

The Lifelong Communities Fellow Program

presents

Community Relationship-Building with Zoom

Our Guide:

Jo Werther, LCSW

Sponsored by the Maine Center on Aging, with funding from the Maine Community Foundation



Lifelong Communities Fellow Program, 2020/21



Karen Campbell
Host: Dexter



Ellen Ceppetelli
Host: Madison



Nancy Davis
Host: Dover-Foxcroft



Candy Eaton
Host: Caribou



Donna Palmer
Host: Limestone



Mary Beth Paquette
Hosts: Millinocket
and Waldo County

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Jennifer Crittenden
UMaine Center of Aging



Laura Lee
Maine Community Foundation

Staying Connected

Navigating the Pandemic, Maine Winter, and Beyond!

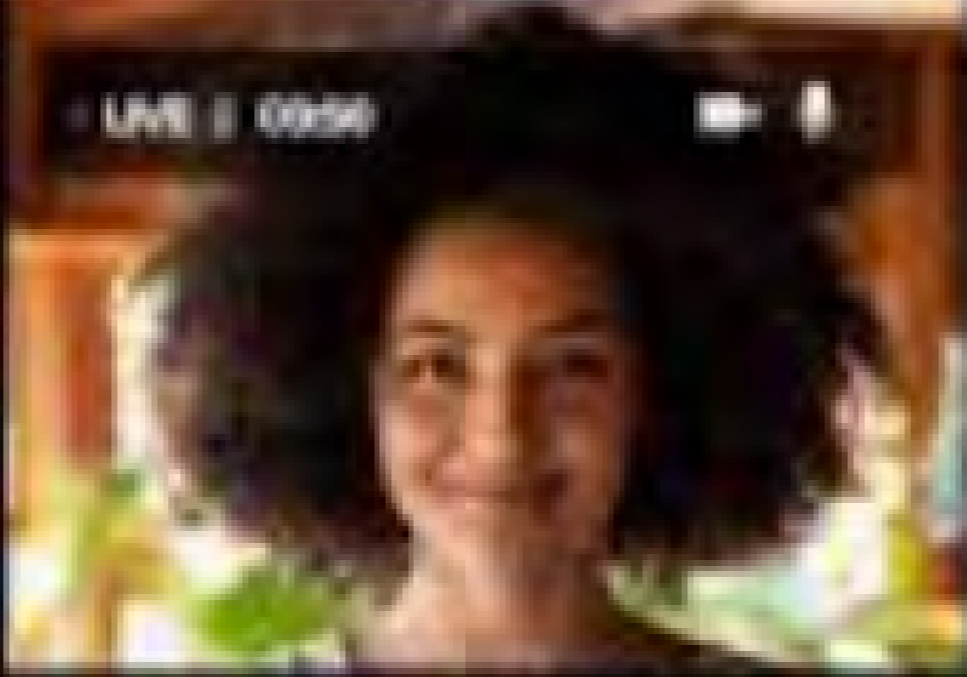
Jo Werther, M.S.W., L.C.S.W.
www.jowerther.com

How Do You Build Trust?

- Slowly but surely!
- Acknowledge awkwardness (in general and especially via digital/virtual mediums) for everyone involved: “We’re all in this together.”
- “Start where the client (resident, colleague) is.”
- Find point of initial connection: common ground.
- State common concerns and challenges (“Many people I know are struggling with...” “I’ve heard a lot of people say...”
- Clarify your role.

Building Trust, continued

- Yes/no questions vs. open-ended questions (use either or both)
- Self-disclosure/amount of personal sharing (be mindful of your reason)
- “Meaningful engagement”: photos, music, stories.
- Keep the primary focus on the resident (or committee/agenda item) and their needs.
- Stay mindful of your role.
- Avoid politics.
- “The river and its banks.”



What is Acceptance, Deep and Complete?

The non-judgmental acknowledgement of the bare-bones facts about:

- a person, a place, or a thing
- a situation or a circumstance
- a thought or a feeling

Just as it is right now

Practiced one breath, one moment, one step, and one day at a time.



I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

- MY POSITIVE ATTITUDE
- TURNING OFF THE NEWS
- FINDING FUN THINGS TO DO AT HOME
- HOW I FOLLOW CDC RECOMMENDATIONS
- LIMITING MY SOCIAL MEDIA
- MY OWN SOCIAL DISTANCING
- MY KINDNESS & GRACE

THE ACTIONS OF OTHERS


HOW LONG THIS WILL LAST

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



A close-up photograph of several vibrant red maple leaves with serrated edges, set against a dark, almost black background. The leaves are arranged in a cluster, with some overlapping. The lighting highlights the texture and veins of the leaves.

“Acceptance of
the unacceptable
is the greatest
source of grace
in this world.”

— Eckhart Tolle



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HOW OTHERS REACT





Obstacles do not
block the path, they
are the path.

Zen proverb

#DAILYCALM

Calm



**If your compassion
does not include
yourself, it is incomplete.**

~ Buddha

If You'd Like To Be In Touch

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Phone: 515.329.6322

Website: www.jowerther.com

Facebook:

<https://www.facebook.com/jowertherlcsw>

Upcoming Lifelong Community Webinar

Grant Writing For Lifelong Communities

Date: January 11 ~ **Time:** 10:00-11:00AM

Guide: Holly Korda

To Register: <https://bit.ly/LCGrantWrite>

Learn how to develop a grant strategy based on your lifelong community mission, resources, and what residents need and want. Holly will explain how to find grants and then develop meaningful content for full proposals, letters of intent/inquiry, and online grant applications. Join us and become a formidable contender for the grant funding you need.

Upcoming Learning Opportunities

Communities Helping Through the Winter

Date: December 15th ~ **Time:** 12:00-1:30PM

To Register: <https://us02web.zoom.us/meeting/register/tZUsdumtrz0vHdcTGebarl7u5fvf6qWmbzKK>

Join the Tri-State Learning Collaborative on Aging to hear about exciting community initiatives and programs that are helping older adults stay warm, safe and have access to the community resources they need this winter season.

Ask Age-Friendly: Welcoming Communities for People with Dementia and their Families

Date: December 16 ~ **Time:** 9:00-10:00AM

Presenter: Allison Russell, Maine Alzheimer's Association

To Join: <https://bit.ly/AAFAADec>

Phone: 646-876-9923 | Meeting ID: 747 056 242 | Password: 103086

Join other age-friendly communities in Maine to learn about opportunities to partner with the Alzheimer's Association that can help your community be more welcoming and inclusive of people living with dementia and care partners.

Thank you for joining us!

You will get a follow-up email from us in about one hour that will include a link to the archived version of this webinar and the link to a survey about today's webinar.

Please take a few minutes to fill in the survey:
<https://www.surveymonkey.com/r/LCRelBldg>

We will use what you have to say to help us plan future trainings.

Questions or For More Information

Email Patricia Oh: patricia.oh@maine.edu

Lifelong Fellows Program: <https://mainecenteronaging.umaine.edu/lifelongcomm/>