



Maine Wisdom Summit – Igniting Aging Activism

September 24, 2019

Augusta Civic Center

Agenda

- 8:30-9:00 **Welcome** **Main Auditorium**
Jess Maurer, Executive Director, Maine Council on Aging
Mary Jane Richards, COO, North Country Associates, MCOA Board Chair
Ken Albert, CEO Androscoggin Home Healthcare & Hospice, Keynote Sponsor
- 9:00-9:15 **Setting a New Course for Aging in Maine** **Main Auditorium**
Opening Remarks by Jeanne Lambrew, DHHS Commissioner
- 9:15-10:15 **Health, Function and Age: Where to Focus** **Main Auditorium**
Keynote by Kathy Greenlee, Former Assistant Secretary of Aging
- 10:15-10:45 Break – Visit our Exhibitors!
- 10:45-12:00 **Aligning Efforts & Actions to Advance Healthy Aging** **Main Auditorium**
Panel Presentation Moderated by Representative Jessica Fay, Legislator
Joy Berassi-Saucier, Executive Director, Aroostook Area Agency on Aging
Betsy Johnson, President & CEO, MaineHealth ACO
Nate Rudy, Hallowell City Manager
Paul Saucier, Director, DHHS Office of Aging & Disability Services
To Be Announced, Invited Community Member
- 12:00-1:15 Lunch & Awards – Visit our Exhibitors! **Main Auditorium**
Award presentation by:
To Be Announced, Central Maine HealthCare, Award Sponsor
Don Harden, Catholic Charities Maine, MCOA Board Vice Chair
Marilyn Gugliucci, University of New England, MCOA Board Secretary
Betsy Sawyer Manter, CEO, SeniorsPlus. MCOA Board Treasurer

1:20-2:20 Breakout Sessions

Leading the Way on Healthy Aging in Rural America

Presenters:

Kathy Greenlee, Former Assistant Secretary of Aging

Join our Keynote Speaker for an informal conversation about the kinds of actions we can take in Maine to lead the nation on crafting solutions that work to keep people aging well at home in rural America. From system reform to addressing workforce issues and growing our coordinated efforts, she'll share her ideas, answer questions and help us take our work to the next level.

Your Life, Your Choice - Systematic and community approaches to advance care planning

Presenters:

Tammy Vachon, LCSW, Program Manager – Geriatric Programs, MaineHealth

Janet Lewis, Executive Director, Healthy Peninsula

Flic Shooter, Director of Hospice Volunteers of Waldo County

Palliative Players - To Be Announced

Moderated by Peggy Haynes, Senior Director, Healthy Aging, MaineHealth

Advance Care Planning is a critical way to ensure your preferences are followed during serious illness and at the end-of-life. This session will explore the various ways we can all begin the conversation about this important issue. Choices that Matter – a 9 town coalition of the Blue Hill Peninsula Community, uses an Advisory Council to lead a broad based community collaborative to encourage people to have those conversations. At MaineHealth, a health system covering 11 counties in Maine and one in New Hampshire, Respecting Choices and the Serious Illness Conversation are used to engage the community, and train the health care providers to have conversations with patients and families. In Waldo County, the Palliative Players, a community improvisation group engage their community through performances to highlight the issues families and patients face.

I Count/You Count: Getting Resources into Local Communities through the 2020 Census

Presenters:

Becky Hayes Boober, PhD., Partner Specialist, U.S. Census Bureau

This highly-interactive session will include a brief overview highlighting the changes in the 2020 Census, its importance in the distribution of federal funds, and ways we can make certain everyone is counted. Participants will engage in activities using local data to generate strategies that make certain all older people are counted, even if they have no internet access or encounter other barriers. Small groups will design outreach activities that build on what is already happening in the community through organizations and age-friendly community groups. Leave the workshop with helpful materials and a plan. Learn how to partner with the Census.

Addressing Alzheimer's Disease and Other Dementias as Chronic Conditions

Presenters:

Alfred May Jr., MPH, Downeast Public Health Liaison, Maine CDC
Adam Lacher, Director of Advocacy, Alzheimer's Association, Maine Chapter
Nona Tsotseria, MD, PhD., Senior Health Program Manager, Chronic Disease Prevention and Control, Maine CDC

Healthy Brain Initiative (HBI) focuses on Alzheimer's and other dementias as chronic conditions. The leaders from the Maine Center for Disease Control and Prevention, the Maine Office of Aging and Disability, and the Alzheimer's Associations' Maine Chapter will be presenting the information about this initiative. State health departments can mitigate these impacts by focusing on Alzheimer's and other dementias across the life-course and deploying strategies used with other chronic conditions. The HBI's State and Local Public Health Partnerships to Address Dementia, The 2018-2023 Road Map provides a menu of practical ways to weave cognitive health into existing chronic disease programs and to build toward larger changes in policies, systems, and environments. With Congressional support, the Centers for Disease Control and Prevention (CDC) and the Alzheimer's Association developed the HBI in 2005 to advance public health awareness of and action on Alzheimer's disease as a public health issue.

Learning objectives:

- Provide a general description of dementia and Alzheimer's disease.
- Explain the current projected scope of the Alzheimer's disease epidemic.
- Explain why public health must play a role in addressing the Alzheimer's disease epidemic.

Lighting the Spark: Developing a Lifelong Community

Presenters:

Patricia Oh, PhD, LMSW, Age-Friendly Consultant
Two Lifelong Communities – To Be Announced

A growing number of Maine communities are working to become places where people of all ages, abilities, and backgrounds can lead active, healthy, engaged lives. Have you wondered what it takes to transform your community from good to great? Join us to hear how older people have sparked change in their communities, participate in a lifelong community development exercise, and leave with resources to start the work in your community.

Who Are You Calling Old? Taking on Ageism.

Presenters:

Laura Lee, Ph.D., Director of Grantmaking, Maine Community Foundation
Don Harden, Director of Aging Services, Catholic Charities Maine
Mary Lou Ciolfi, JD, MS, Adjunct Faculty, Public Health, University of New England

Discrimination against and stereotyping of older people is still accepted behavior and prevents the full participation of older people in our society. Ageist attitudes are deeply ingrained in American culture and we often do not even notice ageist language or behavior. But we are learning how detrimental ageist attitudes and behaviors are to our health and longevity. This interactive session will teach participants what ageism looks like, how to recognize it in oneself and others, and what all of us can do to start changing the way we think about aging and how we act towards older people, including ourselves!

Planning for Maine's 2020-2024 State Plan on Aging

Presenters:

James Moorhead, MA, Aging Services Manager, OADS, Maine DHHS

We want to hear from you! Come learn about the planning process underway by the Office of Aging and Disability Services to develop Maine's next State Plan on Aging for 2020 to 2024. During this session, attendees will first learn about planning activities already underway and about future planning activities, including a statewide needs assessment, focus groups, and listening sessions across the state. OADS will also review focus areas of the State Plan on Aging. Finally, a significant proportion of this session will be reserved for discussion and feedback from attendees. Space is limited. Pre-registration is strongly encouraged.

Lifelong Communities: Volunteer Recruitment, Training & Sustainment

Presenters:

Mary Hadlock, RSVP/Volunteer Services Director, Southern Maine Area Agency on Aging

Doug Wilson, AgeWell Program Specialist, Southern Maine Area Agency on Aging

Jean Saunders, Chair, Age-Friendly Saco

This work session focuses on the challenges related to recruiting, training and sustaining volunteers for Lifelong Communities. A panel of representatives will share their experiences in the recruitment and care of volunteers in a variety of programs. SMAA staff will provide a proven set of tools that Lifelong Communities can use in recruiting and sustaining volunteer efforts as well as providing an overview of services available to Communities.

Virtual Reality: A Health Professions Education Platform to Enhance Empathy and Knowledge

Presenters:

Marilyn Gugliucci, MA, PhD, Professor, Director of Geriatrics Education and Research, University of New England

Elizabeth Dyer, MLIS, AHIP, Associate Dean of Library Services, University of New England

Virtual reality (VR) is becoming more mainstream because of increased accessibility. It has long been used in medical education to teach skills such as surgery, now it is being used to teach empathy, communication, and to increase knowledge. It is proven effective experiential learning for health professions students and health care providers, putting the person doing the VR Lab in the role of an older person with a condition that alters health. This workshop will engage audience participation in the VR Labs that are being used at the University of New England. Attendees will be amazed at how this learning modality gets to the heart of older adult and family care.

Using Assistive Technology for Safety and Independence

Presenters:

Kathy Adams, OTL, ATP, Maine CITE Program Director

John Brandt, MS Ed, Maine CITE Training Coordinator

Assistive Technology (AT) can make an impact on your life and assure greater safety and independence. Join us for an interactive review of current AT and smart home tech to use for daily living activities, managing medications and your home environment. Numerous

AT devices will be demonstrated. Maine's AT resources, services and funding will be shared.

AgeingME: Using Geriatrics Workforce Enhancement Program (GWEP) to create an Age-Friendly Health System

Presenters:

Susan Wehry, MD, Director, (GWEP); Chief of Geriatrics, University of New England College of Osteopathic Medicine

Lenard Kaye, DSW/PhD, Director, UMaine Center on Aging and Professor, UMaine School of Social Work

Dyan Walsh, MSW, Executive Director, Eastern Area Agency on Aging

Shirley A Frederick MD, Fellow American Academy of Family Practice, Southern Maine Health Care Family Medicine – Sanford

In June, 2019, the University of New England College of Osteopathic Medicine—in collaboration with University of Maine and multiple statewide partners—received a Geriatrics Workforce Enhancement Program (GWEP) grant to create an age-friendly health system in Maine. This HRSA funded collaborative greatly expands our ability to impact the workforce, transform primary care practices and directly engage older adults and care partners. Participants will have an opportunity to weigh in on what matters most to them, learn about the 4Ms, meet some of the key players and the scope of committed activities, how to get involved and help us to develop our GWEP-AgingME Council.

Advocating for Change in Drug Pricing & Affordability

Presenters:

Lori Parham, Director, AARP Maine

AARP Maine has been leading efforts in Maine to increase drug pricing transparency and affordability. Participants will learn about the current system that keeps prices high, the impact of drug pricing laws enacted this session and how they can become involved in keeping the pressure on drug companies to bring drug prices under control.

Moving the Needle on Home Repair Options in Maine - What Will it Take?

Presenters:

Denise Lord, Senior Director of Communications and Planning, MaineHousing

Maine is currently home to a patchwork of innovative and effective home repair programs, some run in partnership with MaineHousing and the Public Housing Authorities and some run in partnership with community-based organizations and volunteers. MaineHousing is conducting a study this summer and fall to understand the current demand for these services, the kinds of programs that are working and the additional funding that will be needed to ensure we can meet the needs of older and disabled Mainers. Join this conversation about what's currently available and how we can grow these services across Maine to ensure all Mainers can access the home repair services they need to age safely at home.

2:25-3:25 Breakout Sessions

Creating Age Friendly Health Systems – Putting the 4M’s Framework Into Practice in Maine

Presenters:

Tammy Vachon, LCSW, Program Manager – Geriatric Programs, MaineHealth

Molly Anderson, Manager – Geriatric Programs, Maine Medical Center

MaineHealth has been participating in the Institute for Healthcare Improvement’s collaborative to implement the Age Friendly Health System evidence based 4M Framework. This presentation will provide information on what the 4M model is, how MaineHealth is implementing this across settings, as well as future plans for having the entire system be “Age Friendly”. There will be discussion on how programs were identified, what work was needed to be done to ensure patients were receiving the right care, as well as how this change will be sustained. Information on how the AFHS work can also be linked with Age Friendly communities and community based organizations will also be included.

Data for Dollars, Planning and Fun: Digging Deep Into US Census Data

Presenters:

Ana-Maria Garcia, J.D., Data Dissemination Specialist, U.S. Census Bureau

Whether you are writing a grant, planning service delivery, or starting or expanding a new business, having access to trustworthy data is essential. Learn how to tap into the largest statistical agency in the U.S.—for free! You’ll get the latest updates on how to navigate data.census.gov, just in time for the data releases of the 2018 American Community Survey and 2017 Economic Census. You’ll also get tips on how to access additional data, use data overlays, and use the data in effective planning for your organization or community efforts. Hone your skills in this interactive session.

Lifelong Communities Fellows: Engaging Communities for Change

Presenters:

Laura Lee, Ph.D., Director of Grantmaking, Maine Community Foundation

Patricia Oh, Ph.D., Age-Friendly Consultant

Jennifer Crittenden, Ph.D., Assistant Director, University of Maine Center on Aging

Maine has a growing and vibrant lifelong communities movement. The UMaine Center on Aging in partnership with the Maine Community Foundation has developed the Lifelong Communities (LC) Fellows program, a leadership program that provides training for lifelong community leaders and matches new LC efforts with seasoned LC advocates. Session discussion will focus on this unique leadership program and lessons learned from LC Fellows about practices and tools that can spark conversations and catalyze change at the community-level.

If you're not counted, you don't count: why collecting sexual orientation and gender identity data matters

Presenters:

James Moorhead, MA, Aging Services Manager, OADS, Maine DHHS

Important decisions about how services or programs are funded, delivered, and evaluated are made based on the data collected. Lesbian, gay, bisexual, and transgender (LGBT) people are frequently hidden in the decision-making process because providers do not collect information on sexual orientation and gender identity (SOGI). This presentation will provide a brief overview of the unique challenges LGBT people experience when

encountering formal systems to illustrate the importance of collecting SOGI data. Next, strategies to collect SOGI data in a culturally humble manner will be explored. Finally, resources will be highlighted to help attendees plan their next steps towards incorporating LGBT people in the planning process.

Growing Peer-to-Peer Supports - A Look at Maine's Vet to Vet Program & the Elements that Make it Work

Presenters:

Susan Dudley Gold, Executive Director, Vet to Vet Maine

Lynn White, Vet to Vet Maine Board President/Volunteer Visitor; GM/VP/Director of industrial manufacturing businesses; US Army, 1967-1970

To Be Announced; Vet to Vet Volunteer Visitor

Vet to Vet Maine's peer program addresses the isolation and resultant health-related issues many veterans experience as they age. Research has shown peer support improves outcomes in a wide range of health issues, from suicide to depression to chronic pain. The program recruits and trains veteran volunteers, matching them to fellow veterans who need a friend/mentor. The volunteer advocates visit the veterans at least twice a month in the veterans' homes, provide companionship, and link them to needed services. Attendees will interact with veteran volunteers and learn how to establish a Vet to Vet Maine program in their own areas.

Health & Learning Registries in Maine (Advancing Participatory Research)

Presenters:

Lenard W. Kaye, D.S.W./Ph.D., Director, University of Maine Center on Aging

Thomas Meuser, Ph.D., Director, University of New England Center for Excellence in Aging & Health

Clifford Milo Singer, M.D., DFAPA, AGSF, Chief, Geriatric Mental Health and Neuropsychiatry, Northern Light Health Acadia Hospital

Aging-related clinical and research and development initiatives have traditionally been challenged to engage adequate numbers of older adult participants. This has been especially the case in rural communities. This session describes the purpose, how people can become involved, and the ways in which community organizations can support three older adult research registries established in Maine by UNE, UMaine, and Northern Light Health Acadia Hospital. These research registries have successfully recruited individuals to actively contribute to a range of important translational and participatory research projects including: serving as research participants in short-term and longitudinal clinical studies, consumer testing of new devices and technologies aimed at improving quality of life, and participating in focus groups, forums, and needs assessments that inform the design of age friendly programs and products and promote livable communities.

Moving Toward Data Driven Decision-making & Action in Municipalities

Presenters:

Ted Rooney RN, MPH, Maine Council on Aging Community Member

Nate Rudy, Manager, City of Hallowell

Anne Wright, Director, Health Trust Services, Maine Municipal Association

Maine has a thriving lifelong community effort, with over 130 communities spread around the state. In municipalities that have them, these volunteer efforts are doing wonderful

work in beginning to identify needs and catalyzing services. However, to help meet the needs of the growing number of older adults, and to help keep their communities robust, municipalities may need to do more. This interactive session will introduce participants to the work of the Task Force on Healthy Aging in Communities that began work in February 2019. The Task Force, made up of municipal and state leaders from across Maine, is working to identify how municipal leaders can use data and proven interventions to be a force multiplier in efforts to ensure we can all live healthy, engaged and secure lives in our homes and communities. The Task Force will share their efforts in exploring how municipalities can use data to drive their decision-making and investments, how they can work more effectively with their partners (e.g. AAAs, CAP Agencies, etc.), and influence resources from other sectors, to more effectively provide services to their older residents.

Starting the Conversation – A session for community leaders on starting conversations about “Choices that Matter”

Presenters:

Janet Lewis, Executive Director, Healthy Peninsula

Panel of Choices That Matter facilitators, To Be Announced

Since 2016, Healthy Peninsula, a community health organization serving the Blue Hill Peninsula, Stonington, and Deer Isle, has been successfully coordinating Choices That Matter, a grassroots effort to encourage our community members to have the conversation about what matters most to them in their end-of-life care. Trained volunteer facilitators have offered diverse approaches that have helped hundreds of people to be better informed about advance care planning, begin to have their own conversations, or get free assistance completing their advance care directives. Choices that Matter is a community-led effort structured loosely on the Conversation Project and the Respecting Choices model

Disability, Dementia & the ADA

Presenters:

Jason Angel, MES, ADA Information Specialist, New England ADA Center

Kristin Aiello, Managing Attorney, Disability Rights Maine

Amie Parker, Human Resource Director, University Services: Office of Human Resources

People who experience new challenges late in life related to disability or disease sometimes don't know the rights and protections they receive from the American's with Disabilities Act. Whether you're experiencing a new challenge yourself or helping someone else navigate a new world view, this session will help you understand the kinds of accommodations that need to be made to ensure we can all be active participants in work and community life.

The Art of Reframing Our Perspectives: Celebrating What is Right with the World

Presenter:

Marilyn Gugliucci, MA, PhD, Professor, Director of Geriatrics Education and Research, University of New England

In this session, we will celebrate what's right with the world through a DVD, yard sticks, and discussion. There is no question we need to recognize the possibilities and find solutions for many of the challenges before us in health care, medicine, and life in general. Using stunning photography, powerful dialogue, and experiential learning there is no

question you will feel inspired to reframe challenges into celebration and go forth with confidence and grace – even if it is only for the remainder of the day, it is worth it!

Effectively Advocating for Change - A View from the State House

Presenters:

Legislators & Staffers to be announced

Legislators and their staff find constituent testimony and input on pending legislation to be critically important. However, when big, contentious issues take center stage, public hearings are limited to 3 minute sound-bites and legislators are inundated with emails, it's sometimes hard to know how to make sure your voice is being heard. Hear directly from legislators and their staffers about what's effective State House advocacy, and what's not, so that you can engage in effective advocacy that leads to real change.

Long Term Services and Supports: Moving the Conversation Forward

Presenters:

Elizabeth Gattine, Senior Policy Associate, Muskie School of Public Service, University of Southern Maine

All of us will be touched by a need for long term services and supports at some point in our lives, either directly or through our relationships with family, friends or neighbors. The types of services and the extent to which they are provided influence very basic decisions about where we live and our ability to live healthy, engaged and secure lives as we age or need help with daily activities. This interactive session will help demystify the complicated world of LTSS and explore how we can all engage as advocates in this important conversation.

3:30-4:00 **Making Advocacy Work**

Main Auditorium