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## MCOA Newsletter & Updates

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We are looking forward to seeing many of you at the  
**MCOA Membership Meeting**

Tuesday, March 3rd  
1:00 to 3:30 p.m.  
Cohen Center, Hallowell

*Stay tuned for the agenda - coming soon!*

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### **Annual Awards Nominations**

**The MCOA is soliciting nominations for our annual awards. These include:**

The **MCOA's Lasting Legacy Award** recognizes and celebrates the sustained leadership of people whose commitment, ideals, and actions throughout their careers have brought about lasting and positive change to the lives of older Mainers.

The **MCOA's Legislator of the Year Award** recognizes and celebrates the sustained efforts of legislative leaders who actively champion legislative initiatives that improve the health, safety and economic security of older Mainers and/or increase and improve access to quality aging services.

The **MCOA's Trailblazing Advocate Award** recognizes and celebrates the sustained contributions of older community members whose passion, actions, and advocacy have made Maine a better place for us all to age with dignity, health, purpose and security. *Note, this award is not limited to legislative advocacy and includes people who advocate for system change in various*

settings.

The **MCOA's Business Excellence Award** recognizes and celebrates the sustained efforts of Maine employers that implement strategic practices and policies that value and sustain the contributions of older workers, support family caregivers, and/or create environments that meet the needs of older people, people living with dementia, and family caregivers.

[Click here to make a nomination for any and all of these awards!](#)The deadline for nominations is March 31<sup>st</sup>.

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## MCOA Board Member Highlight:



This month we are featuring one of our founding members and MCOA Board Treasurer, Betsy Sawyer-Manter!

Betsy is the President & CEO of SeniorsPlus — the Area Agency on Aging for Western Maine. She currently serves as President of the Maine Association of Area Agencies on Aging and is the Treasurer for the Maine Council on Aging. The mission of SeniorsPlus: "Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity and quality of life for those we serve." To read more about the work of SeniorsPlus, [click here](#).

We asked Betsy to share about the important work of her organization and why she is excited to continue to serve on the MCOA Leadership Team. Here's what she said:

### **What is one exciting aspect of your current work that you want MCOA members to know about?**

*SeniorsPlus is the Area Agency on Aging for Western Maine. We also provide statewide care coordination to 4500 older and disabled Mainers through our EIM program. While we are delivering 130,000 meals per year, answering over 17,000 requests for assistance and information, supporting 257 family caregivers and providing 2,168 people with Medicare counseling, we continued to take on new projects. We recently were awarded a three year Administration on Community Living grant to address Alzheimer's and Other Related Dementias. We will be working in partnership with Eastern Agency on Aging, MaineHealth, Maine Behavioral Health, the Alzheimer's Association, and the Muskie School to help Maine become more dementia capable.*

### **How does the work of the MCOA align with your organization's mission?**

*The MCOA works to assure that older Maine people have the resources they need to live their best life as they age. It is complimentary to the mission of SeniorsPlus which is to enrich the lives of seniors and adults with disabilities. We are also responsible to be advocates for the needs of older people in Maine. We accomplish this through our strong partnership and alignment with the work of MCOA. As a founding member I am deeply committed to the collective work of the network of organizations and businesses that make up*

the MCOA.

### **What are some ways that other MCOA Members can collaborate to support your work?**

*SeniorsPlus believes in collaboration and not duplicating services. We are open to building partnerships that help us bring the strength of our agency and staff to the table. We are adept at working on social determinants of health and are open to exploring new ventures.*

We are honored to have Betsy continue to serve on the MCOA Board of Directors. To find out more about our wonderful Board, [click here](#) - and stay tuned each month for the next Board Member Highlight!

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### **Looking for more information and ways to educate your organization on the 2020 Census?**

On Tuesday, February 25th, we hosted a webinar through the Tri-State Learning Collaborative on Aging on “Making the 2020 Census Count in your Community”. Becky Boober, the U.S. Partnership Specialist for Maine (who spoke at the last MCOA Membership meeting) led the conversation along with Partnership Specialists from NH & VT. You can view the archived webinar and download PowerPoint Presentation/additional fact sheets by clicking here: [https://agefriendly.community/2020/01/making\\_census\\_2020\\_count/](https://agefriendly.community/2020/01/making_census_2020_count/)

**We urge you to share this webinar with your staff as it has fantastic educational information and ideas for Census outreach efforts**

You can also find additional reports, fact sheets, and more at this webpage: [http://mainecouncilonaging.org/census\\_2020/](http://mainecouncilonaging.org/census_2020/)

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*Deadline for Proposals Extended!*

### **Are you interested in presenting your work during an innovative breakout session at the Maine Wisdom Summit?**

While we will be designing some of the sessions, we also want to hear your ideas for breakout sessions that highlight the innovative work you are doing that is helping to ensure we can all live healthy, engaged and secure lives as we age in our rural state of Maine.

**Please share this link with your colleagues!**

<https://www.surveymonkey.com/r/2020MaineWisdomSummitRFP>

**Click here for more information**

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**Member & Partner  
News + Updates**

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**Congratulations Don Harden!**  
*2020 Ikaria Award Winner*

The 2020 FILL THE PLATE BREAKFAST to benefit Meals on Wheels at SeniorsPlus will be held FRIDAY, MARCH 20, at the Hilton Garden Inn Auburn Riverwatch



The event features the presentation of the Ikaria Award, which recognizes an individual or organization for singular and outstanding contributions toward improving the lives of older adults. This year's honoree will be Don Harden, Director of Aging Services at Catholic Charities Maine.

For more information about the event, [click here to visit the website](#)

## SAVE THE DATE

**May 14, 2020**

**Augusta Civic Center**  
Augusta, ME

The Summit is a day-long, multidisciplinary event for professionals working to prevent, detect, and respond to elder abuse, neglect, and exploitation.

**ELDER ABUSE SUMMIT**  
**7th Annual Conference**

Registration and event details to follow.  
[www.elderabuseprevention.info](http://www.elderabuseprevention.info)

**MAINE COUNCIL FOR**  
**ELDER ABUSE**  
**PREVENTION**

## Save the Date!

**2020 University of Maine Clinical Geriatrics Colloquium**  
Tuesday, October 27, 2020 at Wells Conference Center

More details coming soon - [click here to visit the website](#)

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## In case you missed it:

**Reps. Fay, Griffin: Real change is needed to save Maine's long-term care workforce. [Read more here.](#)**

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**Reps. Cloutier and Arata: It's time to give Maine's family caregivers a tax break. [Read more here.](#)**

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What Seniors Need To Know About Trump's 2021 Federal Budget. [Read more here.](#)

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In Harpswell, fighting elderly isolation with hot meals together. [Read more here.](#)

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*Do you have an event you would like to share with fellow MCOA Members?*

Click here to let us know about  
it!

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