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

Host: Dexter
Karen Campbell
Host: Madison
Ellen Ceppetelli
Host: Dover-Foxcroft
Nancy Davis
Host: Caribou
Candy Eaton
Host: Limestone
Donna Palmer
Hosts: Millinocket and Waldo County
Mary Beth Paquette

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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.
• 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.

www.jowerther.com
Things
OUTSIDE My Control

Other People's Actions
Other People's Words
Other People's Play
Other People's Behavior

Other People's Mistakes
Other People's Ideas
Other People's Feelings

Things I CAN Control

My Words ★ My Actions
My Ideas ★ My Play
My Effort ★ My Mistakes
My Behavior
I CANNOT CONTROL
(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

I CAN CONTROL
(So, I will focus on these things.)

THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE
HOW I FOLLOW CDC RECOMMENDATIONS
MY OWN SOCIAL DISTANCING
PREDICTING WHAT WILL HAPPEN
OTHER PEOPLE’S MOTIVES

TURNING OFF THE NEWS
LIMITING MY SOCIAL MEDIA
MY KINDNESS & GRACE

FINDING FUN THINGS TO DO AT HOME
HOW LONG THIS WILL LAST

HOW OTHERS REACT

Clipart: Carrie Stephens Art
TheCounselingTeacher.com
“Acceptance of the unacceptable is the greatest source of grace in this world.”

― Eckhart Tolle
Who wants change?

Who wants to change?
I CANNOT CONTROL
(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

I CAN CONTROL
(So, I will focus on these things.)

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HOW OTHERS REACT

Clipart: Carrie Stephens Art
TheCounselingTeacher.com
Obstacles do not block the path, they are the path.

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

~ Buddha
If You’d Like To Be In Touch

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Grant Writing For Lifelong Communities

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

**Guide:** Holly Korda

**To Register:** [https://bit.ly/LCGrantWrite](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.
Communities Helping Through the Winter

**Date:** December 15th  ~  **Time:** 12:00-1:30PM  
**To Register:** https://us02web.zoom.us/meeting/register/tZUsdumtrz0vHdcTGebarI7u5fvf6qWmbzKK  

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  
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/