


MAINE COUNCIL ON AGING PRESENTS

A stylized blue figure is shown in mid-air, appearing to jump or leap out of a yellow box. The figure has a circular head and elongated limbs. The box is open, with its flaps visible. The entire scene is framed by a teal border.

# Breaking the Limits

## Cultivating a Vision of Equity in Aging

SEPTEMBER 21, 2022

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# WELCOME TO THE SUMMIT!

On behalf of the Board of Directors, staff and members of the Maine Council on Aging (MCOA), it is my great pleasure to welcome you to the ninth annual Maine Wisdom Summit.

Today, we invite you to start ***breaking the limits*** that we impose on ourselves, on each other, and on five decades of people who have been labeled “old,” and too often “too old.” It’s time to collectively break the mold of the stereotypical older person and to create a new vision for ourselves as we age, a vision that is as rich and diverse as all of people who live on this earth!

We have spent the last two years learning how ageism, ableism, racism, sexism, homophobia, and transphobia impact older people in Maine and create significant barriers to progress toward our vision for Maine. Our journey has brought unity of purpose to the MCOA and led to the creation of the Leadership Exchange on Ageism, a report on the Economic Status of Older Women in Maine, the Equity & Healthy Aging Initiative and a growing body of thought on Age Equity.

Today, we share much of what we have learned with you and ask you to help us set a clearer path toward building an age-positive (Age+) culture in Maine – a culture that ***intentionally*** sees, understands, and values the contributions of all 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.

To be successful, we must inspire an Age+ movement in Maine - a movement that is bold, empowering and fun, led by people of all ages, colors, abilities, sizes, sexes, and orientations! We are at the very fledgling stage of launching this movement. We need volunteers, sector leaders, policy gurus, and resources to build a robust and sustained campaign. We will share more with you about this movement during our “big reveal” at the Summit!

Each year, the Summit is a conversation that leads to action. This year, the ideas you share with us will launch a three-month effort to build a collective Vision for Equity in Aging that will culminate in an action plan. Join us this fall for our planning conversations – we will invite you! Then, lend us your time and talent over the next decade to make this vision a reality!

Our members help move our policy efforts through various committees and working groups. We invite you to visit our website at [www.mainecouncilonaging.org](http://www.mainecouncilonaging.org) to learn more about membership if you’d like to be more engaged!

Finally, we thank our presenters, planners, sponsors, exhibitors and staff for supporting our virtual Summit. We intend to be fully in person next year! Special thanks go to Androscoggin Home Healthcare & Hospice for supporting our Premier Keynote Speaker, Tracey Gendron, who we know will help inspire us 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:

Zetta Fogg  
Elizabeth Gattine  
Leah Graham  
Donna Kelly

Nem Knight  
Amy Langley  
James Moorhead  
Bistra Nikiforova

Judy Rawlings  
Jessica Reed  
Mary Jane Richards  
Shirl Weaver

MCOA Staff and Consultants: Jess Maurer, Krista George, Don Harden, Jena Jones, Amparo Rodriguez, Mary Terry, and Kathy Vezina

The Maine Council on Aging has grown out of the support of our funders throughout the state of Maine and Northern New England. We are grateful for their leadership and support of our work to help us move towards our vision of a Maine where we live healthy, engaged, and secure lives with choices and opportunities as we age in our homes and communities.

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# AGENDA

**8:30 Pre-event Networking**

**8:45 Welcome**

Jess Maurer, Executive Director, Maine Council on Aging (MCOA)  
Dr. Elizabeth Hart, Androscoggin Home Healthcare + Hospice, Keynote Sponsor

**9:00 Keynote – Ageism Unmasked**

Dr. Tracey Gendron, MS, Ph.D., Chair and Associate Professor, Department of Gerontology and Executive Director, Virginia Center on Aging

**9:45 Reflections & Recommendations Panel**

*Moderator:* Donald Harden, Power in Aging Project Manager, MCOA  
Carl Toney, Health Care Planning Consultant/Board Southern ME Agency on Aging  
Elizabeth Gattine, Senior Policy Associate, Catherine Cutler Institute, USM  
Sara Squires, Public Policy Director, Disability Rights Maine  
Shirl Weaver, M.A. Ph.D., University of New England College of Osteopathic Medicine  
Geriatrics Education Mentor Program Consultant

**10:30 Wellness Break**

Anna Guest, Southern Maine Agency on Aging

**10:45 Fishbowl Conversation on Aging, Ageism and LGBTQIA+ Issues**

Mary Bonauto, Esq, Civil Rights Project Director, GLAD  
Bennett Klein, Esq, Senior Attorney & AIDS Law Project Director, GLAD  
James Moorhead, Aging Services Manager, Maine DHHS, OADS

**Panel**

*Moderator:* Jess Maurer, Executive Director, Maine Council on Aging  
Franklin Brooks, Ph.D., LCSW, Community Member; former SAGE Maine Board  
Gia Drew, Executive Director, EqualityMaine  
Micaela Cassily, Volunteer Coordinator MaineTransNet  
Ruby Parker, Community Member

**12:00 Awards Presentation**

Gabriel Martinez, Director, FQHC Champion and Community Engagement – New England, UnitedHealthcare, Awards Sponsor

**12:15 Lunch Break**

# AGENDA

- 12:55 **Welcome Back**  
Jess Maurer, Executive Director, Maine Council on Aging
- 1:00 **Keynote – Intersections: Gender, Race, and Ageism**  
Dr. Leslie Hill, Ph.D., Professor Emerita of Politics, Bates College
- 1:30 **Reflections & Recommendations Panel**  
*Moderator:* Betsy Sawyer-Manter, President & CEO, SeniorsPlus  
Claudette Ndayinahaze, Executive Director, In Her Presence  
Daryl Fort, Leadership and Organizational Development Consultant  
Destie Hohman Sprague, Executive Director, Maine Women's Lobby  
Fran Seeley, AmeriCorps Senior Foster Grandparent, MCOA Community Member
- 2:15 **Wellness Break**  
Jennifer Fortin, Training & Fidelity Manager, Healthy Living for ME
- 2:30 **Panel – Wabanaki Voices on Aging & Ageism**  
*Moderator:* Joy Barresi Saucier, Executive Director, Aroostook Agency on Aging  
Newell Lewey, MS, Culture & Education Division Manager, Wabanaki Public Health and Wellness  
Lauren Stevens, Injury & Violence Prevention Division Manager, Wabanaki Public Health and Wellness  
Amy Tomah, Elder Service Coordinator, Wabanaki Public Health and Wellness  
Cyril Francis, Culture & Language Advisor, Wabanaki Public Health and Wellness
- 3:00 **Awards Presentation**  
Gabriel Martinez, Director, FQHC Champion and Community Engagement – New England, UnitedHealthcare, Awards Sponsor
- 3:15 **Facilitated Breakouts – Building an Inclusive Age-Equity Lens**
- 3:55 **Padlet Jam Session**
- 4:05 **Closing Reflections**

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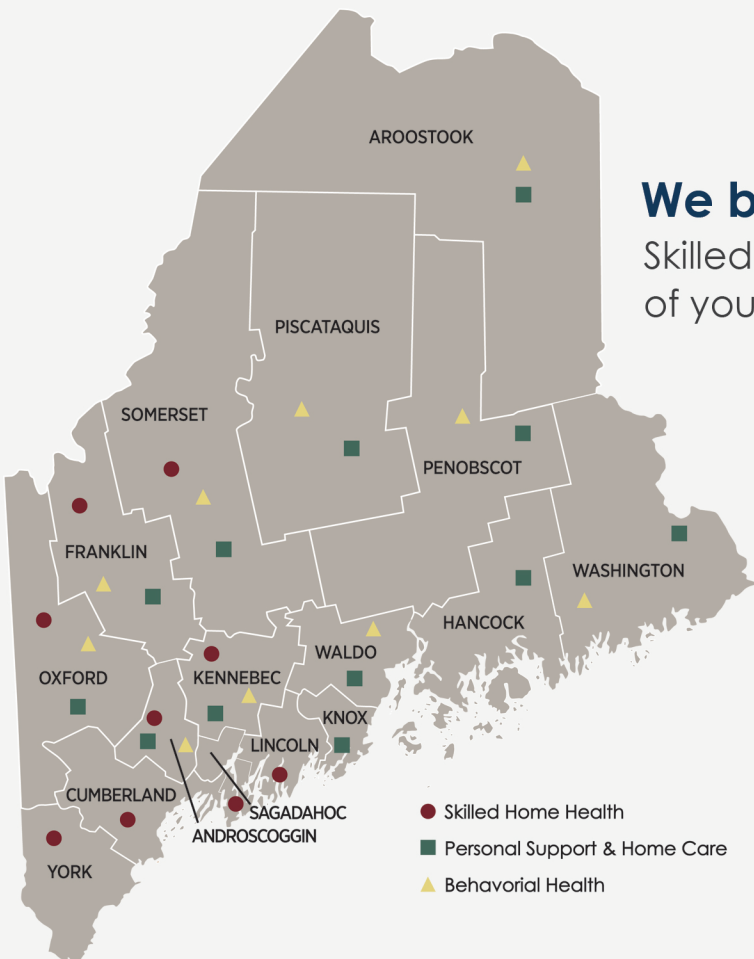
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## KEYNOTE SPEAKERS



**Dr. Tracey Gendron** serves as Chair and Associate Professor for the Virginia Commonwealth University Department of Gerontology, as Executive Director for the Virginia Center on Aging, and is the author of the book *Ageism Unmasked: Exploring Age Bias and How to End It*. With over 25 years of experience as a grant-funded researcher and nationally recognized speaker, Tracey is dedicated to raising awareness and ending ageism through education. Tracey has a Master's degree in Gerontology, a Master's degree in Psychology, and a Ph.D. in Developmental Psychology.

Dr. Gendron has dedicated her career to changing the landscape develop an age-inclusive climate that facilitates growth and engagement in elderhood. Her personal and professional goal is to raise awareness of elderhood as the solution to the deeply embedded ageism pervasive within all cultures, settings, and individuals.



After retiring from the Bates College faculty – where **Dr. Leslie Hill** taught courses examining gender politics, African politics, as well as the politics of race in U.S. law and policy – she is the Harvard Center's Faculty Fellow for 2020-21 and 2021-22. Aiming to enrich Bates instructors' knowledge of racial inequities and social justice advocacy in Maine, she organizes opportunities for faculty to discuss and design learning projects that prepare students to think critically with, learn from, and work collaboratively with community partners to address white supremacy and advance racial justice.

Her own community engagement has included helping to design Maine Initiatives' racial justice community grantmaking program, "Grants for Change", and joining Maine Women's Fund grantmaking committees to invest in projects that transform the lives of women and girls. In the Bates community, Leslie has collaborated to design a platform for connection and collaboration among retired Bates faculty; participated in development of a mentoring program for current faculty; and, worked with staff, students, and faculty to recommend curricular changes to foster student capacity to critically discern, examine, and discuss difference, power, and equity as an essential part of a Bates education. Leslie's relaxation and pleasure come from nurturing her collection of indoor plants and in her quest to sample treats from every shop listed on the "Ice Cream Map of Maine".

All speaker bios available online at:

<https://mainecouncilonaging.org/maine-wisdom-summit>



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## SPECIAL GUEST SPEAKERS

### **Mary Bonauto, Esq., Civil Rights Project Director, GLAD**

Mary L. Bonauto has served as the Civil Rights Project Director at GLAD since 1990 and has litigated and done policy work in every New England state. She has litigated in the state and federal courts of New England on many types of discrimination issues, including addressing anti-LGBTQ discrimination as discrimination based on sex, establishing parentage protections, strengthening student rights, free speech, and religious liberty, relationship recognition, and marriage defense. In 2015 she successfully argued before the US Supreme Court in the historic case *Obergefell v. Hodges*, which established the freedom to marry for same-sex couples nationwide. She is Lecturer on Law at Harvard Law School. Mary graduated from Hamilton College and Northeastern University School of Law.

### **Bennett Klein, Esq., Senior Attorney & AIDS Law Project Director, GLAD**

Ben Klein is a Senior Attorney and has been the AIDS Law Project Director at GLAD since 1994. Ben has litigated precedent setting cases in all three of GLAD's mission areas. Ben's HIV litigation has challenged the profound and enduring stigma and discrimination faced by people with HIV. He was lead counsel in *Bragdon v. Abbott*, a 1998 U.S. Supreme Court decision that established nationwide protection against discrimination under the Americans with Disabilities Act for all people with HIV. Ben is a 1982 graduate of Oberlin College and a 1987 graduate of Boston University School of Law.

### **James Moorhead, Esq., Aging Services Manager, Maine DHHS, OADS**

James Moorhead, Jr., is the Aging Services Manager for the Maine Department of Health and Human Services Office of Aging and Disability Services. James oversees Older American Act funded services across Maine and serves as a subject matter expert in a variety of topics, including assistive technology and LGBT cultural humility. His previous role was with the Georgia Department of Human Services Division of Aging Services as an Aging Services Coordinator where he managed OAA funded In-Home Services in Georgia and served as a system administrator for non-Medicaid HCBS services in the WellSky Framework environment. James received his M.A. in Gerontology and B.A. in Sociology from Georgia State University.

### **Cyril Francis, Culture & Language Advisor, Wabanaki Public Health and Wellness**

Cyrilla (Cyril) M. Francis is a citizen of the Passamaquoddy Tribe at Sipayik, Maine, a mother of three, and a grandmother of three. She is employed by Wabanaki Public Health and Wellness as the Culture and Language Advisor. This organization provides services to all five of the tribal territories in Maine. For over 10 years, Cyril was, intermittently a chairperson and board member in her community for her local elementary school through Maine Indian Education. In 1995, she graduated from the University of Maine in Machias with a BA degree in Behavioral Science and a master's degree from the School of Social Work at University of Maine Orono. Cyril enjoys spending time with her grandchildren, making quilts, gardening, scrapbooking, and reading.

## SPECIAL GUEST SPEAKERS

### **Newell Lewey, MS, Culture & Education Division Manager, Wabanaki Public Health and Wellness**

Newell Lewey is a citizen of the Passamaquoddy Tribe and serves as the Culture and Education Division Manager at Wabanaki Public Health. In this capacity, Newell teaches Passamaquoddy language and culture and collaborates with other tribes to discuss best practices for language learning and teaching. Prior to this role, Newell taught an introductory Passamaquoddy language and culture course for 2 semesters at the University of Maine in Machias and was a fluent language comprehender at the Passamaquoddy Language Immersion Pre-School. He has served Wabanaki communities for over 20 years, with a diverse background in computer systems management, community and health planning, grant writing and budgeting, linguistics, and two terms on tribal council for the Passamaquoddy Tribe at Sipayik.

Integrating cultural teachings with wellness and fitness, he is dedicated to supporting Indigenous peoples in building their relationships with wellness. Newell has mentored Native youth participating in the North American Indigenous Games, organized and participated in 10 sacred runs to unite Wabanaki people, and volunteered at the Maine Correctional Institution to support Native Americans in recovery. Newell has been in recovery and following Passamaquoddy traditional ways for over 30 years. Newell holds an M.S. in Linguistics from MIT with a focus on Indigenous languages.

### **Lauren Stevens, Injury & Violence Prevention Division Manager, Wabanaki Public Health and Wellness**

Lauren Stevens (She/Her) is a citizen of the Passamaquoddy Tribe at Motahkomikuk and is the Culture, Connection, and Support Division Director of Wabanaki Public Health and Wellness. This division is home to programs focused on prevention of intentional and unintentional harm through suicide prevention, mental health promotion, elder support, and community response. The Division of Culture, Connection, and Support places emphasis on healthy Wabanaki relationship practices and caring for one another on the community level through culturally competent education strategies. Lauren enjoys spending time with her family and singing when not doing her great work for Wabanaki Public Health and Wellness.

### **Amy Tomah, Elder Service Coordinator, Wabanaki Public Health and Wellness**

Amy Tomah, (She/Her) is a citizen of the Passamaquoddy Tribe at Motahkomikuk and Maliseet Tribe of Tobique First Nation. She is the Elder Service Coordinator for Wabanaki Public Health and Wellness working with the 5 tribal territories offering support to all Tribal Elders. Amy enjoys learning and listening to the elders of the communities. She has 4 children and loves spending time with her family as much as she can.

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## ADDITIONAL SPEAKERS & PANELISTS

**Franklin Brooks, Ph.D., LCSW**, Community Member; former SAGE Maine board member

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**Gia Drew**, Executive Director, EqualityMaine

**Daryl Fort**, Leadership and Organizational Development Consultant

**Elizabeth Gattine**, Senior Policy Associate, Catherine Cutler Institute, USM

**Donald Harden**, Maine Council on Aging, Power in Aging Project Manager, Board Member

**Elizabeth Hart, MD, HMDC**, Director Medical Services/Hospice Medical Director, Androscoggin Home Healthcare + Hospice, Exclusive Keynote Sponsor

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**Destie Hohman Sprague**, Executive Director, Maine Women's Lobby

**Sara Squires**, Public Policy Director, Disability Rights Maine

**Carl Toney**, Health Care Planning Consultant/Director-at-Large, Board of Directors, Southern Maine Agency on Aging

**Shirl Weaver, M.A. Ph.D.**, University of New England College of Osteopathic Medicine, Geriatrics Education Mentor Program Consultant



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## MCOA AWARD RECIPIENTS

The 2022 Lasting Legacy Award recognizes and celebrates an individual's sustained leadership whose commitment, ideals, and actions throughout their career have brought about lasting and positive change to the lives of older Mainers. This year the MCOA will be recognizing two Lasting Legacy Awardees, Jo Cooper & Susan Lavigne.

**Jo Cooper** is an indomitable force for good who brought grass roots organizing and advocacy into her community with inspiring results. Jo founded Friends in Action in 2003 to bring volunteer-based transportation services to thousands of folks across Hancock County. Until she retired two decades later, Jo worked tirelessly to maintain and grow these services and to reduce transportation barriers for older people and people living with disabilities. Jo views life as one vast opportunity to foster connection and caring with those around her, which is why she was so successful at motivating others to provide rides and help their neighbors. Having developed considerable expertise delivering volunteer transportation, recruiting volunteers, and engaging stakeholders, Jo eagerly helped others develop similar programs in their areas, including the very successful Neighbors Driving Neighbors. Nearly immediately after retiring, Jo became a consultant with the MCOA to lead our Transportation Equity for Older Mainers initiative, demonstrating her lasting pursuit of transportation services for older Mainers. Because Jo has consistently demonstrated her passion and commitment to having a positive impact on the lives of older Mainers, the MCOA is proud to present her with a 2022 Lasting Legacy Award.

The giving spirit of **Susan Lavigne** truly knows no bounds. For 35 years, so many benefited from her compassionate and energetic leadership of the Foster Grandparent and Senior Companion programs hosted by the Opportunity Alliance and were guided by her galvanizing voice in the national and local arenas of AmeriCorps Seniors. Susan's passion for the work was infectious and inspired so many to join forces with her to ensure older Mainers received services centered on caring and connection. Refusing to be thwarted even by a global pandemic, Susan transformed a barrier into a breakthrough when she devised a plan to infuse her volunteer programs with tech-savvy approaches to keep program participants well-connected despite lockdowns and distance. She coordinated with the National Digital Equity Center to get tablets into the hands of her volunteer teams and built educational offerings on utilizing technology for connectivity. As Susan has consistently demonstrated her passion and commitment to having a positive impact on the lives of older Mainers, the MCOA is proud to present her with a 2022 Lasting Legacy Award.

## MCOA AWARD RECIPIENTS

The 2022 MCOA Legislator of the Year Award recognizes and celebrates the sustained efforts of a legislative leader who consistently works collaboratively with communities, institutions, governments, and businesses to develop and implement solutions that have improved the health and safety of older Mainers.

**Senate President Troy Jackson** has consistently demonstrated an unflinching resolve in pursuit of access to necessary supports and services for older Mainers. He is well known for his humanitarian values, earnest engagement across party lines, and dogged determination to champion those who need a voice. We recognize Senator Jackson for his collaborative and sustained leadership role in addressing Maine's severe and persistent direct care workforce shortage. In 2017 he sought the creation of the Commission to Study Maine's Long Term Care Workforce Issues and has since worked tirelessly to ensure funding was dedicated to implementing the Commission recommendations. As former MCOA Board Member Rick Erb reflects, "In my years with the Maine Health Care Association I saw time and again the thoughtful approach that Senate President Troy Jackson brought to leadership in Augusta. The staff who work as caregivers in long term care facilities could not ask for a stauncher supporter of all that they do." Because of these sustained efforts and so many other initiatives he championed on behalf of older Mainers, including affordable housing and Meals on Wheels, the MCOA recognizes Senate President Troy Jackson as the 2022 Legislator of the Year.

The 2022 MCOA Trailblazing Advocate Award recognizes and celebrates the contributions of trailblazers who utilize ingenuity through actions and/or advocacy in incredible and innovative ways to make Maine a safer place for us all to age with dignity, health, purpose, and security.

Driven by a deep belief in social justice, an unwillingness to accept an unjust status quo, and a clarity of the path to social change, **Patricia F. Kimball** is the model of a quiet yet powerful trailblazing advocate. At the helm of the Elder Abuse Institute of Maine, Patty is pioneering innovative new responses to elder abuse and tearing down barriers to help. In 2018, she partnered with Adult Protective Services (APS) to lead a highly successful 3-year research project that launched a comprehensive client-directed service delivery initiative based on the RISE Model. In 2019, she sought and received a Robert Wood Johnson Interdisciplinary Research Leadership grant which allowed her to collaborate with research partners to mitigate challenges to mandatory reporting of elder abuse to APS. In response to what she learned, she collaborated on the creation and launch in 2021 of A Helping Voice, a free, confidential hotline for mandated reporters who are uncertain about whether they should

## MCOA AWARD RECIPIENTS

report. Also in 2021, she joined the design team that created the MCOA's Leadership Exchange on Ageism and was one of three talented facilitators for the first two cohorts of the Exchange. Patty's success lies within her capacity for and role-modeling of respect. She lifts up all those around her, brings innovation and passion for change to the forefront, and makes a critical difference for those in need. For all of these reasons, the MCOA awards the 2022 Trailblazing Advocate Award to Patricia Kimball.

The 2022 MCOA Business Excellence Award recognizes and celebrates the continued 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.

For over 100 years, **L.L. Bean** has been one of Maine's best treasures. It is a world-class business that sees leveraging the power of older workers and creating multi-generational work teams as an important competitive workforce strategy. Because they fully embrace this, it was easy for them to partner with the MCOA for the better part of the last decade trying to inspire businesses and business leaders to follow suit. When the Speaker's Roundtable Discussion on Aging was held in 2013, L.L. Bean was at that table. When Maine's Aging Initiative identified supporting a diverse workforce in a rapidly aging state as a priority, L.L. Bean's HR Director, Wendy Estabrook served as co-chair of the Workplace & Employment Workgroup. There she provided leadership and a resolute voice in advocating for older workers. From speaking at the Legislative Caucus on Aging to presenting at the Gray is the New Green Summit in New Hampshire, Wendy has always been ready to speak in support of older workers as a critical component to any workforce. In 2022, L.L. Bean hosted a training on ageism for all of their HR staff and supported the participation of two L.L. Bean leaders in the Leadership Exchange on Ageism – a 14-hour commitment. The MCOA honors L.L. Bean with the 2022 Business Excellence Award because it has consistently embraced the value and contributions of older workers and is taking an active role in ending ageism in their workplace.



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Whether you're on the front lines or behind the scenes, working 15 hour shifts or waiting to see patients again, you're making a difference in patients' lives. From our teams packing boxes to the ones bringing them to your door, however you need us, we're here to deliver.

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# MAINE COUNCIL ON AGING BOARD MEMBERS

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MaineHealth

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Home Care & Hospice Alliance  
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Avesta Housing

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Catherine Cutler Institute at  
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Maine

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The Jackson Laboratory

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Maine Health Care Association



**WORKING TOGETHER SO  
OUR COMMUNITIES ARE THE  
HEALTHIEST IN AMERICA**

**MaineHealth**  
mainehealth.org



## OUR ADVOCATES ARE MAKING A DIFFERENCE

Join us, and you, too, can have a significant impact on the lives of Mainers right from your home! Our teams of volunteer advocates fight for Mainers 50-plus and their families on issues like healthcare, affordable utilities and making our communities more age-friendly. Let's pull together to improve the lives of all in Maine. You can make a difference!

**Ready to learn more? Please send an email to [me@aarp.org](mailto:me@aarp.org) or call 1-866-554-5380.**



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*Where evidence-based practice, applied service-learning, and interprofessional engagement create today's professional workforce for healthful aging!*

Center for Excellence in Aging & Health

AgingME: Geriatrics Workforce Enhancement Program

Center for Excellence in Collaborative Education

Center for Excellence in the Neurosciences

Center for Excellence in Public Health

U-ExCEL: UNE Exercise & Conditioning for Easier Living

<https://www.une.edu>



# MAINE COUNCIL ON AGING MEMBERS

## Sustaining Patrons

### ***Katahdin***

Alpha One  
Aroostook Area Agency on Aging Eastern  
Area Agency on Aging  
Maine Association of Area Agencies on  
Aging  
Seniors Plus  
Southern Maine Agency on Aging  
Spectrum Generations

### ***Sugarloaf***

GT Independence  
Senscio Systems, Inc.  
UnitedHealthcare

### ***Bigelow***

Healthy Living for ME  
MaineHealth/Partnership for Healthy  
Aging  
Martin's Point Health Care  
Northern Light Health Care & Hospice

### ***Saddleback***

Bangor Savings Bank  
Charter Communications  
Perkins Thompson  
UNE Center for Excellence in Aging &  
Health

**Associate Members:** Aroostook  
Community Action Program, Island  
Commons, Maine Life Care Retirement  
Community Inc., Maine Resident Service  
Coordinator Association, MCH, Northern  
Light Acadia Hospital, St. Joseph  
Hospital, Vinalhaven Eldercare Services

### **Community Members:**

Jeff Brown, Julie Fralich, Don Harden,  
Mollie Moore, Judy Rawlings, Cheryl  
Rust, Shirl Weaver

AAA Northern New England  
AARP Maine  
Aetna Medicare  
Alliance for Addiction & Mental Health  
Services  
Alzheimer's Association, Maine  
Androscoggin Home Care & Hospice  
Arcadia New England Home Care  
Assistance Plus  
Avesta Housing Development Corp  
C&C Realty Management/MRSCA  
Care & Comfort  
Catholic Charities of Maine  
Central Hall Commons  
City of Eastport  
City of Hallowell  
City of Saco/Age Friendly Saco  
City of South Portland  
Clark Insurance  
Community Concepts  
Community Health Options  
Consumers for Affordable Health Care  
Covenant Health  
Dirigo Geriatrics Society  
Diversity Hiring Coalition  
Downeast Community Partners  
Elder Abuse Institute of Maine  
Foundation for Art & Healing  
Freeport Community Services  
Friends In Action  
GLAD  
Good Shepherd Food Bank  
Guidance Point Advisors, LLC  
Happy at Home, LLC  
Harpwell Aging at Home  
Healthy Peninsula  
Home Care & Hospice Alliance of Maine  
Home Instead  
Housing Initiatives of New England Corp.  
Immigrant Resource Center of Maine  
In Her Presence  
Island Connections  
Jackson Laboratory  
JSI Research and Training Institute  
Kennebec Behavioral Health  
KVCAP  
LeadingAge ME/NH  
Legal Services for the Elderly  
Maine Access Immigrant Network  
Maine Center for Economic Policy  
Maine Community Action Association  
Maine Community College System  
Maine Council of Churches  
Maine-Dartmouth Geriatric Medicine  
Maine Equal Justice Partners

Maine General Community Care  
Maine Health Care Association  
MaineHealth Care at Home  
Maine Immigrants' Rights Coalition  
Maine LTC Ombudsman Program  
Maine Nurse Practitioner Association  
Maine People's Alliance  
Maine Primary Care Association  
Maine Public Health Association  
Maine Senior College Network  
Maine State Bar Assn/ Elder Law  
Maine TransNet  
Maine Women's Lobby  
MCD Public Health  
McKesson  
Mid Coast Senior Health  
Muskie School of Public Service  
Nale Law Offices, LLC  
National Digital Equity Center  
Natural Resources Council of Maine  
No Place Like Home  
North Country Associates  
OceanView at Falmouth  
Opportunity Alliance  
Park Danforth  
Penquis  
People Plus  
Pine Tree Home Health Care  
Portland Wheelers  
Presque Isle Housing Authority  
SAGE Maine  
Saint Joseph's College  
Skills, Inc.  
Southern Harbor House  
The Cedars  
Thrive Penobscot  
Town & Country FCU  
Town of Cumberland  
Town of Gray  
Town of York  
Tri-County Mental Health Services  
UMaine Center on Aging  
UNE College of Osteopathic Medicine  
Volunteers of America NNE  
Waldo Community Action Partners  
Western Maine Transportation Services,  
Inc.  
York County Community Action Corp



Area Agency on Aging for Androscoggin,  
Franklin, and Oxford counties

8 Falcon Road, Lewiston  
1-800-427-1241 • [seniorsplus.org](http://seniorsplus.org)

**WE  
CAN  
HELP!**

- Medicare counseling • Meals on Wheels
- Caregiver support • Education Center
- Benefits and bill-paying assistance

*Celebrating 50 years*



Southern Maine Agency on Aging is the focal point in Cumberland and York counties for resources, services, and information to empower older adults, adults with disabilities, and their caregivers to live to their fullest potential.

Fall 2022



A safe, non-judgmental space where caregivers and their loved ones living with memory impairment can socialize, learn, create, and more.

- **2nd Tuesday of the month** at the Sam L. Cohen Center

Deadline  
10.31.22



**AARP Foundation**  
For a future without senior poverty.

**TAX CLINIC**  
File taxes once, get your \$850 Relief Check and Property Taxes Fairness Credit

**ELIGIBILITY**  
Social Security recipients with disabilities or people who are 60 years and over

**APPOINTMENTS**

- **In-person** appointments at the Sam L. Cohen Center in Biddeford or
- **Phone** appointments are available. Appointments are limited!

**CALL 207-396-6518 OR VISIT SMAAA.ORG TO REQUEST AN APPOINTMENT**



- **A Matter of Balance:** 8-week discussion-based class to help you develop strategies to prevent falls
- **Tai Chi for Health & Balance:** 10-week workshop to improve balance & well-being
- **Virtual Wellness Classes:** stay active and strong from the convenience of home

### MEDICARE OPEN ENROLLMENT PERIOD:

**October 15th - December 7th**

Medicare recipients can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

SMAA's Certified SHIP Counselors can help you find the best option for you.

*Sign up for an appointment with our self-serve online system starting September 12th on our website.*

## Ongoing Programs and Services:

- **Benefits application support** for SNAP, fuel assistance, MaineCare, Medicare Savings, and more
- **Monthly Family Caregiver Support Groups:** share and learn from others walking the same path as you
- **Community Cafes:** Catch up with friends and neighbors while enjoying a hot, delicious, and nutritious meal
- **Volunteer opportunities** to help you rediscover your passion and purpose in life

### CONTACT US:

Smaaa.org | 207-396-6500 | info@smaaa.org

Follow us on Facebook and LinkedIn  
@southernmaineagencyonaging



# Become a Member of the Maine Council on Aging Today!

## 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](http://www.maineCouncilonaging.org)  
Contact: Executive Director, Jess Maurer at [jmaurer@mainecouncilonaging.org](mailto:jmaurer@mainecouncilonaging.org) or 207-592-9972