



LESSONS LEARNED FROM MAINE'S LIFELONG COMMUNITIES MOVEMENT

Special Topics for Lifelong Communities

The University of Maine Center on Aging in partnership with the Maine Community Foundation invites you to a special learning and networking event specifically designed for lifelong communities initiatives including Age-Friendly Communities, village models, and independent lifelong community planning efforts.

Learning Objectives:

- 1) Develop a deeper understanding of lifelong communities frameworks and how these frameworks are applied to on-the-ground efforts
- 2) Identify successful strategies for engaging a wide variety of community members in the various phases of lifelong communities work
- 3) Describe how volunteers can be recruited and successfully integrated into lifelong communities efforts
- 4) Summarize committee structures and approaches that are most effective in supporting and guiding lifelong communities efforts

MAY 30, 2019 | 10:30AM - 4:30PM

WELLS CONFERENCE CENTER

UNIVERSITY OF MAINE

ORONO, ME



Agenda

10:30am-10:45am: Check-in & Refreshments

10:45am: Welcome

Laura Lee, Maine Community Foundation

10:50am-11:15am: Lifelong Communities Overview

Patricia Oh, Lifelong Communities Consultant

Fellows Initiative and Communities Overview and Introductions

Jennifer Crittenden, UM Center on Aging

11:15am-12:15pm: Lifelong Communities Engagement Strategies

Facilitator: Patricia Oh

Anne Schroth, Healthy Aging Program Coordinator, Healthy Peninsula;
Lifelong Communities Fellow

Candy Eaton, Coordinator, Age-Friendly Sullivan; Lifelong Communities Fellow

Denise Plante, Chair of the Citizens Health Action Team; Somerset Public Health
Local Project Leader

Drexell White, District Public Health Liaison, Maine Center for Disease Control &
Prevention (Maine CDC)

12:15pm-1:15pm: Lunch and Networking

AARP and Tri-State Learning Collaborative on Aging resources

1:15pm-2:45pm: Successful Volunteer Strategies for Lifelong Communities

Facilitator: Jennifer Crittenden

Karen Campbell, Bangor Livable Age-Friendly Community;
Lifelong Communities Fellow

Elaine Abbott, Outreach and Enrollment Coordinator, Eastport Health Care, Inc.;
Lifelong Communities Fellow

Tara N. Smith, Director, The Commons at Central Hall

Betsy Bentrup Armstrong, Age-Friendly Surry

Agenda (Cont'd)

2:45pm-3:00pm: Break and Networking

3:00pm-4:30pm: Structuring Your Lifelong Communities Committee for Success

Facilitator: Patricia Oh

Jean Saunders, President, Age-Friendly Saco; Lifelong Communities Fellow

Al Cressy, Bethel Age-Friendly Community Initiative;
Lifelong Communities Fellow

Dyan Walsh, Executive Director, Eastern Area Agency on Aging;
Co-Chair, Bangor Livable Communities Committee

Dr. Mary Ann E. Zagaria, Age-Friendly Hallowell

4:30: Closing Remarks/Adjourn

Continuing Education Information:

Certificates of Attendance provided for those who wish to apply for CEUs through their professional licensure and credentialing entities

Speaker Bios

Elaine Abbott, CAC, Outreach and Enrollment Coordinator, Eastport Health Care, Inc., Lifelong Communities Fellow

Before joining Eastport Health Care, Elaine served as Eastport's City Manager from 2014 until March 2019. During her tenure as city manager, Elaine was instrumental in the inclusion of age-friendly initiatives to Eastport's comprehensive plan. Through her work on these initiatives, Elaine recognized her true passion: assisting our elder population to maintain dignity, respect, independence, and involvement in their community.

Betsy Bentrup Armstrong, Age-Friendly Surry

Betsy Armstrong moved into Maine in 2012 and soon began trying out local social action groups. She was directed to the Age-Friendly Coastal Communities organization in 2018 and helped to develop a town committee. As a result, Neighbors Helping Neighbors Surry grew and launched in spring 2019.

Karen Campbell, Bangor Livable Communities Lifelong Communities Fellow

Although "from away," Karen and family have called Maine home since 2003. A human resource professional by trade, Karen has always been an avid volunteer and community advocate. She's excited by the ability of communities to improve the lives of all resident regardless of age, abilities, or resources through "people power" and planning. She recently completed 8 years on the MSAD#51 Board of Directors, 3 years on Aging in Place Cumberland (Chair 2017/18), and served on the Cumberland Food Pantry Leadership Team and Foundation51. Since moving to Bangor in 2018, Karen has been an active member of the Bangor Livable Communities Committee and is presently a Lifelong Community Fellow with the UMaine Center on Aging.

Al Cressy, Bethel Age-Friendly Community Initiative Lifelong Communities Fellow

Al Cressy served for 33 years as a Systems Engineer/Project Manager with The MITRE Corporation, a non-profit federally-funded R&D Center, in Bedford, MA, and for 15 years was an innkeeper (second career) in Bethel, Maine. During his retired life of 21 years in Bethel, he has served in a variety of leadership positions in municipal government, Chamber of Commerce, the Appalachian Mountain Club, Bethel Historical Society and other non-profits. He was one of the founders of Bethel's regional Age-Friendly Community Initiative (AFCI), has served as the Chair of the AFCI Advisory Council and is now a member of the Board of Directors of the Bethel Region AFCI. He is currently a Lifelong Community Fellow associated with the UMaine Center on Aging.

Jennifer Crittenden, PhD, Assistant Director, UMaine Center on Aging; Lifelong Communities Fellows Program Director

Jennifer Crittenden is the Assistant Director at the University of Maine Center on Aging. She has over fifteen years of experience in professional and community education, program evaluation and program planning. Nearly all research projects and grant-funded programs under her management entail the translation of academic research into professional and public education programs, events and dissemination activities. She has been involved in implementing and evaluating a wide range of research, training, and community service initiatives including serving as the Program Manager for Encore Leadership Corps and Program Director for the Lifelong Communities Fellows Program. Her research focuses on understanding the life factors that drive older adult volunteerism. Dr. Crittenden received both her MSW and PhD from the University of Maine.

Candy Eaton, Coordinator, Age-Friendly Sullivan Lifelong Communities Fellow

Candy Eaton serves as the Coordinator for Age-Friendly Sullivan established in January 2018. She is retired from a varied career in public health, serving as finance & executive director, social service program director, and DHHS regional manager. Candy has collaborated with multiple organizations to create healthy communities coalitions, communities for children & youth coalitions, served on the Governor's Task Force for Early Childhood, Maine Children's Trust, and the Maine Association of Child Abuse Prevention Councils, among others. She has written a white paper on Family Resource Centers for the Governor's Task Force, and an article on Parent Education published in the Margaret Chase Smith Maine Policy Review. She participated in a 5-year research collaboration with RAND and Communities for Children/Youth on "Getting to Outcomes through Developmental Assets."

Laura Lee, PhD, Senior Program Officer, Maine Community Foundation

Laura Lee is a senior program officer at the Maine Community Foundation and the lead on the foundation's strategic goal work on aging. She also supports two county committees, works with donors and nonprofits, and manages competitive grant programs. She has a BA from Oberlin College and an MA and PhD in history from UCLA. She lives in Brunswick, Maine with her husband and three children. As a volunteer, Laura serves as vice chair of the Council of First Parish Church in Brunswick and also as president of the Boys Hockey Boosters at Brunswick High School.

Patricia Oh, LMSW, PhD, Lifelong Communities Consultant

Patricia Oh, LMSW, Ph.D., is passionate about helping communities develop local environments that make it easier for older people to be fully engaged in community life and enjoy the best possible health and well-being. She works with AARP Maine, AARP Livable Communities, the Tri-State Learning Collaborative on Aging, and other projects, such as the Lifelong Fellows Program. By day, you can find her working with volunteers, elected officials, municipal leaders, and organizations to plan, develop, and implement lifelong community strategies. By night, she is typically re-living a nightmare episode of *This Old House* while renovating a circa 1800 home. While her research about designing, implementing, and maintaining age-friendly communities has taken her around the world, Patricia is proud to call Bowdoinham, Maine home.

Denise Plante, Retired Educator; Chair of the Citizens Health Action Team; Somerset Public Health Local Project Leader

Since retiring from 37 years in education as a teacher and administrator, Denise has devoted her time to helping the older citizens of the Moose River Valley. As chair of the local health action team, she oversees the MEHAF Achieving Better Health Aging Project, Jackman Community Health Center advisory (and their MEHAF Catalyzing Rural Health Grant) and the AARP Age-Friendly initiatives.

Jean Saunders RN, MSN MPH, President, Age-Friendly Saco Lifelong Communities Fellow

Jean has spent her career in both nursing and hospital administration in NH, NY and here in Maine with a focus on creating new programs and projects. Jean has been working with Age-Friendly Saco since 2015. Her work has included assisting Age-Friendly Saco in becoming designated as a 501(c)3 in 2018.

Anne Schroth, Healthy Aging Program Coordinator, Healthy Peninsula Lifelong Communities Fellow

Anne Schroth is the Healthy Aging Program Coordinator at Healthy Peninsula, a small community health organization in Blue Hill, Maine, where she manages community collaborations focused on supporting older people, caregivers, and the chronically ill to have the resources they need for safe, healthy and fulfilling lives. In her role, Anne coordinates Age-Friendly Coastal Communities, a community partnership that includes the nine town governments of the towns on the Blue Hill Peninsula and Deer Isle, as well as many social service, medical, and community organizations, the two area Chambers of Commerce, emergency responders, and interested community members.

Each town in the Age-Friendly Coastal Communities initiative is a member of the AARP Network of Age-Friendly States and Communities and shares the collaborative goal of enhancing the lives of all people who live in the 9-town region, with a special focus on older adults.

Tara N. Smith, Director, The Commons at Central Hall

Tara Smith is the Executive Director of The Commons at Central Hall, a recently restored Community Center located in Dover-Foxcroft, ME. Tara has a background in nursing and public health with a special interest in women's health. She is currently working to support creative programming that integrates the arts and healthcare to serve the Maine Highlands region. She lives in Abbot, Maine on a small farm with her partner and two children, Salem and Cedar.

Dyan Walsh, Executive Director, Eastern Area Agency on Aging; Co-Chair, Bangor Livable Communities

Dyan Walsh is the Executive Director of Eastern Area Agency on Aging (EAAA) in Bangor, ME. Dyan has a Master's degree in Social Work from the University of Maine with a concentration in gerontological practice. She co-chairs the Bangor Livable Communities Committee. Her interest lies in educating older adults on falls prevention strategies, Age-Friendly Communities and creative approaches to combat social isolation.

Drexell White, District Public Health Liaison, Maine Center for Disease Control & Prevention (Maine CDC)

Drexell is the Public Health Liaison for the Midcoast Public Health District (Waldo, Knox, Lincoln & Sagadahoc counties), and serves on the Board of Directors of Aging Well in Waldo County (AWWC). He is also a member of AWWC's Community Outreach Committee.

Mary Ann E. Zagaria, PharmD, MS, BCGP, Age-Friendly Hallowell

Dr. Zagaria is an independent clinical consultant pharmacist and President of MZ Associates Inc. She is Board Certified in Geriatric Pharmacy and practices as a medication specialist, with a focus on patient safety issues particularly polypharmacy and quality improvement to prevent adverse medication events. Currently, Dr. Zagaria is an appointed member of the Dean's Advisory Council at the University of New England (UNE) College of Pharmacy in Portland, Maine, and is an active member of the Hallowell Age-Friendly Committee in Hallowell, Maine.