulay (207-581-2044) to learn more.

SAVE THE DATE

More information forthcoming

The Thirteenth Annual University of Maine
Geriatrics Colloquium

Innovative Living Environments for Older Adults

Friday, October 12, 2018
Wells Conference Center
University of Maine, Orono



Topics To Be Covered

- Affordable CCRC's
- Alternative Models
- Tiny Houses
- Granny Flats
- Smart Houses
- Green LTC Facilities
- The Psychology of the Environment
- Housing Entitlements and Benefits

For more information
or to register visit:

www.mainecenteronaging.umaine.edu/geriatricscolloquium/

Or contact Kelley Morris
kelley.morris@umaine.edu
(207) 262- 7920



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DIVISION OF LIFELONG LEARNING

INTERPROFESSIONAL GRADUATE CERTIFICATE IN GERONTOLOGY

The Interprofessional Graduate Certificate Program in Gerontology is designed to increase the knowledge, skills, and abilities of health and human service professionals who provide care to older adults in a variety of settings.

The goals of the UMaine Interprofessional Graduate Certificate Program in Gerontology are to:

- Strengthen the knowledge, skills, and abilities of health and human service professionals for provision of effective, comprehensive care and services for older adults and their caregivers.
- Increase the number of individuals who select a career in the health and human service fields with specialization in the delivery of services for older adults.
- Prepare professionals from a variety of fields to function as members of interprofessional teams in the provision of services which enhance the lives of older adults and those who care for them.

For more information visit
umaine.edu/gerontology

WHAT CAN I DO WITH AN INTERPROFESSIONAL GRADUATE CERTIFICATE IN GERONTOLOGY?

Graduates of the certificate program will be prepared to function as members of interprofessional teams to effectively address the health and human service needs of an increasingly diverse aging population.

Upon completion of the Interprofessional Certificate Program in Gerontology, the graduate will:

- Demonstrate knowledge of social, behavioral, cultural, and health-related issues experienced by the growing population of older adults and their caregivers.
- Promote health, functionality, and quality of life of older adults through education of individuals and families and through appropriate referrals to service providers.

PROGRAM REQUIREMENTS (9 credits)

Course sequence: It is preferred that students begin with GRN 500, an introduction to gerontology. Courses 2 and 3 do not need to be taken sequentially.

1. GRN 500: Opportunities and Challenges of Aging (3 cr.)
 2. GRN 501: Life Transitions and Health in Aging (3 cr.)
 3. GRN 502: Interventions for Care of Older Adults in Diverse Settings (3 cr.)
- Incorporate ethical principles in the provision of services for older adults and their caregivers.
 - Incorporate evidence-based strategies in assessing health and service needs and in designing care management plans for older adults and caregivers.
 - Demonstrate understanding of an interprofessional team approach for efficient, innovative, and effective service delivery.
 - Advocate for improved health and human services for older adults and their caregivers, grounded in knowledge of aging-related health policy and effective programs.

PROGRAM LEADERS



Nancy Fishwick, PhD, RN, FNP, has served on the faculty of The University of Maine School of Nursing since 1993. She is a

family nurse practitioner with teaching expertise in primary health care for adults, including issues of aging adults. Dr. Fishwick has over 30 years of experience in rural primary health care and in the field of domestic violence and sexual assault. She maintains clinical practice as a family nurse practitioner.

ADVISING CENTER

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less than 6 credit hours: \$125
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16 or more credit hours: \$958
- **Online Fee**
\$25/credit hour

*Rates apply to the 2017-18 academic year. Unique course and/or program fees may apply.

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Lenard W. Kaye, DSW, PhD, ACSW, joined the University of Maine in 2001 and is a professor in the School of Social Work and director of the University of Maine Center on Aging. Dr. Kaye, a national authority on gerontological practice, policy, and planning, has

published extensively on a variety of aging-related health and human service topics including home health care, productive aging, rural practice, family caregiving, controversial issues in aging, support groups for older women, and congregate housing. His pioneering research and writing on older men's help-seeking behaviors, is widely recognized. His most recent book is *A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active*, John's Hopkins University Press (2013). He has served on the National Advisory Committee for Rural Health and Human Services of the U.S. Department of Health and Human Service as well as the advisory boards of a wide range of national and local health and human service programs serving older adults.

STUDENT TESTIMONIAL



"I earned my Interprofessional Graduate Certificate in Gerontology while taking classes on campus for my Master's Degree in Social Work. As a full-time student, the flexibility of the online classes

ACADEMIC CALENDAR

Fall Semester 2017

Classes begin August 28
Registration for Spring 2018
October 23–November 17
Final Exams end December 15

Winter Session 2017-2018

Classes begin December 27
Classes end January 16

Spring Semester 2018

Classes begin January 22
Registration for Fall 2017 (tentative)
March 26–April 20
Final exams end May 11
Commencement Saturday, May 12

Summer University 2018

Registration begins February 5
Classes begin May 14
Classes end August 17

was a great fit with my very busy schedule. The Certificate program has a diverse group of guest lecturers from many disciplines, creating an invaluable and unique learning opportunity. Students also come to the program with varied educational and experiential backgrounds, leading to fascinating group discussions. I cannot speak highly enough about the instructors, all of whom were extremely accessible to students' questions and very open to feedback. I strongly recommend the Interprofessional Graduate Certificate in Gerontology for students from any background looking for a career in this rewarding and dynamic field." – Laurie Qualey

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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