

Wisdom Summit Work Session Descriptions & Presenters

10:40 -11:40am Work Sessions A

A1 Reframing Aging: Theory to Practice

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.

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

A2 Never Too Late! Successfully Starting a Business After 50

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!

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

A3 Maine's Aging in Place Revolution

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.

Dave Brown, Harpswell Aging at Home
Karen Campbell, Aging in Place Cumberland
Nancy Davis, Bethel Area Age-Friendly Community Initiative
Patricia Oh, Moderator, LMSW, MS, Livable Communities Consultant, AARP
Romaine Turyn, Age Friendly Readfield

A4 Creating & Connecting Through Music – Part 1

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.

Rick & Lynne Gammon

A5 Using Technology to Improve Health and Care

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.

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

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

Changing demographics in Maine have created new opportunities to develop aging-focused research and education to help all Mainers to live and thrive in as they age. Come join us for a conversation with faculty and staff at the University of Maine system about ways we can work together to improve the lives of older Mainers. Panel members will highlight available expertise and interest areas across the seven university campuses, describe current aging research initiatives, and invite ideas for community partnerships and collaboration.

Eileen Griffin, Senior Policy Associate, The Muskie School of Public Service, University of Southern Maine

David Wihry, Project Manager, UMaine Center on Aging, University of Maine

Additional UMS members (TBD)

A7 Strategies and Tools for Engaging & Retaining an Older Workforce

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.

John Dorrer, Chief Workforce Strategist for the Maine Community College System

Don Harden, Catholic Charities Maine

A8 Working Through Alzheimer's and Dementia

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.

Peter Baker LCSW, Program Director, Alzheimer's Association, Maine Chapter

Jacquie Guerin, Caregiver
Kristin Aiello, Esq., Managing Attorney, Disability Rights Maine

A9 Mindful Aging: Longevity Training

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.

Nancy Hathaway, M.Ed., LpastC, Center for Studying Mindfulness

A10 Athletic Competition Never Get Old

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.

Jo Dill, Maine Senior Games Manager
Derry Rundlett
Senior Athletes TBA

11:40 – 12:40 pm Networking Lunch & Exhibitor Tour

12:40 – 1:40 pm Work Sessions B

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B3 Encore Leadership Corps: Older Adults Leading Community

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.

Jennifer Crittenden, Assistant Director, UMaine Center on Aging
Frank Ober, ENCORPS volunteer
Alice Morgan, ENCORPS volunteer
Norma Rossel, ENCORPS volunteer

B4 Creating & Connecting Through Music – Part 2

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.

Rick & Lynne Gammon

B5 Integrated Care Leading to Independence & Better Health

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.

Piali De, PhD, CEO Senscio Systems
Gary Janko, COO, Senscio Systems

B6 Curiosity Never Retires - What Maine's Senior Colleges Offer Lifelong Learners

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.

Anne Cardale, Program Director, Maine Senior College Network

Chuck Acker, UMA Senior College
Fleurette Bannon, Board, York County Senior College
Irene Kutch, President, Western Mountains Senior College
Janet Stebbins, President, Osher Lifelong Learning Institute
Tom Feagin, President, UMA Senior College

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

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.

Christiane Cornish, Human Resources Director SeniorsPlus
Holly Zielinski, Nutrition and Community Services Director at SeniorsPlus
Donna Rollins, SeniorsPlus
Rene Ouellette, SeniorsPlus

B8 Universal Employees and Self-Managed Teams

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.

Lisa Noonan, Chief of Operations, Park Danforth
Angela Hunt, Chief of Operations, The Cedars

B9 Boomers Leading Health Care Reform One Patient at a Time

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.

Jessica Reed, MSN, GNP-BC, Quality Improvement Manager, Maine Quality Counts
Art Jacobson, Consumer Advocate

B10 No Fear Advocacy – Becoming the Change We Want to See

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.

Ann Woloson, Policy Analyst, Maine Equal Justice Partners

1:40 – 1:55 pm Exhibitor Break

1:55 – 2:55 pm Work Sessions C

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Jennifer Crittenden, Assistant Director, UMaine Center on Aging

Frank Ober, ENCORPS volunteer

Alice Morgan, ENCORPS volunteer

Norma Rossel, ENCORPS volunteer

C4 Telling Your Story – The Power of Memoir Writing

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.

Dick Matthews, Freelance Feature Writer

Paula Widmer

C5 Technology for the Future: Intergenerational Innovation at the University of Maine System

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.

Carol Kim, PhD, Associate Vice Chancellor for Academic Innovation and Partnerships, University of Maine System

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

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

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.

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

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

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.

Ann Woloson, Policy Analyst, Maine Equal Justice Partners (tentative – either Ann or Chris Hastedt)

C8 A Creative Approach to Alzheimer’s

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.

Mark Pechenik, Manager of Community Engagement & Outreach, Alzheimer’s Association Maine Chapter

Rachel Blaustein, Bates College

C9 Strategies and Tools for Engaging & Retaining an Older Workforce

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.

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

C10 Mind Body Medicine: This is Compassionate Care

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.

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

3:00 – 3:30 pm Closing Keynote: Pat Gallant-Charette, Distance Swimmer - ***It's Never Too Late to Make Waves!***

3:30 pm Adjourn