MAINE COUNCIL ON AGING PRESENTS:

THE WISDOM SUMMIT
Cultivating the Opportunities of Our Age

September 20, 2017
Augusta Civic Center
Augusta, Maine

CONFERENCE PROGRAM
On behalf of the Maine Council on Aging, it is our pleasure to welcome you to the fourth annual Maine Summit on Aging – the Wisdom Summit!

Wisdom is the source of core knowing, inspiration and creativity. Today, we come together to explore and celebrate the wisdom that is unfolding in Maine as we rethink what it means to grow old and collaborate to solve our challenges.

While Maine is struggling with a serious workforce shortage, a lack of safe, affordable housing, limited public transportation and more people in need of care with fewer workers to delivery it, Mainers have shown they’re up to these challenges. Maine employers are actively building work environments that support older workers, family caregivers and workers with dementia. After “retirement,” older folks are starting new businesses and beginning new careers. Boomers are volunteering to transform more than 80 Maine communities to meet the housing, transportation and social needs of older people. Our universities, health systems and innovators are designing new models of care and developing new technologies that are increasing our safety and helping us better self-manager our health.

Put simply, Mainers have already begun to “reframe aging”. We are cultivating the opportunities that come with longer life and are re-imagining our communities and work experiences. Through the wisdom of our presenters, we’ll connect to tools that will help us incorporate these ideas into our lives, work and communities; our ingenuity will help us take this work to the next level.

The Summit is intentionally designed to be a conversation that leads to action. We are thrilled that so many leaders from across Maine and from a multitude of sectors have come together to explore the tremendous opportunity we have to move toward innovation, interconnectivity and economic prosperity.

The conversations and recommendations that come from the Summit will drive MCOA’s policy efforts into the future. Our members help move our policy efforts along through various committees and working groups. We invite you to visit our website at www.mainecouncilonaging.org to learn more about us and the organizations involved. If you like what you see, we invite you to join us and help us in our efforts!

Thanks for attending.

Jess Maurer
Co-Chair, Maine Council on Aging
Executive Director
Maine Association of Area Agencies on Aging

Judy Rawlings
Co-Chair, Maine Council on Aging
MCOA Community Member
Biographies for all presenters found online at: mainecouncilonaging.org/the-maine-summit-on-aging

8:00  **Registration & Exhibits Open**

9:00  **Welcome (Auditorium)**  
Jessica L. Maurer, Esq., Executive Director, Maine Association of Area Agencies on Aging

9:15  **Welcome (Auditorium)**  
G. Steven Rowe, Esq., President & CEO, Maine Community Foundation

9:25  **Opening Keynote: A New Narrative on Aging (Auditorium)**  
Julie Sweetland, Ph.D., Vice President for Strategy & Innovation, FrameWorks Institute  
Introduced by Laura K. Lee, Maine Community Foundation

10:25  **Exhibitor Break**

10:40  **Work Sessions A** *(Find your assigned session on your name badge!)*
- A1  Reframing Aging: Theory to Practice *(Howard)*
- A2  Never Too Late! Successfully Starting a Business After 50 *(Androscoggin)*
- A3  Maine’s Aging in Place Revolution *(Penobscot)*
- A4  Creating & Connecting Through Music – Part 1 *(York)*
- A5  Using Technology to Improve Health and Care *(Arnold)*
- A6  Aging Initiative at the University of Maine System: Shaping Aging Policy and Practice through Community and University Research Partnerships *(Kennebec)*
- A7  Strategies and Tools for Engaging & Retaining an Older Workforce *(Washington)*
- A8  Working Through Alzheimer’s and Dementia *(Sagadahoc)*
- A9  Mindful Aging: Longevity Training *(Piscataquis)*
- A10  Athletic Competition Never Gets Old *(Aroostook)*

11:40  **Networking Lunch & Exhibitor Tour**

12:40  **Work Sessions B** *(Find your assigned session on your assigned session on your name badge!)*
- B1  Reframing Aging: Theory to Practice *(Howard)*
- B2  Never Too Late! Successfully Starting a Business After 50 *(Androscoggin)*
- B3  Encore Leadership Corps: Older Adults Leading Community Change *(Piscataquis)*
- B4  Creating & Connecting Through Music – Part 2 *(York)*
- B5  Integrated Care Leading to Independence and Better Health *(Penobscot)*
- B6  Curiosity Never Retires – What Maine’s Senior Colleges Offer Lifelong Learners *(Washington)*
- B7  Retirees Helping to Bridge the Workforce Gap – A Win-Win! *(Arnold)*
- B8  Universal Employees and Self-Managed Teams *(Sagadahoc)*
- B9  Boomers Leading Health Care Reform One Patient at a Time *(Aroostook)*
- B10  No Fear Advocacy – Becoming the Change We Want to See *(Kennebec)*
1:40 Exhibitor Break

1:55 Work Sessions C (Find your assigned session on your name badge!)
- C1 Reframing Aging: Theory to Practice *(Howard)*
- C2 Maine’s Aging in Place Revolution *(Penobscot)*
- C3 Encore Leadership Corps: Older Adults Leading Community Change *(Piscataquis)*
- C4 Telling Your Story – The Power of Memoir Writing *(Aroostook)*
- C5 Technology for the Future: Intergenerational Innovation at the University of Maine System *(York)*
- C6 First Northern New England Age Friendly University: Building Bridges of Knowledge, Engagement and Support *(Androscoggin)*
- C7 No Fear Advocacy – Becoming the Change We Want to See *(Kennebec)*
- C8 A Creative Approach to Alzheimer’s *(Sagadahoc)*
- C9 Strategies and Tools for Engaging & Retaining an Older Workforce *(Washington)*
- C10 Mind Body Medicine: This is Compassionate Care *(Arnold)*

2:55 Transition to Keynote *(Auditorium)*

3:00 Closing Keynote: It’s Never Too Late to Make Waves! *(Auditorium)*
*Pat Gallant-Charette, World Renowned Marathon Swimmer*

3:30 Adjourn

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MAINE SUMMIT ON AGING ADVISORY GROUP AND PLANNING TEAM

Many thanks to those who helped plan and coordinate this event!

Nancee Campbell          Melissa Grover          Jess Maurer
Ami Esquivel             Don Harden             Judy Rawlings
Amy R. Gallant           Peggy Haynes           Mary Jane Richards
Elizabeth Gattine        Lisa Henderson         Betsy Sawyer-Manter
                          Adam Lacher

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A NEW NARRATIVE ON AGING
9:25AM in the Auditorium

ABOUT JULIE SWEETLAND

Keynote Presenter, Julie Sweetland, is a sociolinguist and vice president for strategy and innovation at the FrameWorks Institute, where she leads efforts to diffuse the organization’s cutting-edge, evidence-based reframing recommendations throughout the nonprofit sector. Since joining FrameWorks in 2012, she has led the development of powerful learning experiences for nonprofit leaders and has provided strategic communications guidance for advocates, policymakers, and scientists nationwide and internationally. Prior to joining FrameWorks, Julie was actively involved in improving teaching and learning for over a decade as a classroom teacher, instructional designer, and teacher educator. At Center for Inspired Teaching, she served as director of teaching and learning and helped to found a demonstration school with an embedded teacher residency.

As founding director of the Center for Urban Education, she launched a graduate teacher preparation program for the University of the District of Columbia. Julie’s linguistic research has focused on the intersection of language and race; on the role of language variation and language attitudes on student learning; and on effective professional learning for teachers. Her work has appeared in publications such as the Journal of Sociolinguistics, Educational Researcher, and Education Week, and she is the co-author of African American, Creole, and Other Vernacular Englishes in Education. She is a graduate of Georgetown University and lectures regularly at her alma mater. She completed her MA and PhD in linguistics at Stanford University.
10:40AM  WORK SESSIONS A

A1  Reframing Aging: Theory to Practice
- Howard Room

**Moderator:** Julie Sweetland, Vice President for Strategy & Innovation, FrameWorks Institute

Join the FrameWorks Institute for an interactive session designed to deepen understanding and the ability to apply framing recommendations emerging from the Reframing Aging Initiative.

A2  Never Too Late! Successfully Starting a Business After 50
- Androscoggin Room

**Panelists:** Kathleen O'Donnell, SCORE Maine, Vice Chair of Portland Chapter; Lisa and Frank Ferrel, Zen Bear Honey Tea, LLC

Learn tips to successfully start a business when over the age of 50 and the wealth of resources SCORE has for you. SCORE Maine helps older adults with a business idea chart a course through the maze of local, state and federal requirements for hundreds of types of businesses. Come hear a SCORE Maine volunteer mentor address your questions plus hear from a SCORE client who started their business and didn’t let being well over 50 years old stop them!

A3  Maine’s Aging in Place Revolution
- Penobscot Room

**Moderator:** Patricia Oh, LMSW, MS, Livable Communities Consultant, AARP

**Panelists:** Dave Brown, Harpswell Aging at Home; Karen Campbell, Aging in Place Cumberland; Nancy Davis, Bethel Area Age-Friendly Community Initiative; Romaine Turyn, Age Friendly Readfield

Older Mainers in more than 80 Maine towns and cities are leading a movement to redefine how we live in community with one another that will have reverberations far into the future. Meet some of the leaders of this movement and learn what it takes to build a community for a lifetime. Participants will learn how to organize a community initiative, build effective partnerships, assess community needs and communicate about services, and will understand the tools available to help them in this work.

A4  Creating & Connecting Through Music – Part 1
- York Room

**Moderators:** Rick & Lynne Gammon

Think you’re too old to learn a musical instrument? Think again! It’s never too late to realize your passion and this two-part session will prove that anyone can learn to play the ukulele! This session will explore the benefits of music in later life and teach participants how much fun it can be to go a little past your comfort zone to learn something new.
A5 Using Technology to Improve Health and Care

- Arnold Room

Panelists: Robert Abel, BSN, RN, CHPN, CMC, CCM, Chief Nursing Officer, MaineHealth Care at Home; Stephen Baybutt, MSN, RN, Clinical Coordinator, MaineHealth Care at Home

As Maine’s healthcare workforce shortage grows, technology will play an increasingly pivotal role in supporting the health of people remotely. However, technology alone is no panacea for direct care. Participants will learn how MaineHealth Care at Home is integrating advanced telehealth technology with expert clinical care to improve the health and independence of patients and reduce costs by avoiding unnecessary hospital stays. Telehealth helps patients manage their health and stay connected to their providers through wireless devices including tablets and video platforms.

A6 Aging Initiative at the University of Maine System: Shaping Aging Policy and Practice through Community and University Research Partnerships

- Kennebec Room

Panelists: Eileen Griffin, Senior Policy Associate, Muskie School of Public Service, University of Southern Maine (USM); Sarah Goan, Data Innovation Project, Muskie School of Public Service, USM; Ryan Wallace, Director, Maine Center for Business and Economic Research; David Wihry, Project Manager, UMaine Center on Aging, University of Maine

Starting in 2015, the University of Maine System launched a cross-campus Aging Initiative with the goal of bringing together faculty and research staff across all seven campuses to focus on aging-related research and scholarship. Policy-related research is one of the several areas of focus under the Aging Initiative. This session will provide a brief overview of the Aging Initiative, describe the role of the Policy Committee, and the types of policy expertise available within the University of Maine System to help community members inform policy and program design, implement new strategies, and measure outcomes and performance. Information about accessing faculty, research staff and the potential for engaging students in field work, service learning and research will also be provided.

A7 Strategies and Tools for Engaging & Retaining an Older Workforce

- Washington Room

Panelists: John Dorrer, Chief Workforce Strategist for the Maine Community College System; Don Harden, Catholic Charities Maine

Increasing labor force participation by those 65+ is a critical part of the solution to Maine’s growing workforce shortage but few employers have a strategy for attracting and retaining older workers. This session will explore tools and strategies that will help employers be intentional about effectively engaging older workers, supporting family caregivers in the workplace and creating a culture that fuels an effective multi-generational workforce.
A8  Working Through Alzheimer's and Dementia

**Panelists:** Peter Baker LCSW, Program Director, Alzheimer's Association, Maine Chapter; Jacquie Guerin, Caregiver; Kristin Aiello, Esq., Managing Attorney, Disability Rights Maine

People living with dementia and their caregivers want to work and, with Maine’s shrinking workforce, we can’t afford for them not to work. This session will explore issues surrounding caregiving, dementia and work and will offer employers the best ways to prepare to address the needs of people working with dementia and employed caregivers.

A9  Mindful Aging: Longevity Training

**Moderator:** Nancy Hathaway, M.Ed., LpastC, Center for Studying Mindfulness

Growing older offers limitless opportunities for change, including how we live each day. Mindful living not only leads to better health and happiness but can help us reach our highest potential through all of our life adventures. In this session we will explore Mindfulness practices that can be used as we age. Aging Mindfully is a simple process that can add graciousness, energy and wellness. Take home to everyday life simple steps to start or build aging mindfully from wherever you are.

A10  Athletic Competition Never Gets Old

**Panelists:** Jo Dill, Manager, Maine Senior Games; Derry Rundlett, Athlete, Maine Senior Games

For many, the thrill of competing in an athletic event never ends. Thanks to Maine Senior Games, anyone over the age of 45 can annually participate and compete in athletic and recreational events to have fun, stay fit and keep that competitive edge. Medal winners in their age categories are eligible to compete in the National Senior Games. This session will share information about the Maine Senior games and explore how remaining active long into old age can improve health and emotional well-being.
12:40PM  Work Sessions B

B1 Reframing Aging: Theory to Practice

Moderator: Julie Sweetland, Vice President for Strategy & Innovation, FrameWorks Institute

Join the FrameWorks Institute for an interactive session designed to deepen understanding and the ability to apply framing recommendations emerging from the Reframing Aging Initiative.

B2 Never Too Late! Successfully Starting a Business After 50

Panelists: Kathleen O’Donnell, SCORE Maine, Vice Chair of Portland Chapter; Lisa and Frank Ferrel, Zen Bear Honey Tea, LLC

Learn tips to successfully start a business when over the age of 50 and the wealth of resources SCORE has for you. SCORE Maine helps older adults with a business idea chart a course through the maze of local, state and federal requirements for hundreds of types of businesses. Come hear a SCORE Maine volunteer mentor address your questions plus hear from a SCORE client who started their business and didn’t let being well over 50 years old stop them!

B3 Encore Leadership Corps: Older Adults Leading Community Change

Moderator: Jennifer Crittenden, Assistant Director, UMaine Center on Aging;
Panelists: Frank Ober, ENCorps volunteer; Alice Morgan, ENCorps volunteer; Norma Rossel, ENCorps volunteer

Older adults throughout Maine are contributing their time, talent, and energy to improving community life. Come and hear about an innovative program, Encore Leadership Corps (ENCorps), that is engaging older adults in making Maine a better place to live and work. This session will feature an overview of the ENCorps program followed by a panel of current ENCorps members who will talk about their community revitalization work. There will be time for audience participation and sharing your own stories of how older adults are leading the charge to improve Maine communities.

B4 Creating & Connecting Through Music – Part 2

Moderators: Rick & Lynne Gammon

Think you’re too old to learn a musical instrument? Think again! It’s never too late to realize your passion and this two-part session will prove that anyone can learn to play the ukulele! This session will explore the benefits of music in later life and teach participants how much fun it can be to go a little past your comfort zone to learn something new.
B5  Integrated Care Leading to Independence & Better Health  
- Penobscot Room

**Panelists:** Piali De, Ph.D, CEO Senscio Systems; Gary Janko, COO, Senscio Systems

Technology can be a powerful tool to help people live independently and manage their health, but it most effective when it is supported by a care team. Hear how Senscio Systems, Inc. is effectively using intelligent technology in partnership with medical and community care teams to help older people meet their plans of care both and stay independent at home and in assisted living communities.

B6  Curiosity Never Retires - What Maine’s Senior Colleges Offer Lifelong Learners  
- Washington Room

**Moderator:** Anne Cardale, Program Director, Maine Senior College Network

**Panelists:** Chuck Acker, UMA Senior College; Fleurette Bannon, Board, York County Senior College; Irene Kutcha, President, Western Mountains Senior College; Janet Stebbins, President, Osher Lifelong Learning Institute; Tom Feagin, President, UMA Senior College

Learning for the fun of it never gets old, especially when there are no tests, no papers, and no grades. Maine’s 17 Senior Colleges are volunteer-driven and preparing for a busy fall schedule of classes. Come hear from experienced Senior College board members, past and present, as they talk about planning and delivering stimulating and lively classes to lifelong learners aged 50 and above and find out how you can get involved.

B7  Retirees Helping to Bridge the Workforce Gap – A Win-Win!  
- Arnold Room

**Panelists:** Christiane Cornish, Human Resources Director, SeniorsPlus; Holly Zielinski, Nutrition and Community Services Director, SeniorsPlus; Donna Rollins, SeniorsPlus; Rene Ouellette, SeniorsPlus

This workshop will look at how one Area Agency on Aging is actively recruiting older people who have retired from their primary career to utilize their skill sets to help fill in work that may be part time, project based, time-limited, or ebbing and flowing. The panel will share perspectives from the Human Resource, Program Management and employee perspective. Attendees will learn about recruiting from the “about to retire or just retired pool” to keep older adult retirees from dropping out of the workforce. Learn about the “win-win” from both the employer and employee perspective.

B8  Universal Employees and Self-Managed Teams  
- Sagadahoc Room

**Panelists:** Lisa Noonan, Chief of Operations, Park Danforth; Angela Hunt, Chief of Operations, The Cedars

This session will explore successful strategies being utilized by two Portland-based residential care communities to engage and retain direct care workers and support staff. The Cedars is transitioning to The Household Model™ -- a culture change in senior care that reverses institutionalization to restore choice, meaning and joy in the lives of older adults. Rather than rotating staff across floors and assigning tasks on a
predetermined schedule, the Household Model™ groups 16 to 20 residents into households and provides them with a close-knit team of versatile employees able to meet needs and respond to requests as they arise. It sounds simple, but self-managed teams are a seismic shift in the way CNAs, RNs, therapists, managers and even housekeepers are traditionally trained to work. The Park Danforth created a Universal Worker program to enable staff to shift between job functions including direct care, staffing the front desk, working in the dining room, and assisting with maintenance. Universal Workers have welcomed this variety, and The Park Danforth has benefitted from reduced turnover and high employee satisfaction.

**B9  Boomers Leading Health Care Reform One Patient at a Time**  
**- Aroostook Room**

**Panelists:** Jessica Reed, MSN, GNP-BC, Quality Improvement Manager, Maine Quality Counts; Art Jacobson, Consumer Advocate; Mary Schneckenburger, M. Ed.

Medical care shouldn’t be something that just happens to us – it should be a part of an active partnership between health care clinicians and patients. This session will explore Maine’s health care “consumer engagement” movement and the tools that are available to help us all be more engaged and activated partners in our own health and care. Specifically, participants will learn about the Choosing Wisely decision supporting tools that prompt patients to ask the right questions in various health care settings.

**B10  No Fear Advocacy – Becoming the Change We Want to See**  
**- Kennebec Room**

**Panelists:** Rick Erb, Executive Director, Maine Health Care Association; Ann Woloson, Policy Analyst, Maine Equal Justice Partners

While there has been a clear shift in our thinking about how we want to age – at home and in our communities – we haven’t invested in the infrastructure that supports this change. To thrive in our homes and communities as we age, we need access to safe and affordable housing options, on-demand transportation, locally available fresh food, and quality medical and home care, just to name a few. To achieve this vision, we all must lend our voices to the local, state and national conversations that determine how we spend our resources and build our communities. This session will explore effective advocacy tools and strategies and help participants understand advocacy opportunities on the horizon.

Sponsored by: [MPA]
1:55PM  WORK SESSIONS C

C1 Reframing Aging: Theory to Practice
- Howard Room
Moderator: Julie Sweetland, Vice President for Strategy & Innovation, FrameWorks Institute

Join the FrameWorks Institute for an interactive session designed to deepen understanding and the ability to apply framing recommendations emerging from the Reframing Aging Initiative.

C2 Maine’s Aging in Place Revolution
- Penobscot Room
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Panelists: Dave Brown, Harpswell Aging at Home; Karen Campbell, Aging in Place Cumberland; Nancy Davis, Bethel Area Age-Friendly Community Initiative; Romaine Turyn, Age Friendly Readfield

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C3 Encore Leadership Corps: Older Adults Leading Community Change
- Piscataquis Room
Moderator: Jennifer Crittenden, Assistant Director, UMaine Center on Aging;
Panelists: Frank Ober, ENCorps volunteer; Alice Morgan, ENCorps volunteer; Norma Rossel, ENCorps volunteer

Older adults throughout Maine are contributing their time, talent, and energy to improving community life. Come and hear about an innovative program, Encore Leadership Corps (ENCorps), that is engaging older adults in making Maine a better place to live and work. This session will feature an overview of the ENCorps program followed by a panel of current ENCorps members who will talk about their community revitalization work. There will be time for audience participation and sharing your own stories of how older adults are leading the charge to improve Maine communities.

Sponsored by:

C4 Telling Your Story – The Power of Memoir Writing
- Aroostook Room
Panelists: Dick Matthews, Freelance Feature Writer; Paula Widmer

Older folks can find great peace in writing the stories that make up the fabric of their lives and group writing can build strong ties among group participants. This session will explore the benefits of memoir writing, help participants learn how to get started on their own stories and help activities directors, resident service coordinators and community leaders know how to start a group memoir writing project and keep it going.
C5 Technology for the Future: Intergenerational Innovation at the University of Maine System  - York Room

Panelists: Carol Kim, Ph.D, Associate Vice Chancellor for Academic Innovation and Partnerships, University of Maine System; Lenard W. Kaye, DSW, Ph.D, Director, UMaine Center on Aging and Professor, UMaine School of Social Work

Rethinking about how we age in our homes and communities has created real opportunity for technological advancements and the University of Maine System has seized this opportunity. They are pairing students with older adults to co-design useful tools that solve challenges related to aging and their professors are putting innovative technology created for other applications to work to make it easier for older adults to age in place. This session will explore what’s next and what is possible in the world of technology and aging.

C6 First Northern New England Age Friendly University: Building Bridges of Knowledge, Engagement, and Support  - Androscoggin Room

Panelists: Marilyn R. Gugliucci, MA, Ph.D, Professor & Director, Geriatrics Education and Research, College of Osteopathic Medicine; Regula (Regi) Robnett, PhD, OTR/L, Professor, Department of Occupational Therapy

In July 2017, the University of New England attained the international designation as an Age Friendly University. UNE is the 5th university in the United States, first in the Northern New England, and among the first dozen universities internationally, to be recognized as Age Friendly. This session will provide an overview of Age Friendly University principles and share information on some of the initiatives that earned UNE this designation. Participants will discuss how UNE and other Maine universities and colleges can create educational environments that address the needs of a more age-diverse population and advance efforts to build age-friendly living environments that address the needs of our aging population.

C7 No Fear Advocacy – Becoming the Change We Want to See  - Kennebec Room

Panelists: Rick Erb, Executive Director, Maine Health Care Association; Ann Woloson, Policy Analyst, Maine Equal Justice Partners

While there has been a clear shift in our thinking about how we want to age – at home and in our communities – we haven’t invested in the infrastructure that supports this change. To thrive in our homes and communities as we age, we need access to safe and affordable housing options, on-demand transportation, locally available fresh food, and quality medical and home care, just to name a few. To achieve this vision, we all must lend our voices to the local, state and national conversations that determine how we spend our resources and build our communities. This session will explore effective advocacy tools and strategies and help participants understand advocacy opportunities on the horizon.

Sponsored by:
C8  A Creative Approach to Alzheimer's - Sagadahoc Room

Panelists: Mark Pechenik, Manager of Community Engagement & Outreach, Alzheimer’s Association Maine Chapter; Rachel Blaustein, Bates College

The Legacy Storytellers Initiative is an early stage social engagement program where pre-med students work with folks living with Alzheimer’s and dementia to record and publish their life stories. The initiative breaks down barriers by demonstrating what those living with dementia can do to improve understanding and awareness of cognitive issues. Students gain rare insight into what it’s like to live with dementia and people living with dementia are empowered to educate the next generation.

C9  Strategies and Tools for Engaging & Retaining an Older Workforce - Washington Room

Panelists: John Dorrer, Chief Workforce Strategist for the Maine Community College System; Don Harden, Catholic Charities Maine

Increasing labor force participation by those 65+ is a critical part of the solution to Maine’s growing workforce shortage but few employers have a strategy for attracting and retaining older workers. This session will explore tools and strategies that will help employers be intentional about effectively engaging older workers, supporting family caregivers in the workplace and creating a culture that fuels an effective multi-generational workforce.

C10  Mind Body Medicine: This is Compassionate Care - Arnold Room

Panelists: Rhonda C. Selvin, APRN, FNP, Independent Healthcare Consultant; Ami Bass, LCSW, Integrated Clinical Social Worker, Augusta Family Medicine

What is Mind Body Medicine? What is Compassionate care? How do we truly support patient centered care, support our own boundaries and self-care, and even foster resiliency? This session will examine the missing link in current care delivery between physical and behavioral health and identify how and why this link must be integral to care delivery across the continuum of care and the life span. Older people have the experience and wisdom to help us lead this change which is foundational to our own wellness and the ability of our patients and our communities to thrive.
It’s Never Too Late to Make Waves!
3:00PM in the Auditorium

At 66, Pat Gallant-Charette, a retired nurse, is still putting her passion for open water swimming to the test. This year, she became the oldest woman to cross the 34-mile English Channel, to swim the 26-mile crossing between the Hawaiian islands of Molokai and Oahu and to complete a solo 32-mile Lake Ontario crossing from Niagara-on-the-Lake in Ontario to the provincial capital of Toronto. She will share the inspiration for starting open water swimming later in life and how it changed her view on getting older.

ABOUT PAT GALLANT-CHARETTE

Keynote presenter, Pat Gallant-Charette, is world renowned marathon swimmer and 66-year-old retired nurse from Westbrook, Maine. Although she did not begin distance swimming until age 46, Ms. Gallant-Charette has currently completed six of the seven Oceans Seven channels. In June of this year, she successfully crossed the English Channel in 17 hours and 55 minutes.

Along with the English Channel, Ms. Gallant-Charette has set 5 world records in marathon swimming as the oldest woman to swim across the Catalina Channel in California, the Tsugaru Strait in Japan, the North Channel between Northern Ireland and Scotland, and the Molokai Channel in Hawaii. Ms. Gallant-Charette has twice been nominated as World Open Water Swimmer Woman of the Year, with the prestigious Swimming World Magazine naming her as “one of the greatest open water swimmers of all times.” Her motto: “You can if you try.” She is also the founder of the annual global swim event Valentine’s Day...Swim for your Heart to bring awareness of heart disease and its prevention. Ms. Gallant-Charette swims in honor of her brother, Robbie, an avid swimmer, who died of a heart attack at the age of 34. Ms. Gallant-Charette is a native of Maine and graduated from the University of Southern Maine.
Thanks to our wonderful sponsors for their support in making this event a reality!

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Maine Community Foundation

**Platinum Sponsors**

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- EMHS
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**Gold Sponsors**

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Special thanks to our MCOA Annual Dinner Sponsor:
The 28th Annual Maine Geriatrics Conference Planning Committee
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<td>Mollie Baldwin</td>
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<td>Elizabeth Gattine</td>
<td>Muskie School of Public Service</td>
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<td>Judy Rawlings, Co-Chair</td>
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<td>Rick Erb</td>
<td>Maine Health Care Association</td>
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<td>Marilyn R. Gugliucci</td>
<td>Secretary UNECOM Department of Geriatric Medicine</td>
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<td>Betsy Sawyer-Manter</td>
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<td>Jess Maurer, Co-Chair</td>
<td>Maine Association of Area Agencies on Aging</td>
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MANY THANKS TO THE MAINE COUNCIL ON AGING’S 2017 MEMBER ORGANIZATIONS!

Alpha One
Alzheimer’s Association, Maine Chapter
AARP Maine
Aroostook Area Agency on Aging
Avesta Housing Development Corp
Catholic Charities of Maine
Charlotte White Center
Community Concepts
Consumers for Affordable Health Care
COR Health/Home Care from the Heart
Eastern Area Agency on Aging
Eastern Maine Healthcare Systems
Elder Abuse Institute of Maine
Goodwill Industries of Northern NE
Good Shepherd Food Bank
Healthy Peninsular
HealthCentric Advisors
Home Care for Maine
Home Health Visiting Nurses
Hospice Volunteers of Somerset County
KVCAP
Kennebec Valley Organization
LeadingAge ME/NH
Legal Services for the Elderly
Maine Association of Area Agencies on Aging
Maine Association of Retirees
Maine Community Action Association
MCD Public Health
MCH, Inc.
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Maine Equal Justice Partners
MaineGeneral
Maine Gerontological Society
Maine Health Care Association
MaineHealth/Partnership for Healthy Aging
Maine Long Term Care Ombudsman Program
Maine Nurse Practitioners Association
Maine Senior College Network
Maine State Bar Association
Muskie School of Public Service
New Ventures Maine

North Country Associates
Opportunity Alliance
Penquis
PeoplePlus
Philips Lifeline
Pine Tree Health Care
Roman Catholic Diocese
SAGE Maine
SeniorsPlus
Senscio Systems, Inc.
Southern Maine Agency on Aging
Spectrum Generations
UMaine Center on Aging
UNECOM Department of Geriatric Medicine
Vinalhaven Eldercare Services
Volunteers of America Northern New England
Waldo Community Action Partners
Washington Hancock Community Agency
Westbrook Housing
Western Maine Community Action
York County Community Action Corp

MCOA Community Members:
Nancee Campbell
Pat Kosma
Cheryl Rust
Judy Rawlings

Special Thanks to our Sustaining Patrons:
COR Health/Home Care from the Heart
Eastern Maine Healthcare Systems
MaineHealth/Partnership for Healthy Aging
Senscio Systems, Inc.

These members provide foundational support for the MCOA’s visionary work and receive additional member benefits. Check out the MCOA’s table to learn more!
We’re Headed Toward a New Conversation on Aging
Join Us – So We Can Go Farther, Faster, Together

If you’re at the Maine Wisdom Summit, you already know that we need smarter ways of adapting to an aging society – and that we can’t accomplish all that’s needed without bringing the public along with us.

So, we hope you’ll be pleased to learn about the regional Reframing Aging Initiative launching today. This project will equip mission-driven organizations and advocates to drive a more informed, productive, and solutions-oriented public conversation about aging and age-related policies.

Our region will be the first to engage deeply with new framing research sponsored by the Leaders of Aging Organizations and conducted by the FrameWorks Institute. By using this evidence base, nonprofit and public sector voices can be confident that they are making the most of their messaging. In turn, our collective efforts to create greater awareness, build public will, and attract support for policies will be more effective.

Over the next two years, there will be a variety of ways for organizations and individuals to participate, including:

- **FRAME LABS**
  Dynamic, intensive professional learning opportunities that build the skills needed to frame aging issues using powerful communications techniques.

- **FRAME COACHING**
  Allows organizations to get customized technical assistance on applying framing research to their ongoing communications efforts.

- **FRAME MAIL**
  Delivers insights on reframing social issues to your email inbox.

- **ONGOING OUTREACH AND FIELD-BUILDING**
  Widen the circle and increase impact.

FOR THE REFRAMING AGING INITIATIVE TO REACH ITS POTENTIAL, WE’LL NEED YOU TO ADD YOUR VOICE, ENERGY, AND EXPERTISE.

Gaining Momentum - A Communications Toolkit
This comprehensive resource provides communicators and advocates the tools and strategies to effectively frame aging issues in the public discourse by building better understanding of aging, ageism, and solutions to create a more age-integrated society.

To learn more about this initiative, reach out to:
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Maine Community Foundation
llee@mainecf.org

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