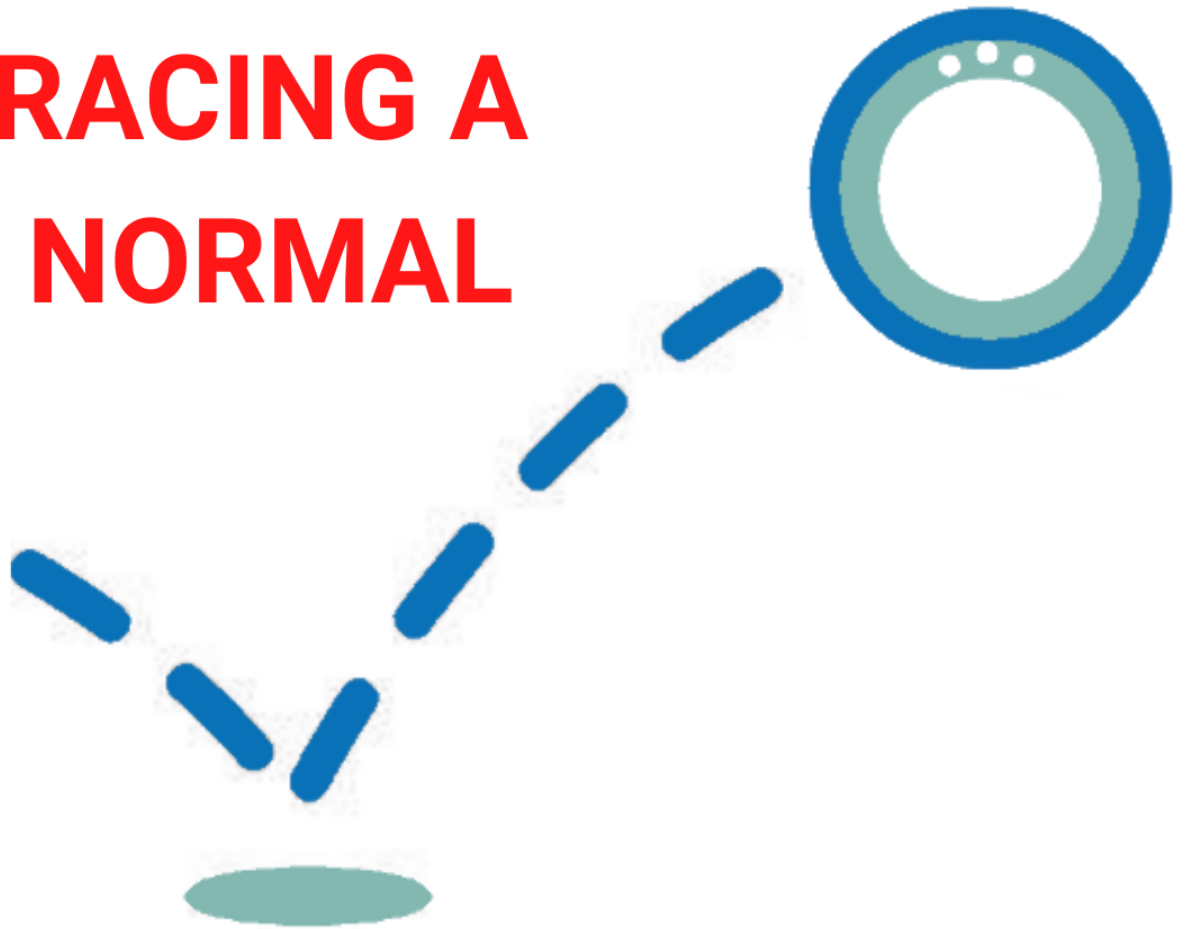


MAINE COUNCIL ON AGING PRESENTS

2021 Wisdom Summit

EMBRACING A NEW NORMAL



BOUNCING FORWARD TO BUILD
AN AGE-POSITIVE CULTURE IN MAINE

SEPTEMBER 7 - 21, 2021

WELCOME TO THE SUMMIT!

On behalf of the Board of Directors and members of the Maine Council on Aging, it is my great pleasure to welcome you to the eighth annual, and now second virtual, Maine Wisdom Summit. There's never been a more important time for us to come together to learn, share and connect, and be inspired and motivated. We must embrace the lessons of the last 18 months to help set a clearer path toward building an age-positive culture in Maine – a culture that sees, understands, and values the contributions of older Mainers and intentionally supports our changing needs, making it possible for us to live healthy, engaged, and productive lives as we age in our homes and communities.

This pandemic has shown us that our “normal” way of thinking about aging and older people is a narrative that needs to change. How we think, act, and talk about our own aging and older people matters. It not only impacts our physical and emotional health, but culturally, it impacts all of the systems around us. Changing a socially ingrained narrative can be challenging, but we know that once we are aware of our own age-bias, we are less likely to act on it, and more likely to support the systemic changes needed to support healthy aging.

This Summit has been designed to help us understand how we can change this narrative together, and how we can use a new narrative to plan our communities and develop our housing to be intentionally inclusive of the needs of older residents.

Each year, the Summit is a conversation that leads to action, and this year is no different. The ideas generated from the Summit will drive the MCOA's policy efforts into the future, and we will be listening – even if it's only through the chat function! Our members help move our policy efforts through various committees and working groups. We invite you to visit our website at www.mainecouncilonaging.org to learn more about us and how to help us in our efforts. Or, reach out to me directly, to see how you can become involved.

Finally, we thank our presenters, planners, sponsors, and exhibitors for supporting our retooled virtual Summit. Special thanks go to UnitedHealthcare for supporting our Premier Keynote Speaker, Louise Aronson, who we know will help inspire us all to action.

Thank you for lending us your wisdom and enjoy the event.

Jess Maurer
Executive Director, Maine Council on Aging

PLANNING COMMITTEE & GRATITUDE

Heartfelt thanks to the members of the Planning Committee who made this event possible:

Elizabeth Gattine
Leah Graham
Marilyn Gugliucci
Don Harden
Donna Kelley
James Moorhead
Maureen O'Connor
Judy Rawlings
Jessica Reed
Mary Jane Richards

MCOA Staff: Jess Maurer, Krista George, Mary Terry, and Kathy Vezina
MCOA Interns: Robert Belanger and Torey Steward

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SAVE THE DATE!

Join us at our next
Wisdom Summit on
September 27, 2022!

SEPTEMBER 7, 2021 - 9:00AM-12:00PM

PRE-SUMMIT SESSION: EMBRACING TRENDS & ADVANCES IN TECHNOLOGY AND INFORMATION SHARING TO SUPPORT HEALTHY AGING

COVID-19 has busted many stereotypes about older people and technology. The truth is, older Mainers, just like everyone else, are on a continuum of comfort when it comes to using and keeping up with new technology. This session will explore ways providers of all types are now using technology to support the health and social health needs of older Mainers, and how they're building new systems to share information to support better health. We'll also share ways you can help move the needle on broadband and technology in Maine.

8:45 Participants Join

9:00 Welcome & A Little Inspiration: A Day in the Life of Alexa

*Jess Maurer, Executive Director, Maine Council on Aging
Jean Saunders, Age Friendly Saco*

9:10 Increasing Maine's Capacity to Share Information on Social Health Needs

Chad MacLeod, Director of Product & Communication, HealthInfoNet

9:40 Panel: Advances in Using Technology to Meet Social Health Needs

*Ellen Freedman, Program Manager, Community Health Improvement, MaineHealth
Kristin Overton, Chief Strategy Officer, Healthy Living for ME
Maija Dyke, Contract & Business Manager, Healthy Living for ME
Melinda Lovering, Manager of Virtual Health, Androscoggin Home Healthcare & Hospice*

10:20 Wellness Break

*Presentation by: Anna Guest, Agewell Program Manager, SMAA
Sponsored by: [AgingME Geriatrics Workforce Enhancement Program \(GWEP\)](#)*

10:35 Panel: Advances in Using Technology to Support Health & Behavioral Health

*Mike Charley, EVP & COO, Senscio Systems, Inc.
Rachel Follansbee, Tri-County Mental Health Services
Jennifer Fogel, VP, Nursing Clinical Informatics Officer, Northern Light
Leigh Ann Howard, AVP Home Health, Northern Light Home Care & Hospice*

11:20 Using Technology to Build Empathy in Health Professionals

Marilyn Gugliucci, MA, PhD, Professor & Director Geriatrics Research, UNECOM

11:30 Closing Discussion: Advocacy Opportunities on Broadband & Technology

Nancy Smith, Executive Director, GrowSmart Maine

11:45 Live Exhibitor Lunch and Learn

Featured Exhibitor Presentations

AGENDA

SEPTEMBER 14, 2021 - 9:00AM-12:00PM

PRE-SUMMIT SESSION: EMBRACING JOB QUALITY FOR MAINE'S ESSENTIAL SUPPORT WORKFORCE

Essential support workers are the paid backbone support for tens of thousands of older Mainers, people living with disabilities, and those with behavioral health challenges. Yet, thousands more Mainers are going without support because there are not enough workers to meet demand. The Report of the Commission to Study Long Term Care Workforce Issues has created a clear pathway toward growing this workforce. We are making steady progress on implementing some of the recommendations, including increasing wages. Particularly in light of COVID and our workforce shortage, we must focus now on job quality. The [Five Pillars of Quality](#) for these jobs has been described as access to quality training, fair compensation, quality supervision and support, respect and recognition, and real opportunity. This session will focus on what's working, or in the works, to grow a resilient Essential Support Workforce in Maine, and to build quality into these jobs.

8:45 Participants Join

9:00 Welcome

Jess Maurer, Executive Director, Maine Council on Aging

9:10 Growing Maine's Essential Support Workforce – What's in the Works?

Joy Gould, Manager of Healthcare Workforce Development, DHHS

Kimberley Moore, Director of Employment Services, MDOL

Paul Saucier, Director, DHHS Office of Aging & Disability Services

10:00 Building Quality into the Essential Support Workforce – What's Working?

Robert Espinoza, Vice President of Policy, PHI

10:40 Wellness Break

Presentation by: Jennifer Fortin, Training & Fidelity Manager, HL4ME

Sponsored by: [John T. Gorman Foundation](#)

10:55 Shared Learning Discussions

11:25 Report-out: What's our Collective Best Thinking?

11:40 Innovation Spotlight – A Helping Voice

Stuart Lewis, MD, FACP, Associate Professor of Medicine, Geisel School of Medicine, Dartmouth, Division of Geriatrics and Primary Care

11:50 Closing Comments

12:00 Live Exhibitor Lunch and Learn

Featured Exhibitor Presentations

SEPTEMBER 21, 2021: MORNING SESSIONS

8:45 **Participants Join**

9:00 **Welcome & Opening Remarks**

Jess Maurer, Executive Director, Maine Council on Aging

Don Harden, MCOA Board Vice Chair, Power in Aging Project Manager, Maine Council on Aging

Gabe Martinez, Director, FQHC Champion & Community Engagement, UnitedHealthcare

9:15 **Keynote: Aging, Ageism & the Future of Elderhood**

Keynote Speaker: Louise Aronson, MD, MFA

Exclusive Keynote Sponsor: [UnitedHealthcare](#)

10:00 **Wellness Break**

Presentation by: Anna Guest, Agewell Program Manager, SMAA

Sponsored by: [Town and Country Federal Credit Union](#)

10:15 **Panel Presentation: Transforming Age-Bias into Age-Positive**

Greg Kesich, Editorial Page Editor, Portland Press Herald

Laura Lee, Director of Grantmaking, Maine Community Foundation

Diana Leblanc, Chair, Maine Diversity in Hiring Coalition

Representative Michele Meyer, Chair, Health & Human Services Committee

Rebecca Spear, DO, Medical Director, Inpatient Geriatric Consult Service

11:25 **Breakout Discussions: What Will You Do to Make ME Age-Positive?**

11:55 **Closing Presentation**

Don Harden, MCOA Board Vice Chair, Power in Aging Project Manager, Maine Council on Aging

12:00 **Live Exhibitor Lunch & Learn**

Featured Exhibitor Presentations



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the health, well-being, and
independence of older Mainers

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AGENDA

SEPTEMBER 21, 2021: AFTERNOON SESSION

1:00 **Welcome (Back) & Opening Remarks**

Jess Maurer, Executive Director, Maine Council on Aging

1:10 **Empowerment and Inclusion of Older People for Value Based Design**

Emi Kiyota, PhD, Environmental Gerontologist and Founder of Ibasho

1:50 **The Future of Housing in Maine**

Dan Brennan, Director, MaineHousing

2:20 **Wellness Break**

Presentation by: Maija Dyke, Contract & Business Manager, HL4ME

Sponsored by: [Volunteers of America Northern New England](#)

2:35 **Panel Presentation – Rethinking Housing in Maine – What will it take?**

Vanessa Farr, Senior Planner, Greater Portland Council of Governments

Dana Totman, President & CEO, Avesta Housing

Kara Wilbur, CNU, Director, Principle Group

3:35 **Awards Ceremony**

Exclusive Awards Sponsor: [Androscoggin Home Health Care + Hospice](#)

3:55 **Closing Comments**



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KEYNOTE SPEAKERS



Louise Aronson, MD MFA, is a leading geriatrician, writer, educator, professor of medicine at UCSF and the author of the New York Times bestseller and Pulitzer Prize finalist *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life*. A graduate of Harvard Medical School, Dr. Aronson has received the Gold Professorship in Humanism in Medicine, the California Homecare Physician of the Year award, and the American Geriatrics Society Clinician-Teacher of the Year award. At UCSF, Louise has served as director of the Pathways to Discovery program, the Northern California Geriatrics Education Center, the Optimizing Aging Project, and as Chief of Geriatrics Education. Her writing credits include the New York Times, Atlantic, Washington Post, Discover,

Vox, JAMA, Lancet, and the New England Journal of Medicine, and she has been featured on TODAY, CBS This Morning, NPR's Fresh Air, Morning Edition, Politico, Kaiser Health News, Tech Nation and the New Yorker. Currently, Dr. Aronson divides her time among patient care, community-based aging innovations, teaching, health advocacy in the media, and writing.

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³ Network size varies by market and exclusions may apply.

KEYNOTE SPEAKERS



Dr. Emi Kiyota, PhD, is the founder and director of Ibasho, an organization that facilitates the co-creation with elders of socially integrated, sustainable communities that value their elders. Dr. Kiyota holds a Ph.D. in architecture - Environment and Behavior Studies - from the University of Wisconsin-Milwaukee, a Master of Architecture and a Master of Science in Horticulture Therapy from Kansas State University. She is an environmental gerontologist and a consultant with over 20 years' experience in designing and implementing person-centered care in long-term care facilities and hospitals globally. She is an organizational culture change specialist, currently

serves as a consultant to implement person-centered care practice in long term care facilities. She has published journal articles and book chapters in Germany, Japan, Switzerland, and the United States and has done pre-design programming for senior housing and addiction treatment centers in the United States and abroad.

In addition to making a vast array of contributions to national and international initiatives focused on quality improvement in the built environment for long-term care and aging services, Emi holds great concern for the needs of elders in the developing world. Over the past several years, Emi has dedicated her energies to developing ageing valued community projects in Sri Lanka, Bhutan, and the Ivory Coast. To this end, Emi has formed Ibasho, embodying the Japanese concept of “a place where one feels at home being one’s self” with a group of like-minded colleagues. Ibasho aims to create socially, economically, and environmentally sustainable communities that value their elders. With this vision, she has been involved in development for housing and services for elders in Japan, Nepal and Philippines.

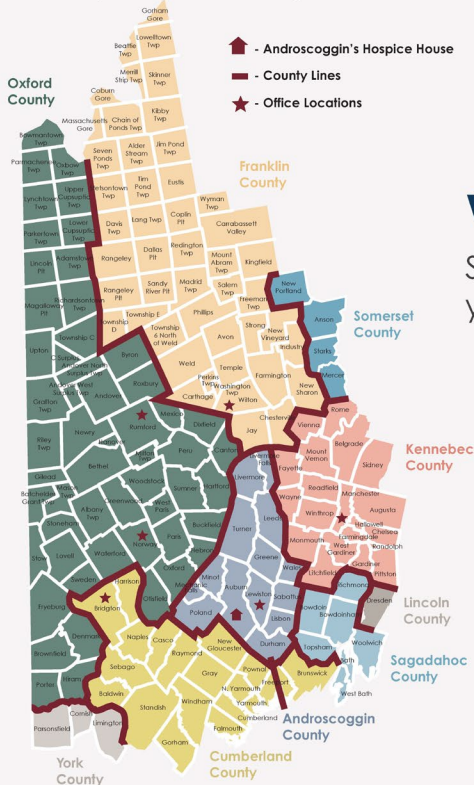
Her current focus is on creating socially integrated and resilient cities where elders are engaged and able to actively participate in their communities. She served on the board of directors of the Global Ageing Network. Dr. Kiyota has been awarded fellowships to investigate this topic, including the Loeb Fellowship at the Graduate School of Design at Harvard University, the Rockefeller Bellagio Residency Fellowship for a one month residency on an ‘Innovative Response to Global Aging’ from the Rockefeller Foundation. She worked on developing her idea on creating a process for community planning that embraces and engages elders for the benefit of all. She’s also been awarded the Atlantic Fellowship for Equity in Brain Health at the Global Brain Health Institute at University of California, San Francisco.



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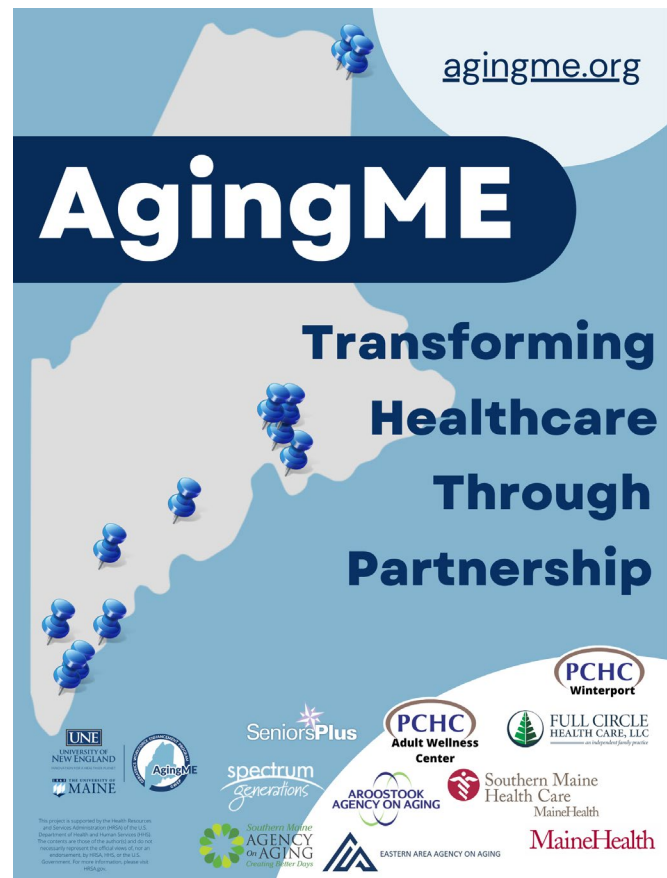
Daniel Brennan became MaineHousing's Director on April 9, 2018. Mr. Brennan has served in a number of senior staff positions since 1993, including as Senior Director of Programs, Director of Energy & Housing Services, Director of Development, Director of Asset Management, and Internal Auditor. Prior to joining MaineHousing, Mr. Brennan was employed as an internal auditor for Maine National Bank and RECOLL Management Corporation and shortly after joining MaineHousing, he earned the Certified Internal Auditor designation. Mr. Brennan received his B.A. from the University of Maine, Orono and his M.B.A. from Thomas College.

Mike Charley, EVP & COO, Sencio Systems, Inc.

Maija Dyke, Contract & Business Manager, Healthy Living for ME

Robert Espinoza, Vice President of Policy, PHI oversees its national advocacy, research, and public education division on the direct care workforce. Robert is a nationally recognized expert and frequent speaker on aging, long-term care, workforce, and equity issues. For more than 20 years, he has spearheaded high-profile advocacy campaigns and written landmark reports on aging and long-term care, LGBT rights, racial justice, and immigration, among other topics.

In 2020, Robert was selected for the first-ever CARE 100 list of the most innovative people working to re-imagine how we care in America today and as one of Next Avenue's 2020 Influencers in Aging. He also serves on the board of directors for the American Society on Aging and the National Academy of Social Insurance, and on the Forum on Aging, Disability and Independence for the National Academies of Sciences, Engineering, and Medicine. In 2021, he testified before the U.S. House Committee on Education and Labor on the need to improve funding nationwide for workforce interventions in direct care.



SPEAKER BIOS

Joy Gould, Manager of Healthcare Workforce Development, DHHS has spent her career in workforce development, most recently joining Maine DHHS in a newly created role to create and deploy a strategic workforce plan to address the shortage of qualified healthcare workers and implement statewide and community-based initiatives to improve the recruitment and retention of health care professionals. Prior to joining DHHS, Joy served as the Workforce Training Project Director with Community Concepts. Joy has a B.A. in Public Relations and Business from Mount Saint Mary College.

Vanessa Farr, Senior Planner, Greater Portland Council of Governments works mainly with member cities and towns on a wide range of land use planning issues, comprehensive planning, ordinance review and development. She participates in regional land use and transportation planning efforts. Vanessa has more than 22 years of planning and development experience. In 2015, she launched Maine Design Workshop, a collaborative of Maine-based professionals to provide high quality planning, regulatory and development services. Before moving into private practice, she led town planning departments in small historic coastal towns in Massachusetts and Maine, including serving as Yarmouth's Planning Director. She is the co-founder of Build Maine, a former board member of the New England Chapter of the Congress for the New Urbanism, and served for a number of years on the PACTS Planning Committee and Destination Tomorrow Long Range Transportation Plan Committee. Vanessa obtained her degree in Urban and Regional Planning from the Faculty of Environment, University of Waterloo, Canada.

Jennifer Fogel, VP, Nursing Clinical Informatics Officer, Northern Light

Rachel Follansbee, Program Clinical Supervisor, Tri-County Mental Health Services

Jennifer Fortin, Training & Fidelity Manager, Healthy Living for ME



Ellen Freedman, Program Manager, Community Health Improvement, MaineHealth oversees MaineHealth's Community Health Needs Assessment and Community Health Improvement Planning for its 9 regional hospitals in Maine and New Hampshire. Her work focuses on identifying and coordinating strategies to address priority health and social needs such as social determinants of health, cancer, substance use, mental health, healthy aging and obesity. Ellen has had experience in community health needs assessment for over a decade working at a community hospital in Massachusetts prior to moving to MaineHealth in 2017. Other work experience has included positions at state, city and municipal health departments and several community-based organizations. Working for over 30 years in public health, Ellen has provided leadership in improving health outcomes through community participation, program evaluation, integrating behavioral health and strategic development. Ellen is a graduate of Boston University School of Public Health and Colby College.

Leah Graham, PhD, Jackson Laboratory, MCOA Board Chair is the Manager of Government Affairs for The Jackson Laboratory. She was a postdoctoral fellow at The Jackson Laboratory, focusing on immune response and vascular remodeling in aging and dementias, before assuming her current position. She holds a Ph.D. in genetics from Tufts University and a B.S. from Ithaca College.



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SPEAKER BIOS

Anna Guest, Agewell Program Manager, Southern Maine Agency on Aging

Marilyn Gugliucci, MA, PhD, Professor & Director Geriatrics Research, UNECOM is also the Founding Director of U-ExCEL (UNE~Exercise and Conditioning for Easier Living) Fitness/Wellness Program for older adults. Her unique Learning by Living Research Projects offer two tracks: (1) The Nursing Home Immersion that "admits" medical students into nursing homes to live the life of an elder resident for 2-weeks; and (2) The 48 Hour Hospice Home Immersion that immerses pairs of medical students into an 18 bed inpatient acute care hospice home for 48 hours to conduct patient care, family support, and post-mortem care. She also conducts research on older adult falls prevention.

Marilyn is a Fellow of four National Associations. She serves on national and state boards and committees, and was the former president for the Association for Gerontology in Higher Education. Although not a nurse, she was a mentor for the International Honor Society of Nurses/Hartford Foundation Geriatrics Nursing Leadership Academy. Marilyn has been recognized with a number of state and national awards. She lectures both nationally and internationally and has multiple publications in the field of aging.

Don Harden, Power in Aging Project Manager, MCOA Board Vice Chair is a founding Board Member of the Maine Council on Aging where he also serves as Coordinator of the Council's initiatives on reframing aging and addressing ageism. He has been affiliated with Catholic Charities Maine for over 41 years most recently as Director of Aging Services. He was co-convener of the Maine Aging Initiative's Workgroup on Workforce and the Economy, served on the Legislative Commission to Study Long-term Care Workforce Issues, and is a member of Maine's Department of Labor Committee on Older Workers. He holds a MS in Counseling from USM.

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Leigh Ann Howard, AVP Home Health, Northern Light Home Care & Hospice

Greg Kesich, Editorial Page Editor, Portland Press Herald

Diana Leblanc, Co-Chair, Diversity Hiring Coalition of Maine (she/her/hers) currently serves as a Co-Chair of the Diversity Hiring Coalition (DHC) of Maine along with Co-Chair Mandy Levine. The DHC focuses on three strategic areas; the aging workforce, racial & ethnic diversity, and the LGBTQ+ community, where they aim to provide leadership, education, and resources to Maine employers to promote diversity in the workplace. The DHC is a Chapter of Maine SHRM. Diana's background includes roles as a Human Resource generalist and as a Talent Acquisition Partner in higher education. Diana and her family relocated from Kansas to Maine in September of 2020 and for the past year, she has had a continuous interest in learning more about Maine's demographics, and how the aging population and the immigrant population contribute to the state's economy and talent pool. Diana is an Assistant Vice President, Talent & Diversity Specialist at Bangor Savings Bank.

Laura Lee, Director of Grantmaking, Maine Community Foundation coordinates the foundation's competitive grant programs. In addition to working with donors and nonprofits, she leads the foundation's strategic initiative work on aging. Prior to joining MaineCF in 2015, Lee held positions at Bowdoin College, including assistant dean of student affairs. Lee earned a B.A. in history from Oberlin College and a master's and Ph.D. in U.S. history from UCLA. She lives with her family in Brunswick.

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Maine Council on Aging's 2021 Wisdom Summit

We share a vision: All Maine people are able to thrive in our communities with health, independence, and dignity. We're honored to work together to build an age-positive culture in Maine.



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SPEAKER BIOS

Stuart Lewis, MD, FACP, Associate Professor of Medicine, Geisel School of Medicine, Dartmouth, Division of Geriatrics and Primary Care

Melinda Lovering, Manager of Virtual Health, Androscoggin Home Healthcare & Hospice

Chad MacLeod, Director of Product & Communication, HealthInfoNet, Maine's statewide Health Information Exchange (HIE). Chad collaborates with a cross-functional team of project managers, clinical educators, analysts, and technical developers to deliver high-quality services and materials to the HIE's customers, partners, and end-user communities. His primary interests include ACO- and payer-focused analytics and reporting, organization/provider directory management, and applications of social health information. Prior to joining HealthInfoNet, Chad worked at Onpoint Health Data, a Maine-based data management and analytics company operating All-Payer Claims Database (APCD) programs across the country. He serves as Chair of Age Friendly South Portland, where he oversees programs designed to help older adults thrive in their community. He received his BA from Gettysburg College.

Gabriel Martinez is UnitedHealthcare's Director of the FQHC Champion Program and Community Engagement for the New England Medicare Health Plan. Gabe is responsible to support the success and issue resolution among the Federally Qualified Health Centers (FQHCs) that are in UnitedHealthcare's Medicare Network. Gabe works to ensure that the FQHCs in New England are able to find success within UnitedHealthcare's Medicare Incentive Programs. Gabe also assumes the role of Community Engagement Leader in New England where he works to partner UnitedHealthcare and the many Community Based Organizations, such as MCOA, that jointly support the aging population in our communities. Gabe currently has 10 years of experience within the healthcare field beginning with direct patient care while working in both a Transitional Living Center as well as Community Support Services for a community mental health center in NM. He then relocated to NH in 2012 where he gained further direct care experience working for Greater Nashua Mental Health Center. Gabe entered the health insurance industry beginning in Network Management for a behavioral health benefit vendor serving NH's Medicaid population and later joined UnitedHealthcare in 2017 as a Provider Advocate. In 2019 he piloted the FQHC Champion Program in Northern New England. This successful program was then expanded to all 6 New England states after joining the Medicare Health Plan team in April of 2020.

Jess Maurer is the Executive Director of the Maine Council on Aging, a broad, multidisciplinary network of over 65 organizations, businesses and older community members working to promote the safety, independence and well-being of all older adults in Maine. She advances statewide public policy initiatives that support the health and economic security of older Mainers and provides leadership within Maine's aging network. She is the co-author of a report entitled Building a Collaborative Community Response to Aging in Place and Maine's Blueprint for Action on Aging. She leads the Maine Aging Initiative and the Tri-State Learning Collaborative on Aging and annually organizes statewide and regional events that advance aging policy. A licensed Maine attorney, Jess worked for nearly 17 years in the Maine Office of the Attorney General. In her last 7 years in the Office, she served as a Special Assistant Attorney General, implementing public policy and legislative initiatives for the Attorney General. She is a graduate of the University of Maine School of Law and University of Massachusetts at Amherst.

SPEAKER BIOS

Representative Michele Meyer, Chair, Health & Human Services Committee is serving her second term in the Maine House of Representatives and serves as House chair of the Joint Standing Committee on Health and Human Services. An Eliot resident for more than 25 years, Meyer is a registered nurse with a focus on occupational health, workplace safety and advocacy for Mainers injured on the job. A proud parent and grandparent, Meyer is working to address many of the difficulties working families face, including student loan debt and the lack of affordable housing, health care and child care. She supports reducing the property tax burden by increasing municipal revenue sharing, universal health care and pre-K and fully funding our schools – all policies she hopes will encourage young people to remain in or return to Maine. Meyer and her husband, Jay, own and operate a small organic farm off Route 101 in Eliot. Along with growing vegetables and flowers, they raise and milk a small herd of Nubian dairy goats and are licensed maple syrup producers.



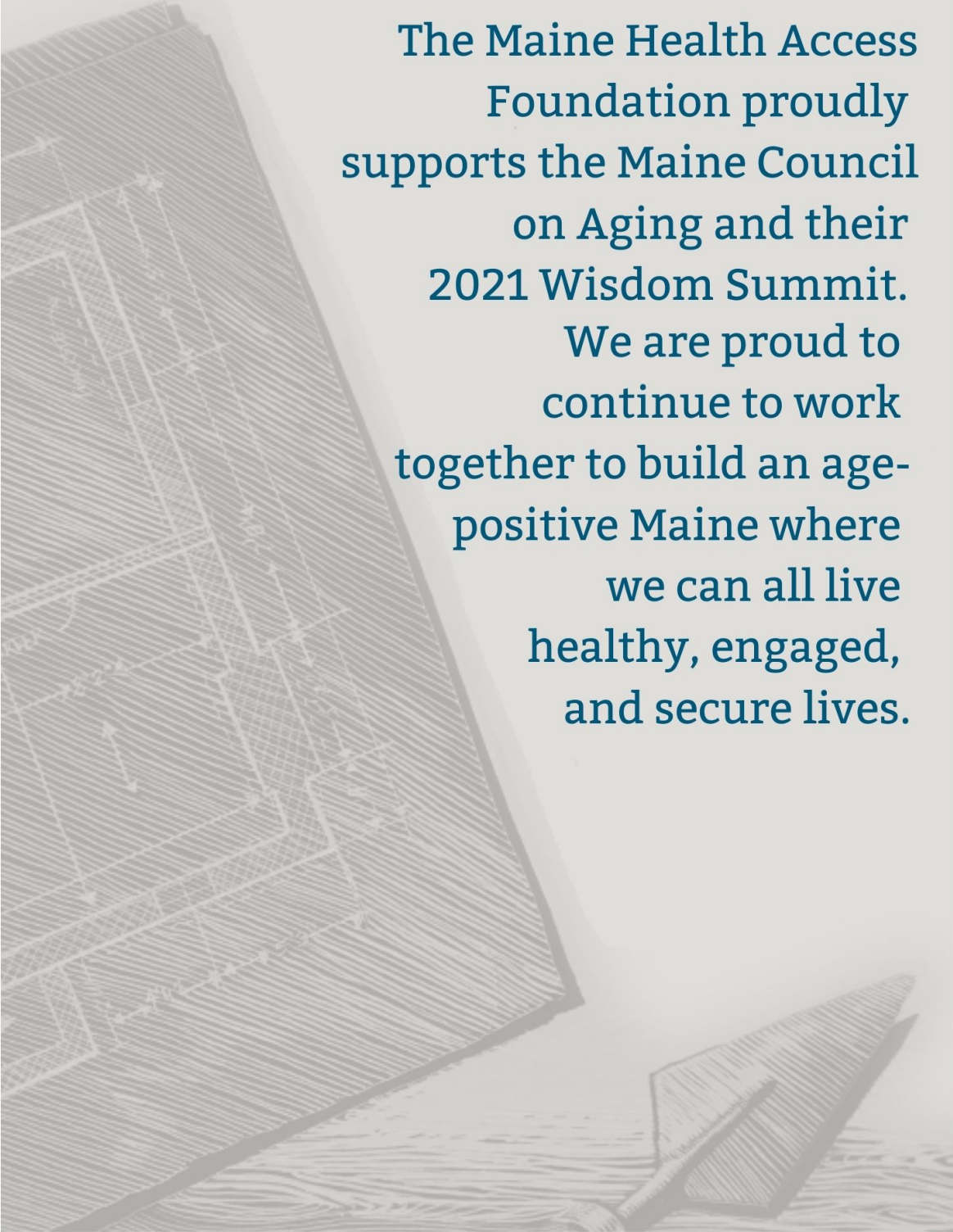
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Kimberley Moore, Director, Bureau of Employment Services, Maine DOL is a confident, proactive, and innovative professional manager/program facilitator with an abundance of experience in the university, corporate, and public sectors of workforce development and training. Prior to joining the Maine Department of Labor, Kim served as the Project Director for the Greater Portland Workforce Initiative with United Way of Greater Portland, and as a Business Services Representative with Goodwill Industries of Northern New England.

Kristin Overton, Chief Strategy Officer, Healthy Living for ME

Paul Saucier, MA, is the Director of the Maine DHHS Office of Aging and Disability Services (OADS). OADS administers Older Americans Act programs, long-term services and supports programs for adults of all ages and types of disabilities, and Maine's Adult Protective Services Program. Prior to arriving at OADS, Paul was a Senior Director at IBM Watson Health, where he specialized in integrated care models for older persons and persons with disabilities, including those with both Medicaid and Medicare coverage (dually eligible beneficiaries). In that role, he consulted with Federal and State clients, including the Centers for Medicare and Medicaid Services, the HHS Office of the Assistant Secretary for Planning and Evaluation, the Pennsylvania Office of Long Term Living and the Ohio Department of Job and Family Services. Paul has also held positions at the USM Muskie School of Public Service, the National Academy for State Health Policy and the Maine Legislature's non-partisan Office of Policy and Legal Analysis. He is a member of the National Academy of Social Insurance.



SPEAKER BIOS

Rebecca Spear, DO, Medical Director, Inpatient Geriatric Consult Service grew up and attended school in Maine, earning an undergraduate degree from the University of Maine and a medical degree from the University of New England College of Osteopathic Medicine. She completed residency training in internal medicine at UConn Health and developed a passion for both teaching and caring for older adult patients. She also began to see the challenges many patients face as they navigate life with serious illness and the ways these patients and their families can be supported by palliative care. Following a chief resident year focused on teaching skills, she completed a combined geriatric medicine and hospice and palliative medicine fellowship at Yale University.

Dr. Spear cares for older adults in all stages of health. She has a particular interest in helping patients and their families navigate complex care decisions in a way that respects their personal values. She sees patients in the hospital and in outpatient consultation, working closely with a patient and their primary care doctor to pick the best plan of care.

Dr. Spear is thrilled to return to her home state to care for older adults and their families. In her free time, she enjoys spending time spent outdoors, especially exploring new walking, biking, and hiking trails with her husband and son.



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Nancy Smith, Executive Director, GrowSmart Maine has lived and worked in Maine since 1981 and joined GrowSmart Maine as executive director in April 2010. She served four terms in the Maine State House of Representatives, representing Monmouth, Litchfield and Wales, while working on her family's diversified livestock farm in Monmouth. She served as House Chair of the Legislative Committee on Business, Research, and Economic Development and as a member of the Committee on Agriculture, Conservation, and Forestry. In addition, Nancy worked as a forester for over twenty years for a large industrial landowner in northern Maine and for a consulting firm serving small woodlot owners in central Maine.

She is a member of Monmouth's Economic Development Committee and serves on the board of Partners for Rural America. She formerly served as a member of the Maine Economic Growth Council and as co-chair of the Council of State Governments/Eastern Regional Conference. Nancy is the mother of three native Mainers.

Dana Totman, President & CEO, Avesta Housing since 2000. Avesta Housing develops and provides affordable housing, assisted living, and related services. Mr. Totman was previously the Deputy Director of Maine State Housing from 1994 to 2000 and was employed by Coastal Economic Development Corporation in Bath, Maine from 1984 to 1994, where he was the Executive Director.

At Avesta he has led the agency's increase in assets from \$60,000,000 to \$340,000,000, its staff growth from 60 to 300 and the number of affordable homes from 700 to 3100. Dana is a graduate of the University of Maine and received his MBA from Southern New Hampshire University.

Dana received the Greater Portland Chamber of Commerce's Catalyst award in 2020; was inducted into Maine's Business Hall of Fame by Junior Achievement in 2018; received the Maine State Housing Authority's Steven Mooers Affordable Housing Lifetime Achievement Award in 2017; was awarded Maine Real Estate and Development Association's Robert B. Patterson, Jr. Founder's Award in 2013 and also in 2013 he was named Maine Business Leader of the Year by Maine Biz magazine. An avid hiker, Dana has hiked many long trails and summited tall mountains around the world.

Kara Wilbur, Real Estate Developer, Chair of Build Maine is a developer focused on bringing investment to Maine's downtowns and villages. She has development projects in Lewiston, Rumford, and Gardiner. Before becoming a developer, she spent more than 12 years as a planner, working with communities to align their policies with their local goals. Her work focused on the revitalization of transitioning downtowns, redevelopment of outdated retail corridors, and common-sense transportation plans that promote safety, health, and economic value. She helped spearhead a new generation of comprehensive plans and innovative zoning that opens the door for locally-driven investment. Kara also helped to lead the development of the PlaceCode, a simple form-based code framework that enables everyday people to understand zoning and engage in development. Kara co-founded the New England Chapter of the Congress for the New Urbanism in 2004 and served as the organization's first president. She currently serves as the chair of Build Maine, a multi-disciplinary planning and development organization. She lives in Portland, Maine.



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2021 MCOA AWARD RECIPIENTS

For many years, the Maine Council on Aging (MCOA) has honored the outstanding work of aging services leaders, legislators and advocates with a series of annual awards. Please join us in honoring these inspired leaders.

The **2021 Lasting Legacy Award** that 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 is awarded to **Rick Erb**. As the President & CEO of Maine Health Care Association for 20 years, Rick was a tireless advocate for long term care residents and staff, always leading with passion, integrity, and humility. Rick is also honored for his unwavering commitment to the creation, growth, and operation of the Maine Council on Aging. Rick was a founding member of the MCOA and served on the Board of Directors for 9 years. His commitment to aligning advocacy efforts related to essential support workers across the continuum of care was pivotal to many legislative successes.

The **2021 Legislator of the Year Award** that 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, is awarded to **Representative Jessica Fay of Raymond** for her unyielding commitment to and tireless advocacy on behalf of older Mainers, and for her successful efforts to bolster Maine's Essential Support Workforce. Representative Fay co-chaired the Commission to Study Long Term Care Workforce Issues and has tenaciously pursued implementation of the Commission's recommendations. She co-leads the Legislative Caucus on Aging, and has been an active participant in several state and federal discussions on issues impacting older Mainers.

Periodically, in addition to the Legislator of the Year, the MCOA recognizes Legislative Heroes to Older Mainers who made important differences in legislative outcomes that benefit older Mainers. In 2021, the MCOA recognizes two exceptional legislative leaders with the **2021 Legislative Hero to Older Mainers Award, Senator Marianne Moore of Calais and Representative Michele Meyer of Eliot**. Both of these leaders demonstrated significant commitment to the needs of older Mainers during this legislative session, including leading efforts to solve Maine's essential support workforce crisis. Both were instrumental in ensuring money was allocated in the budget to increase worker wages. Representative Meyer has also worked tirelessly in her community to keep older residents safe during the pandemic. Senator Moore, a co-chair of the Legislative Caucus on Aging, has actively participated in several workgroups, including on long term care reform and Maine's Age Friendly State Plan.

2021 MCOA AWARD RECIPIENTS

The **2021 Trailblazing Advocate Award** that 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, is awarded to three people, **John Hennessy, Nancy Kelly, and Frank Brooks**, for their sustained efforts to create SAGE Maine, to research, support and advocate for the needs of older LGBTQ+ Mainers, to educate aging services providers about these needs, and to keep older LGBTQ+ Mainers connected and healthy, especially during the COVID-19 pandemic. In 2011, John, Nancy and Frank, and many other leaders came together to found SAGE Maine and assess the needs of older LGBTQ+ Mainers. These three leaders played many pivotal roles in the growth and success of the organization, and all worked to ensure the sustainability of effort through a merger with EqualityMaine. The state, and older LGBTQ+ people, are better off for their efforts. John is also recognized as a founding member and early leader of the Maine Council on Aging.

The **2021 Business Excellence Award** that recognizes and celebrates the sustained efforts of Maine businesses that implement strategic practices, policies and priorities 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, is awarded to the **Maine Health Access Foundation (MeHAF)**. In 2020, MeHAF acted immediately and continuously to meet the emerging and on-going needs of older Mainers during the COVID-19 crisis. Their funding had a direct impact on the health and well-being of older Mainers. They are also recognized for their sustained efforts to implement strategic funding priorities that are intended to ensure older Mainers have meaningful access to supports and services that maintain health and quality of life. In addition to grantmaking, MeHAF has led critical thinking on aging policy over the past 5 years, including through its 2017 commissioned report, [Charting a Pathway Forward, Redesigning and Realigning Supports and Services for Maine's Older Adults](#) all the way to its 2020 "[Re-imagining Residential Care Think Group](#)".



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Community Members:

Jeff Brown, Julie Fralich, Judy
Rawlings, Ted Rooney, Cheryl Rust,
Shirl Weaver



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About

- Mission is to ensure we can live healthy, engaged, and secure lives with opportunity and choice as we age in our homes and in community settings
- 100+ diverse members from municipalities, finance, law, health care, behavioral health, higher ed, housing, transportation, technology, and aging services along the continuum
- Collaborative partnerships with federal, state, municipal, foundation, and regional leaders
- Convene for informed action
- Highly effective leadership and board governance

Benefits

- Shape aging policy
- Legislative and policy updates
- Technical assistance & guidance on aging issues
- Training & Educational offerings
- State House advocacy
- Annual Wisdom Summit
- Networking opportunities with key partners
- Marketing of your organization

Current Priorities

- Guided by our 2018 [Blueprint for Action on Healthy Aging](#)
- Lead the [Tri-State Learning Collaborative on Aging](#) (TSLCA)
- Collaborating with DHHS on [Long Term Supports & Services reform](#) & Long Term Supports & Services integration with medical & behavioral care
- Collaborating with health care leaders and HealthInfoNet on strengthening information exchange & connection to community-based organizations
- Collaborating with Maine Municipal Association, leading the [Task Force for Healthy Aging in Communities](#): municipal and state leaders planning to support healthy aging
- Collaborating with MaineHousing, working to build a statewide vision for home repair and modification services and [new models of housing](#), developed at the local level
- Collaborating with Maine DOT to increase “last mile” transit options and assisting to build a statewide mobility network called Moving Maine
- Staffing the Legislative Caucus on Aging & the [Commission to Study Long Term Care Workforce Issues](#)
- Pursuing [significant legislative agenda](#)

Engagement Opportunities

- Weekly legislative calls
- Quarterly membership meetings
- Monthly TSLCA webinars
- Annual Maine Wisdom Summit
- Board & working group membership
- Periodic regional networking events

More information found on our website at www.maineCouncilonaging.org
Contact: Executive Director, Jess Maurer at jmaurer@mainecouncilonaging.org or 2078-592-9972