

A large, thick blue brushstroke forms a circle around the central text, with several additional curved strokes radiating from the bottom left towards the bottom right.

# The 2026 **CHANGE** AGEnt **SUMMIT**

**Beyond Longevity**

CLOSING THE HEALTH &  
WELLNESS GAP

**September 30, 2026**  
**USM Abromson Center**

## POWER IN AGING

BUILDING AN AGE-POSITIVE  
MAINE THROUGH  
CONVERSATION & ACTION



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are now open. Apply  
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**Join 500+ leaders across business, policy, research, philanthropy, and community sectors who are championing age equity in Maine.**

The Leadership Exchange on Ageism (LEA) is a powerful, peer-learning program designed to advance bold strategies that dismantle ageism. Through reflection, research, and real-world application, participants gain the tools to lead age-positive change.

### **LEA is designed to:**

- Change and enhance our understanding of ageism at all levels.
- Shift how we feel, think, and talk about aging and older people.
- Inspire action to disrupt ageism in the institutions, systems and communities where we live and lead.



## TRI-STATE LEARNING COLLABORATIVE ON AGING



TSLCA brings together leaders and community members across Northern New England to learn from each other, connect across state borders, and promote longevity ready rural communities through shared learning. Explore upcoming events on our events page.

## Upcoming Virtual Events







# Welcome to the Summit

## Greetings,

On behalf of the Board of Directors, staff, and members of the Maine Council on Aging, it's my pleasure to welcome you to the 13th annual Change AGEnt Summit: ***Beyond Longevity: Closing the Health and Wellness Gap.***

We are living longer than ever before, but in this country, and here in Maine, we are not living *healthier* longer lives. Most of us have absorbed the story we've been told that says poor health and decline are inevitable in old age. But this is just a story, not a fact. The truth is, many people around the globe are living longer lives in better health which proves there is another story ready to be written — one about health, well-being, connection, productivity, creativity, and equity in later life and across the lifespan. Today's Summit is about grabbing the pen and writing a new positive story about aging. We have the collective power to do it!

Our keynote speaker, brought to you by GT Independence, is Dr. Somava Saha, President and CEO of WE in the World. She will set the stage for a day of bold ideas about how we can equitably align healthspan with agespan — so we can all live in good health, with purpose and security, as we age. She will challenge us to consider what we want the future of aging to look like — not just for us, our parents, and our children, but for generations to come.

The rest of the day will give us frameworks and concrete strategies for turning those ideas into action. As we reimagine what it means to age well in Maine and beyond, we'll explore innovative approaches and practical solutions for improving our collective health and well-being.

Your voice, ideas, and active engagement are vital today. You are not just participants, but essential leaders in this movement to build an Age Positive Maine. Together, we can challenge ageism, redesign outdated systems, and create a future where every person can thrive as we age.

Most of all, thank you for bringing your passion and ideas to reshaping a healthier future for us all. Longer lives give us more years. Together, we can make those years healthier, more equitable, and full of possibility.

Enjoy the Summit!

**Jess Maurer**  
**Executive Director, Maine Council on Aging**

# Quick Links

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# AgeWise Maine

Association of Agencies on Aging

Serving Maine's residents and communities for over 50 years.

Maine's Agencies on Aging provide information, services, programs and resources to older adults, adults with disabilities, and their care partners.



Wellness Classes



Nutrition



Caregiver Support



Supportive Services

AgeWise Maine: the Association of Agencies on Aging, is the unifying voice for AAAs on issues that impact Maine's older adults.

Learn more at  
[AgeWiseMaine.org](http://AgeWiseMaine.org)

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Alpha One empowers individuals to act on their own behalf to achieve goals for independence and advocates for consumer programs and services.

### We help people stay in their homes

Alpha One has programs and services that can assist individuals with remaining in their homes. This includes care coordination services where individuals can hire personal attendants through consumer-directed or agency-based services. Alpha One also has skilled staff to help you determine ways to improve home accessibility.

### We connect Mainers with funding sources that allow them to live independently

Alpha One connects individuals to funding sources for adaptive equipment, assistive technology, or home modifications. These funding sources include grants as well as the Alpha One's Adaptive Equipment Loan Program. We also refer to other sources.



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## We're a proud supporter of Maine Council on Aging.

 Martin's Point

[martinspoint.org](http://martinspoint.org)



# Planning Committee

**Heartfelt thanks to the MCOA Staff and members of the Planning Committee who made this event possible:**

**Planning Committee: Ruta Kadonoff, Caitlin Sullivan, Heather Drake, Mary Prybylo, Catherine Ryder, Carla Hunt, Shiva Darbandi, Lisa Råvar, Rebecca Howes, Anna Guest, Jess Maurer, Jess Fay, Kathy Vezina, Kathy Willette, Leslie Roberts, Willow Dansbury**

**Planner: Julie Guerette, Maine Premier Event Planning**



# MCOA Board Members

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Maine Health Care  
Association**



# Program Schedule

**7:45–9:00**

**Doors Open and Registration**

*Exhibitor Hall*

Enjoy coffee and a light breakfast while connecting with fellow attendees and visiting exhibitor booths.

**8:45–8:50**

**Welcome & Acknowledgments**

*Hannaford Hall*

Donna Kelley, Board President at MCOA

**8:50–9:05**

**Setting the Stage**

Jess Maurer, Executive Director at MCOA

**9:05–9:20**

**Voices of Community Members**

Frank Brooks, Laurress Wilkins Lawrence, Fran Seeley

**9:25–10:25**

**Keynote Presentation**

***The Next 250 Years: Creating Health, Connection, and Belonging***

**Dr. Somava Saha**, President and CEO of Well-Being and Equity in the World (WE in the World)

Introduction by Keynote Presentation Sponsor, Pearl Barnett, GT Independence  
Graphic Illustrator – Marsha Dunn

**10:25–10:50**

**Networking Break**

*Exhibitor Hall*

This is a great time to talk with new people and visit our vendors in the Exhibitors Hall.

**10:50–11:40**

**Panel Discussion – “Reimagining Maine’s Social Drivers of Health”**

*Hannaford Hall*

**Mary Prybylo**, Community Care Partnership of Maine

**Zoe Miller**, Moving Maine Network

**Annie Doran**, Maine Food Convergence Project

**Charley Martin-Berry**, Community Caring Collaborative

**Mary Lou Ciolfi**, University of Maine Center on Aging

**11:40–12:00**

**2026 Awards Ceremony**

Presented by Awards Sponsor, Theresa Goodman, UnitedHealthcare

**12:05 – 1:15**

**Networking Lunch**

*Room 214 & 215 (2nd level) or Salon in McGoldrick for Public Health Participants*

\*Please Note: Participants in the Public Health breakout sessions will transition across the street at this time for lunch and to stay for breakout sessions.



# Map Available on Page 38



**1:15–2:00**

## **Breakout Sessions – System-Level Drivers & Flipping the Narrative**

Join your choice of facilitated discussions and interactive workshops:

- **Public Health Breakout: Launching an Age Positive Public Health Movement in Maine** (Salon in McGoldrick Building)
- **Beyond the Medical Ride: Reimagining Transportation as a Pathway to Connection & Belonging** (Room 216)
- **Nourishing the Future: Co-Designing Destigmatized, Hyper-Local Food Systems for Older Mainers** (Room 218)
- **Shifting the Balance: Sharing Institutional Resources To Promote Health & Wellness** (Room 213)
- **Transforming the Experience of Aging in Maine** (Hannaford Hall)

**2:00–2:15**

## **Break**

*Exhibitor Hall / Salon, McGoldrick Building*

**2:15–3:00**

## **Breakout Sessions – From Design to Action on the Ground**

Join your choice of facilitated discussions and interactive workshops:

- **Public Health Breakout: What Matters Most: Empowering Older Adults Through Rural Community Health Workers** (Salon in McGoldrick Building)
- **Inclusive Connection & Culturally Rooted Belonging** (Hannaford Hall)
- **The Civic Advocate—Empowering Everyday Voices to Shape Their Communities** (Room 218)
- **Roux Institute: Reimagining Healthcare Delivery in Rural Communities** (Room 213)
- **The "Front Door" Hubs: Replicating Local Support Networks** (Room 216)

**3:00–3:15**

## **Break**

\*Public Health Breakout Session participants to return to main building (Abromson)

**3:15 – 4:00**

## **Plenary Panel – Activating the Community**

*Hannaford Hall*

**Meredith Anderson**, Facilitator

**Joy Barresi Saucier**, Aroostook Agency on Aging

**Jessie Laurita-Spanglet**, Dance and Health Practitioner

**Lili Ott**, Harpswell Aging at Home

**Yvette Unezase**, Maine Association for New Americans

**4:00**

## **Closing Remarks**

# Session Descriptions



## Keynote Presentation

### **The Next 250 Years: Creating Health, Connection, and Belonging**

*Dr. Somava Saha*

What if Maine could help shape the next 250 years of healthy longevity in America? As our nation celebrates its 250th anniversary, Dr. Somava Saha will invite us to think boldly about what we can create now so that longer lives also become healthier, more connected, and more equitable. Drawing on bright spots from across the country and around the world, Dr. Saha will explore how intergenerational connection, equity, and community well-being can become building blocks for a healthier future. Her keynote is an invitation to see ourselves as better ancestors—people with the opportunity to lay a new foundation for the generations who will follow us. Maine is already on the leading edge of our nation’s longevity transformation, and we now have the opportunity to help lead what comes next.

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## Plenary Panel – Morning

### **Reimagining Maine’s Social Drivers of Health**

*Mary Lou Ciolfi, Mary Prybylo, Zoe Miller, Charley Martin-Berry, Annie Doran*

Why does the U.S. spend the most on healthcare while falling behind on longevity? The answer is structural. In this dynamic plenary, Mary Lou Ciolfi frames the power of social capital, followed by a fast-paced panel on community-integrated care, collaborative resources, and mobility rights—exploring how rebuilding community trust drives lasting healthspan.

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## Breakout Sessions 1

### **Public Health Track: Launching an Age-Positive Public Health Movement in Maine**

*Dr. Somava Saha*

Our public health data, analysis, and policymaking rarely take a life-course view of population health or equity—and miss important insights and opportunities as a result. This session will explore what a life-course approach to public health could look like, what we are learning from age-friendly public health efforts, and how integrating an equitable aging perspective into public health planning and partnerships can prepare Maine for the global demographic shift in aging.

# Session Descriptions (cont'd)

## **Transforming the Experience of Aging in Maine**

*Anna Guest & Lexi Dyer*

What if living longer also meant living better? This interactive session explores how ageism shapes our beliefs, relationships, and the systems that influence our lives—and how embracing age-positivity can improve health, well-being, and community for people of all ages. Gain a foundational understanding of ageism, learn about Maine's growing age-positivity movement, and explore emerging concepts of longevity readiness and practical tools to help you start meaningful conversations about aging and bring age-positive practices into your work, organization, and community.

Together, we'll also examine how belonging and community vitality—the connections, trust, and engagement that help people feel they matter and belong—are essential to healthy longevity. By creating communities where everyone is valued and included, we strengthen opportunities for people to thrive across the lifespan. This session is for all of us: our current and future selves, our children and grandchildren – together we'll envision creating a Maine where longer lives are healthier, more connected, and filled with possibility.

## **Beyond the Medical Ride: Reimagining Transportation as a Pathway to Connection & Belonging**

*Zoe Miller & Stacy Frizzle-Edgerton*

Transportation is about far more than getting to a medical appointment—it provides access to relationships, community life, essential services, and a sense of belonging. This session will explore how Maine can move beyond narrowly defined transportation services and create flexible, community-centered options that support independence and connection. Participants will hear about promising approaches and consider how transportation systems can better reflect where older adults want and need to go.

## **Nourishing the Future: Co-Designing Destigmatized, Hyper-Local Food Systems for Older Mainers**

*Anna Korsen, Tobey Solomon-Auger, Annie Doran, Anna Wind*

Food security is about more than access to meals—it is also connected to dignity, choice, culture, health, and belonging. This session will explore how communities can partner with older adults to co-design hyper-local food systems that reduce stigma and respond to the unique strengths and needs of each community. Presenters will share innovative Maine-based approaches that build relationships, strengthen local food networks, and make nourishing food easier and more welcoming to access.

# Session Descriptions (cont'd)

## **Shifting the Balance: Sharing Institutional Resources to Promote Health & Wellness**

*Mary Prybylo, Jonnathan Busko, Kristin Barnum*

What becomes possible when large institutions share their spaces, expertise, and resources with the communities around them? This session will explore how healthcare and other anchor institutions can move beyond their traditional roles to support community health and wellness. Through Maine-based examples, participants will learn how creative partnerships and shared resources can expand access, strengthen relationships, and create more equitable opportunities for people to thrive.

## **Breakout Sessions 2**

### **Public Health Track: What Matters Most—Empowering Older Adults Through Rural Community Health Workers**

*Lynn Mertz*

Community health workers are trusted bridges between older adults, caregivers, healthcare providers, and community resources—particularly in rural areas. This session will explore how community health workers are using the age-friendly My Health Checklist to help older adults identify and communicate what matters most to them. Participants will learn how this practical tool strengthens healthcare conversations, elevates individual priorities, and supports care grounded in the 4Ms: What Matters, Medication, Mentation, and Mobility.

### **Inclusive Connection & Culturally Rooted Belonging**

*Craig White, Yvette Unezase, Moon Nguany*

This session will explore how communities can move beyond inviting diverse populations into existing structures and instead co-create spaces where belonging is built into the foundation. Presenters will highlight culturally rooted relationship-building, mutual aid, shared civic leadership, and strategies for centering the voices of immigrant, BIPOC, LGBTQ+, and multigenerational communities. Participants will leave with ideas for creating more inclusive, connected communities where everyone feels seen, valued, and empowered to participate.

### **The Civic Advocate—Empowering Everyday Voices to Shape Their Communities**

*“Ginny” Virginia Joles and Jess Fay*

Advocacy does not require a title, professional expertise, or prior political experience—it begins with recognizing that your voice and lived experience matter. Through the stories of community advocates, this session will explore how everyday people can identify an issue, build relationships, communicate effectively, and influence decisions affecting their communities. Participants will leave with practical tools and greater confidence to use their voices, engage others, and turn personal experience into meaningful community change."

# Session Descriptions (cont'd)

## **Roux Institute: Reimagining Healthcare Delivery in Rural Communities**

*Allyson Barker, Aarabi Balasubramanian, Tom Hunter, Kevin Konty and Guoyi Zhang*

How can Maine meet growing healthcare needs when traditional delivery models are strained by workforce shortages and rural access barriers? This session will explore how emerging technologies, entrepreneurial thinking, and new models of care can expand access to preventive services and bring support closer to where people live. Participants will consider how innovation can help Maine deliver more accessible, equitable, and sustainable healthcare—particularly for older adults and rural communities.

## **The “Front Door” Hubs—Replicating Local Support Networks**

*Holly Stover and Suzie Nutbrown*

How do Maine communities build and sustain powerful, trusted local resource networks that stand the test of time? Featuring successful models from the Boothbay Region Community Resource Council’s Woodchucks and Healthy Peninsula’s Bridging Neighbors initiatives, this session will explore how existing community trust and “invisible infrastructure”—including local gathering places, libraries, and organic volunteer groups—can support low-cost, high-impact neighborhood networks. Participants will learn how to identify a community’s hidden assets, create welcoming and accessible “front doors” for older adults, and navigate the realities of recruiting and sustaining volunteers.

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## **Plenary Panel - Afternoon**

### **From Design to Action—Community-Led Strategies**

*Meredith Anderson, Joy Barresi Saucier, Lili Ott, Jessie Laurita-Spanglet, Yvette Unezase*

What happens when communities move beyond identifying challenges and begin building solutions alongside the people most affected by them? This plenary will highlight community-led strategies that turn local ideas, lived experience, and collaborative planning into meaningful action. Panelists will share examples of how residents and community partners are building trust, mobilizing local assets, testing new approaches, and creating solutions that reflect what people truly need to live healthy, connected, and fulfilling lives as they age. Attendees will leave inspired to move from conversation to action in their own communities.



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# Meet Our Keynote Speaker

## Dr. Somava Saha

### **The Next 250 Years: Creating Health, Connection, and Belonging**

Somava Saha, MD, MS is president and CEO of Well-being and Equity in the World (WE in the World), as well as executive lead of the Well Being In the Nation (WIN) Network, which work together to advance inter-generational well-being and equity.



Dr. Saha has dedicated her career to improving health, well-being and equity through the development of thriving people, organizations and communities. Dr. Saha has worked as a primary care internist and pediatrician in the safety net and a global public health practitioner for over 25 years. She has witnessed and demonstrated sustainable transformation in humans and communities around the world.

## **Marsha Dunn**

Marsha Dunn  
Studios

*Graphic  
Illustrator*



Marsha (she/her) is a designer, artist, educator and graphic facilitator. Her teaching and design work are shaped by her studies at Brown University in Art Semiotics, Modern Culture & Media; by the experience of founding film collectives in New York City; by her training at Boston University in group dynamics and clinical social work; by her work as founder and designer of Seguin Tree Dwellings in Maine; and by more than 20 years of work as a graphic facilitator for organizations ranging from the MIT Media Lab to the United Nations. She loves helping students to rediscover their creative instincts and expand their creative capacities.

# 2026 Change AGEnt Speakers



## **Meredith Anderson**

Southern Maine Agency on Aging (SMAA)

Meredith Anderson is the Community Outreach Director at the Southern Maine Agency on Aging and a Licensed Clinical Social Worker. She earned her bachelor's degree in Natural Resources from Cornell University and her Master of Social Work from the University of Texas at Austin. Meredith has long been passionate about working with older adults, beginning at just five years old when she delivered Meals on Wheels with her mother. She joined the Southern Maine Agency on Aging 12 years ago, where she has supervised the Information & Referral, Outreach, and Family Caregiver Support teams. This team helps ensure that older adults, individuals with disabilities, and caregivers are connected to the resources and supports that matter most to them. In her current role, Meredith leads partnership development and outreach initiatives across York and Cumberland Counties, with a focus on engaging underrepresented communities. She also plays a role in advancing diversity, equity, and inclusion efforts at the organization, working to foster a culture of belonging.



## **Aarabi Balasubramanian**

EmTech Care Labs

Aarabi Balasubramanian is the Founder & CEO of EmTech Care Labs, a digital health company providing person-centered care management solutions for healthcare professionals and families navigating complex health conditions. Aarabi is a strategy executive with over 20 years of leadership experience spanning global corporate strategy, M&A, product innovation and new market entry with companies like Cognizant, IMS Health, Infosys Consulting and Lucent Technologies. She holds an MBA from the Tuck School of Business at Dartmouth College and a Bachelor's degree in Electrical & Electronics Engineering from the University of Kerala, India. Based in Maine, Aarabi is also a Certified Senior Advisor® and a Certified Dementia Practitioner®.



# 2026 Change AGent Speakers, cont'd.



## **Allyson Barker**

Roux Institute at Northeastern University

The Roux Institute offers unparalleled access to Northeastern University's global research community and entrepreneurial ecosystem, backed by a network of founders, investors, mentors, and partners. Having been with the Roux Institute since December 2021, Allyson Barker leads Health and Life Science Venture Creation, helping portfolio founders in this sector accelerate their companies by connecting them to every resource across the ecosystem. For the last three years, managing the Future of Healthcare Founder Residency — built with Northern Light Health, Maine Venture Fund, MaineHealth, and Maine Technology Institute — which has brought promising health tech companies to Maine and paired them with researchers, mentors, co-op students, and clinical partners.

Allyson's path into health innovation began in international development and community dietetics. After two years in the Peace Corps Nepal as a health/food security volunteer, she worked as a WIC Dietetic Nutritionist in Dorchester, MA, deepening her grounding in public health and nutrition. She then spent four years with the INGO buildOn in service learning and education — based in Nepal but working across Haiti, Malawi, and Senegal — sharpening her skills in program management, experiential learning, and stakeholder engagement in resource-limited settings.

Relocating to the US, Allyson found the Roux Institute — a place to apply her health-sector background globally while acting locally. She's most fulfilled supporting high-growth health and life science companies co-located right here in Portland, Maine. When she isn't traveling, you can find her finishing the home she built with her husband in New Gloucester, or out lobstering in their boat, the Dilly Dilly.



## **D. Pearl Barnett**

GT Independence

D. Pearl Barnett, MPA, joined GT Independence in 2024 as Chief Operating Officer and assumed the role as President in 2025. Previously, she served as the Deputy Director of State Services at ADvancing States (formerly NASUAD), where she specialized in long-term services and supports (LTSS) and served as an operational expert on home and community-based services (HCBS) waiver issues. She also provided technical assistance and consulting to state agencies, focusing primarily on access, coordination, service delivery, quality management, and policy associated with LTSS. From 2019 through 2020, Pearl served on the National Quality Forum's Committee on Person-Centered Planning and Practices, where she worked with other LTSS experts to come to consensus on how to define and measure person-centered planning for HCBS. Prior to joining ADvancing States, Ms. Barnett dedicated nine years to Oklahoma's Department of Human Services, serving as Administrator for the

# 2026 Change AGent Speakers, cont'd.

ADvantage 1915(c) HCBS Medicaid Waiver and Medicaid State Plan Personal Care Programs.

Ms. Barnett's passion for person-centered practices, self-determination, and continuous improvement is evident through her personal training and research in these areas. She is a graduate of the Oklahoma Aging Advocacy Leadership Academy, where she implemented training programs in person-centered service planning and delivery, program evaluation, and LTSS options for older adults and persons with disabilities in Oklahoma. She is a sought-after speaker nationwide, as her work has improved the quality and accessibility of LTSS for individuals in need.



## **Kristin Barnum**

### **Community Nurse Connection**

Kristin Barnum, RN, BSN, MBA, is a seasoned Healthcare Executive and Clinical Leader with over 30 years of experience dedicated to advancing community health, hospice, and palliative care. Throughout her career spanning for-profit, non-profit, and governmental organizations, Kristin has focused on breaking down operational silos to create integrated, patient-centered care models that allow individuals to remain safely in their homes. Kristin began her nursing career in oncology at Emerson Hospital in Concord, MA. While completing her BSN at Rivier College, she completed a specialized hospice internship with Home Health and Hospice in Nashua, NH, contributing to the launch of the Community Hospice House in Merrimack, NH. She then joined Home Health Foundation in Lawrence, MA as a Clinical Manager and Educator. There, she co-created an innovative preceptor program to recruit new nursing graduates into community health and developed cultural diversity training initiatives that she presented at both state and national conferences.

Her leadership trajectory continued as Hospice Director for Nashoba Valley Nursing Service in Shirley, MA. At Nashoba, Kristin led the implementation of the agency's first Electronic Medical Record (EMR) system, sparking a passion for leveraging data-driven quality improvement that motivated her to earn her Master of Business Administration (MBA). After relocating to the Upper Valley in 2007, Kristin was recruited in 2009 by BAYADA Home Health Care to build and launch their ground-up hospice program. Under her leadership, she scaled the startup into a high-performing regional division generating over \$5 million in revenue while achieving a 100% deficiency-free initial CHAP accreditation. Currently, Kristin serves as Executive Director of Community Nurse Connection (since 2021).



# 2026 Change AGent Speakers, cont'd.



## **Joy Barresi Saucier**

Aroostook Agency on Aging

Joy Barresi Saucier serves as Executive Director of the Aroostook Agency on Aging. A Registered Nurse by training, she earned her Bachelor of Science in Nursing from the University of Maine and later completed a Master of Health Administration degree from Saint Joseph's College of Maine.

Prior to joining the Agency, Joy spent more than 25 years in healthcare, serving in roles ranging from direct patient care and community education to fundraising and executive leadership. She is a Fellow of the American College of Healthcare Executives.

Since 2017, Joy has guided the Agency through a period of transformative growth, building innovative partnerships that have expanded access to aging services across northern Maine. Key accomplishments include the development of 21 community Access Points, a regional Memory Center with expanded day respite program, and the Aroostook Civic Academy. As a 2025-2026 national Health and Aging Policy Fellow, Joy explored global best-practices that improve the economic security of older women living in rural communities, with a focus on those adaptable to the United States.

A graduate of Leadership Maine's Phi Class, Joy serves on multiple local, state, and national boards, including USAging, AgeWise Maine, the Aroostook Partnership, the County Federal Credit Union, and the Northern Maine Community College Foundation. In addition, she has chaired several Maine organizations including the Maine Development Foundation, the Maine Association of Agencies on Aging, and Aroostook Regional Transportation Systems.

A Rotary Paul Harris Fellow, Joy is a member and past president of the Presque Isle Rotary Club and serves as Foundation Chair for Rotary District 7790. In all roles, Joy remains committed to ensuring that all Mainers have the opportunity to age with dignity and independence in the communities they call home. Outside her professional and community roles, Joy enjoys discovering new places through travel, getting lost in a good book or television series, and spending time with family and friends—especially while paddling the Aroostook River.

A native and champion of northern Maine, Joy lives in Mars Hill with her husband, Jeff. They are especially proud of their three grown children and granddaughter who continue to call Aroostook County home.

# 2026 Change AGent Speakers, cont'd.



## **Frank Brooks**

Clinical Social Worker and Retired Assistant Professor of Social Work

Frank has been active in social justice change efforts in Maine for several decades (longevity matters!), including legislative advocacy for sexual and gender minorities. This activism informed his teaching of social welfare policy and practice courses when he taught in both the USM Social Work program 1993-2003 and the UNE School of Social Work MSW program from 2004-2021. He developed and taught courses on social work practice with LGBTQIA individuals as well as gerontological social work practice. Frank retired from teaching in 2021. His clinical social work practice focused on human sexuality issues, especially sexual orientation, and gender identity. Frank continues to provide consultation part-time.

Frank is former chairperson of the National Association of Social Workers (NASW), Maine Chapter's Committee on Lesbian, Gay, Bisexual, and Transgender Advocacy. He served on the Council of Social Work Education's Council on Sexual Orientation and Gender Identity. He is a former member of the Board of Directors of SAGE Maine, and he served on the Maine legislature's Joint Standing Judiciary Committee's Family Law Advisory Commission (FLAC) from 2012-2022. Frank also served on the boards of the Kids First Center, the ACLU of Maine, and Maine TRANSNET. He was a founding member of the Portland Area LGBT Parents Group. Frank lives in Portland with his husband Marvin Ellison and is the proud father of a son, Sam and his wife, Keisha, and is now a grandpa to two wonderful granddaughters Maya and Zoe.



## **Jonnathan Busko**

Community Care Partnership of Maine

Jonnathan Busko is a board-certified Emergency Medicine and EMS physician with over 30 years of experience in medicine. He worked as an EMT and paramedic in rural Ohio, North Carolina, and Pennsylvania and was a FEMA Urban Search and Rescue Medical Specialist with PA Task Force-1. Jonnathan received MD and MPH degrees from the University of Pittsburgh, an MBA from the University of Maine, a graduate certificate in Community Preparedness and Emergency Management from the University of North Carolina and completed a Rural Health Fellowship with the National Rural Health Association. He completed a residency in Emergency Medicine at Albany Medical Center and an EMS / Disaster Fellowship at Carolinas Medical Center. Jonnathan was the Maine EMS Region 4 medical director for 12 years and is now the hospital representative to the Maine EMS Community Paramedicine Subcommittee and the medium-sized hospital representative to the Trauma Advisory Committee. He was the St. Joseph Hospital ED Medical

## 2026 Change AGent Speakers, cont'd.

Director for 5 years and is the St. Joseph Healthcare Medical Director of Care Delivery Transformation and a Senior Medical Advisor for Workforce and Rural Innovation for Community Care Partnership of Maine. Jonnathan was lead consultant for the "Critical Access Physician Extender" project, a shared workforce physician extension telemedicine pilot project that provides advanced practice paramedic facilitated tele-urgent care services in Jackman, Maine. For that work, Jonnathan received a 2023 Community Health Star award from the Maine Office of Primary Care and Rural Health and the 2026 Phebe Conroy King Access to Healthcare award from the Maine Public Health Association. For his services access work during the Bangor HIV outbreak, Jonnathan received an "Outstanding Star" award from Bangor Public Health. He is an Ariadne Labs associate faculty member. Jonnathan's current work focuses on access to care in rural and frontier communities with an emphasis on the use of technological solutions like telehealth and AI-augmented evaluations leveraged by in-person, community-based care practitioners.



### **Mary Lou Ciolfi**

University of Maine Center on Aging

Mary Lou Ciolfi, JD, MS is Assistant Director of Policy and Education at the University of Maine Center on Aging and Co-Director of the Consortium for Aging Policy Research and Analysis (CAPRA), a partnership between the University of Maine and the University of Southern Maine. In those roles she conducts aging-related research, policy analysis, and program evaluation on a range of projects including long-term care, older adult workforce, ageism, and solo aging. She is also a licensed Maine attorney, a former residential care administrator, and adjunct faculty at University of New England's Graduate Programs in Public Health where she teaches public health law and public health policy and mentors students working on policy-related master's theses. Mary Lou is facilitator for the National Center to Reframe Aging and presents frequently on topics related to ageism and elderspeak. She is a graduate of the University of Chicago, the University of New Hampshire School of Law, and USM's Muskie School of Public Service.

# 2026 Change AGent Speakers, cont'd.



## **Annie Doran**

Maine Food Convergence Project

Annie Doran is a systems facilitator and organizer, as well as a cooperative development consultant, working at the intersection of food systems, community infrastructure, and participatory governance. She serves as Coordinating Director of the Maine Food Convergence Project, a statewide initiative advancing cross-sector collaboration to build a more resilient and equitable food system.

Annie leads the development of the Local Food Switchboard, a shared infrastructure designed to connect farmers, distributors, institutions, and communities—making it easier to move food where it's needed, strengthen and increase equity in our regional supply chains, and increase access to nutritious foods for everyone. Her work focuses on turning complex, values-driven ideas into practical systems that support coordination, transparency, and shared ownership.

Through her consulting practice, Annie supports cooperatives and mission-driven organizations in building governance structures, accountability systems, and decision-making practices that align with their values and enable long-term sustainability. She brings a grounded, facilitative approach to helping groups navigate growth, complexity, and power dynamics.



## **Lexi Dyer**

Maine Council on Aging

Lexi Dyer is a Master of Social Work (MSW) student at the University of Maine and is serving as an intern with Maine Council on Aging from May to December 2026. She works professionally as a Case Manager supporting adults with Intellectual Developmental Disabilities and is passionate about helping people thrive in their communities across adulthood.

A lifelong Mainer who grew up in Southern Maine, Lexi earned her Bachelor of Arts in Psychology with a minor in Sociology from the University of New England. Her professional interests lie in advocacy, service, and positive life experiences.

Outside of work and school, Lexi can often be found attempting to establish a perennial herb garden, spending time with her three beloved black cats, or admiring the latest addition to her ever-growing crystal collection.



# 2026 Change AGent Speakers, cont'd.



## **Jess Fay**

Maine Council on Aging

Jessica Fay joined the Maine Council on Aging (MCOA) in October 2024 as Policy Director. She is a former Maine state representative. During her eight years in the Legislature, Jess worked on passing bills that improved the lives of older Mainers including positive changes to Medicare eligibility and to reimbursement rates for essential support workers. She has been honored for her work with older Mainers, for her work on behalf of victim/survivors of domestic violence and on behalf of Maine's environment. Jess has owned her own flower shop and volunteered in her local library as well as with Age-Friendly Raymond. She currently serves on the Board of Directors for Maine Coalition to End Domestic Violence and for Raymond Waterways Protective Association. Jess graduated from Simmons University in Boston with a degree in sociology. She is a member of the Leadership Exchange on Ageism Cohort 3.

Jessica and her husband Kevin reside in Raymond where they were caregivers for Kevin's mother as she lived with dementia. In search of life balance, Jess also spends time cooking, gardening, walking in the woods with and training and her 2 Labrador Retrievers. She also enjoys swimming, sailing and kayaking at her family camp.



## **Stacy Frizzle-Edgerton**

People Plus of Maine

Stacy Frizzle-Edgerton is the Executive Director of People Plus in Brunswick, Maine, providing services for both older adults and youth in grades six through 12. These two Community Center programs see a combined total of 35,000 visits annually and provide meals, programs and vital services, including one of the largest volunteer transportation programs in Maine. This program provides over 5,000 rides annually totaling nearly 40,000 miles of free transportation for homebound older adults and youth.





## **Theresa Goodman**

UnitedHealthcare

Theresa Goodman is an accomplished executive with extensive experience in the healthcare sector, specializing in Medicare and retirement services. Currently serving as the Executive Director for Northern New England at UnitedHealthcare, she has a proven track record of leading cross-functional teams and driving strategic initiatives in complex healthcare environments. Her academic background includes a Master of Public Health from Boston University and a Bachelor of Arts in Economics and Government from Colby College. Theresa's career spans over two decades, during which she has held various leadership roles at prominent organizations, including Deloitte Consulting and Health Dialog. Her expertise in analytics, clinical research, and process improvement positions her as a thought leader in healthcare management. Known for her ability to navigate the intricacies of managed care, she is passionate about enhancing healthcare delivery and patient outcomes. Outside of her professional pursuits, Theresa is likely to engage in community health initiatives, reflecting her commitment to public health and wellness.



## **Anna Guest**

Maine Council on Aging

Anna Guest returned to the Maine Council on Aging in August 2025 as Power in Aging Director, bringing her experience as an Leadership Exchange on Ageism graduate and facilitator, along with her past work with the Tri-State Learning Collaborative on Aging. With more than a decade of experience in Maine's aging services network, her work has focused on building dynamic, high-impact volunteer teams to deliver community education programs and collaborating with age-friendly communities through initiatives like the Community Connections pilot project—an effort of the Governor's Cabinet on Aging. She has developed and facilitated educational programming in partnership with MCOA, the University of Maine Center on Aging, Maine's Area Agencies on Aging, and through her own consulting practice.

With a professional background in occupational therapy, Anna approaches her work with curiosity, creativity, and compassion. A lifelong Mainer who grew up on a solar-powered organic farm, she now lives in Lisbon Falls with her wife and their four-legged family – you can often find her experimenting with DIY projects, spending time outdoors, and diving into audiobooks and podcasts.

# 2026 Change AGent Speakers, cont'd.



## **Tom Hunter**

Restoration Medicine

Tom Hunter has decades of experience in telehealth and digital health. Tom has a proven history of scaling telehealth services and driving operational excellence. His success includes behavioral health partnerships with institutions such as St. Jude's and Harvard. His background in telehealth, regulatory compliance and operations create an environment that allows clinical teams to innovate and provide high quality care.



## **Ginny Joles**

Foundation of the Aroostook Agency on Aging

Ginny serves as the Philanthropy Coordinator for the Foundation of the Aroostook Agency on Aging. A lifelong resident of Aroostook County, Ginny is widely known for her leadership in communications, community engagement, and volunteerism.

Before assuming her current role, Ginny served as the Agency's Community Ambassador through the Governor's Community Connections Pilot Grant. Prior to that, she coordinated the Access Points Project, which connected 22 nonprofit organizations to northern Maine communities using virtual technology to deliver essential programs and services. She remains actively involved as a volunteer at the Agency, with a deep passion for the Aroostook Civic Academy and the RSVP Advisory Council.

Ginny's professional journey includes a 46-year tenure at Maine Public Service (now Versant Power), where she advanced through various roles in economic development, utility communications, and regional outreach.

Throughout her career, Ginny has led or supported initiatives with numerous organizations, including Rotary International, United Way, the Northern Maine Community College Foundation, and several local boards. She was president of the Presque Isle Rotary Club and later served as a Rotary District Governor.

Ginny and her husband, Jerry, have two grown children. She continues to live and lead by the belief that "nobody accomplishes anything alone."

# 2026 Change AGent Speakers, cont'd.



## **Donna Kelley**

Maine Council on Aging, Board Member

Donna is the President and Chief Executive Officer for Waldo Community Action Partners, which provides services and supports to our low-income community members including medical and public transportation, early childhood education, home repair and weatherization, heating assistance, and programs that address food insecurity. She has been practicing social work for more than 30 years, much of that time in the behavioral healthcare field. Donna has also worked for three large community mental health centers in Maine developing, managing, and running rental subsidy programs, homeless transitional housing, independent housing, residential treatment services, and other community services.

In addition to serving as President of MCOA's Board of Directors, Donna is a board member at the Maine Continuum of Care, the State Homeless Council, chairs the Maine Council on Aging, and is a board member for the Belfast Rotary and the MaineHealth Waldo and Penbay Hospital. She is recent past President of the Maine Community Action Partnership and remains on their board. Donna earned her undergraduate BS from the University of Maine, with a major in Biology. She received her MSW from the University of New England in Biddeford. Donna resides in Belfast with her family and enjoys coaching high school swimming.



## **Kevin Konty**

Apriqot

Kevin Konty has served as a statistician, demographer, geographer, and epidemiologist for over 20 years in public service.

Since 2004, Kevin has led technical teams at the New York City Department of Health and Mental Hygiene (DOHMH,\$3B), directing the methodology unit in Epidemiology and the data science unit at the Office of School Health. He also served as privacy officer and Senior Scientific Advisor.

Kevin holds a PhD Geography, and 2 MSs (Mathematics, Applied Statistics). He has published over 80 papers (H: 27) and been an investigator on numerous grants. He has also won pie contests, snowshoe races, and three most impactful paper awards. Kevin lives in Brooklyn with his wife and two children.

# 2026 Change AGent Speakers, cont'd.



## **Anna Korsen**

Full Plates Full Potential

Anna was born and raised in rural Maine. As a young mother, Anna relied on programs like WIC and SNAP to put food on the table. While grateful for the food security they provided, her experience with the systemic barriers and lack of dignity that are steeped in those programs led her to her Master's in Public Policy at the Muskie School of Public Service at the University of Southern Maine where she focused her studies on poverty, food security, and education policy. She is passionate about supporting and strengthening child nutrition programs across our state, and believes that they are critical to ensuring a bright future for Maine children. In 2022, for her leadership of the advocacy effort to pass Maine's groundbreaking healthy school meals for all legislation, Anna received the Public Health Policy Champion Award from the Maine Public Health Association, the Maine Nutrition Council's Katherine O. Musgrave Public Service Award, and accepted the 2022 Anti-Hunger Champion of the Year award from the Food Research & Action Center on behalf of the organization. She currently serves as the co-chair of the Ending Hunger in Maine Advisory Committee.

Prior to her work with Full Plates Full Potential, Anna worked as a server at a wood-fired pizza restaurant for 16 years. She lives in Portland with her husband Brian, 16-year-old son Arlo, and their dog Flora, loves to be outside, and enjoys all things food related.



## **Jessie Laurita-Spanglet**

University of Southern Maine

Jessie Laurita-Spanglet is a dance-maker, collaborator, organizer, and educator whose work stems from her deeply embodied study of contemporary dance and improvisational practices. As a performer and collaborative dance-maker, Jessie has enjoyed working with many wonderful artists, most recently including Tristen Koepke, Matthew Cumbie, Christina Soriano, and Heart Stück Bernie. For the past decade, Jessie's research, practice, and organizational efforts have focused on dance and health. In this capacity, Jessie is part of a NeuroArts lab at Wake Forest University, where she has served as an interventionist, education coordinator, and teacher-trainer for the team's work on researching and promoting the effects of dance for people with neurodegenerative diseases. More locally, Jessie serves as a member of the Maine Arts and Health board that produced a series of virtual arts and health roundtables and Maine's first in-person arts and health conference; she serves on Maine Council on Aging's Creative Aging advisory council; and she teaches community movement classes in libraries, support



## 2026 Change AGent Speakers, cont'd.

groups, retirement communities, and hospitals throughout the state. Jessie holds an MFA in dance from the University of Maryland, and a BFA from the North Carolina School of the Arts. Jessie was named a 2024 National Arts Strategies Creative Community Fellow: New England, and used her Fellowship to work towards an arts-based social prescribing program for Maine communities. Jessie is the director of USM's annual Winter Dance Concert and is currently co-organizing an arts-based social prescribing pilot program for USM students struggling with social isolation and depression.



### **Charley Martin-Berry** Community Caring Collaborative

Charley Martin-Berry leads the Community Caring Collaborative, a multi-sector partnership that works to foster collaboration and improve outcomes for vulnerable populations in Washington County and Passamaquoddy communities. Her work focuses on creating community-level infrastructure that strengthens partnerships; promoting practices and policies in organizations and across systems that are effective and equitable; creating flexible financial support programs that help families build assets and reach goals; and building responsive, shared programs that align offerings across multiple agencies and, when combined, impact population-level change. She leads trainings on building community collaboration, principles of family engagement in program design and improvement, and building holistic two-generation interventions.

Charley lives in East Machias and has lived and worked in Hancock and Washington Counties her whole life. She graduated from the University of Maine with a degree in Anthropology and Women's Studies. She has served on numerous non-profit and educational boards and has enjoyed opportunities to develop skills through several Maine-based leadership programs.



# 2026 Change AGent Speakers, cont'd.



## **Jess Maurer**

Maine Council on Aging

Jess Maurer is the Executive Director of the Maine Council on Aging, a multidisciplinary network of over 140 businesses working to ensure we can all live healthy, engaged, and secure lives as we age. She leads data-informed policy change efforts on issues related to ageism, equity, poverty, housing, transportation, workforce, and care. A core focus of her work is on worldwide demographic shifts and longevity trends, and how our cultural norms about work, health, and the built environment haven't kept pace with these trends. With the goal of ending ageism in Maine by 2032, Jess co-designed the Leadership Exchange on Ageism, an innovative program that has inspired over 500+ leaders to take meaningful action to end ageism. This program is now being replicated in other states and is launching nationally this year. Throughout her work, she maintains focus on underserved and marginalized older people to ensure the policies we adopt work for everyone. A licensed Maine attorney, Jess worked for 17 years in the Maine Office of the Attorney General.



## **Lynn Mertz**

AARP Global Thought Leadership

Lynn Mertz, PhD, is a senior strategic policy advisor with AARP's Global Thought Leadership team. She partners with health professionals to combat ageism in healthcare, helping ensure older adults receive care that reflects what matters most to them so they can enjoy healthier, more fulfilling years as they age. Her work also extends to the Global Network for Age-Friendly Cities and Communities, where she fosters international collaboration to create supportive environments for aging populations. At AARP, Lynn works across housing, healthcare, and equity initiatives, bringing a cross-sector approach to improving the lives of older adults. Previously, she was a senior policy advisor at the Center to Champion Nursing in America, where she advanced leadership development, nursing innovation, and health equity as part of the national Future of Nursing: Campaign for Action. Lynn holds a PhD in Higher Education from Seton Hall University, a master's in Urban Planning from New York University, and a bachelor's degree in Economics from Drew University.

# 2026 Change AGent Speakers, cont'd.



## **Zoe Miller**

Moving Maine Network

Zoe obtained her master's in Public Health from the Muskie School of Public Service at USM, after working in the field for 20 years. In her 30 years of working with communities to build healthy, equitable places, Zoe has prioritized relationships. She is a deep believer in inclusive engagement and decision-making. Her work has taught her that the most actionable and successful planning relies on meaningful involvement by people with lived experience. Through her early work in community organizing and public health, she became passionate about transportation access and equity as a key to advancing health and opportunity. At the Greater Portland Council of Governments from 2017-2021, Zoe led the integration of inclusive practices, needs assessments, and equity data into the decision-making process for transportation investments. In 2018, Zoe partnered to launch the Moving Maine Network (MMN). Now a statewide nonprofit, MMN is building a movement for transportation access and equity in Maine. MMN focused especially on the needs of people who can't drive and those who struggle to afford transportation – including older adults, people with disabilities, people with low incomes, and youth. Zoe lives in Portland and walks or takes the bus for transportation whenever possible.



## **Nyamuon "Moon" Nguany**

Maine Association for New Americans (MANA)

Nyamuon "Moon" Nguany is a Portland advocate, spoken word poet, and activist for refugees and asylum seekers. Of South Sudanese and Ethiopian descent, she moved to Maine with her family as a young child and uses that experience to inform her work with immigrants, people with psychiatric disabilities, and other trauma survivors. Moon began her advocacy work in the Army National Guard, where she trained in suicide prevention and saw firsthand the stigma attached to mental health struggles. At the Maine Association for New Americans, she created #WeOutside, a program connecting asylum seeking kids with the outdoors to support mental health and belonging. She has also served as Cultural Strategist for Disability Rights Maine. Her advocacy has been recognized by the National Association for Rights Protection and Advocacy and the Bazelon Center for Mental Health Law. Her story is featured in the documentary "I Come From Away: An Immigrant in Maine."

# 2026 Change AGEnt Speakers, cont'd.



## **Suzie Nutbrown**

Healthy Peninsula

Suzie Nutbrown is the Healthy Aging Coordinator at Healthy Peninsula. A lifelong New Englander, she spent two decades in New Hampshire before making Blue Hill, Maine, her home. Suzie recently earned her Master of Public Health degree, and her work centers on healthy aging and how people can continue to find purpose, connection, and joy at every stage of life. She believes strong communities and meaningful relationships are essential to well-being at any age. Outside of work, she enjoys time with her children, volunteering, and time outdoors, especially along the shore.



## **Lili Ott**

Harpswell Aging at Home

Lili Ott enjoyed a professional career as a museum director in Massachusetts, Maryland and New York with special interest in education programs and travel for older adults. In 2015 she retired to Maine and began volunteering for Harpswell Aging at Home and in 2017 became Secretary and in 2019 Co-Chair. In the last seven years, HAH's growth included gaining 501(c)(3) non-profit status; doubling the volunteer base to 480 in a town of 5,000; adding new programs particularly in health and socialization; adapting to changes during COVID and moving to a new normal after COVID; and most recently working on fundraising to ensure a stable future for the organization.



## **Mary Prybylo**

Community Care Partnership of Maine

Mary Barrett Prybylo, PhD, RN, LFACHE, is a healthcare executive, nurse leader, and researcher with more than 40 years of experience advancing care delivery across health systems and accountable care organizations. She serves as Senior Advisor for Research Community Care Partnership of Maine, a statewide ACO serving approximately 200,000 patients, where she leads initiatives to strengthen primary care and implement innovative, value-based models in collaboration with national partners. Dr. Prybylo previously served as CEO of CCPM and President of St. Joseph Healthcare, with a leadership focus on improving outcomes for older adults and advancing Age-Friendly Health Systems. She recently earned her PhD in Nursing Science, with research examining self-reported health and hospitalization risk in older adults.



# 2026 Change AGent Speakers, cont'd.



## **Fran Seeley**

Opportunity Alliance

Fran Seeley is an AmeriCorps Seniors Foster Grandparent volunteer with The Opportunity Alliance, where she is the program's longest serving volunteer. Originally from Dublin, Ireland, Fran spent many years as a teacher in California before moving to Maine with her late husband, Jim, and settling in Portland. After losing her husband, she found new purpose, connection, and community by returning to the classroom as a volunteer. At Gerald E. Talbot Community School in Portland, generations of students have known her as "Grammie Fran." Fran is also a member of the Maine Council on Aging community and has lent her voice to conversations about the challenges facing older Mainers, including serving on a state stakeholder group on eligibility limits for programs that help older adults with costs.



## **Tobey Solomon-Auger**

Governor's Office of Policy Innovation and the Future

Tobey Solomon-Auger is the Anti-Hunger Policy Coordinator with the Governor's Office of Policy Innovation and the Future. She leads Maine's Ending Hunger initiative and convenes the Ending Hunger in Maine Advisory Committee and Cross-Agency workgroup. Prior to joining GOPIF, Tobey worked for DHHS supporting SNAP and SUN Bucks outreach efforts across Maine. Prior to that, Tobey managed a food bank and led food access programming at a local nonprofit in Seattle, WA. Tobey holds a bachelor's degree in International Relations specializing in Nutrition, Global Health, and the Environment from Tufts University.



## **Holly B. Stover**

Representative, Maine House District 48

Holly B. Stover represents Maine House District 48, which includes Boothbay, Boothbay Harbor, Edgecomb, South Bristol, Southport and Westport Island. She has served in the Maine House since 2018 and sits on the Appropriations and Financial Affairs Committee, having previously served on the Health and Human Services Committee, the Government Oversight Committee, the Joint Select Committee on Housing, and as House chair of the State and Local Government Committee. Her career in public service spans more than three decades, including work in health and human services, child welfare, children's and adult mental health, domestic and sexual violence, substance use prevention and community development. In the Legislature, she works to ensure access to affordable health care, housing, education and nonmedical transportation, and to prioritize the right to age in place. She also serves on the Maine Recovery Council. Stover lives in her hometown of Boothbay.

# 2026 Change AGent Speakers, cont'd.



## **Yvette Unezase**

Maine Association for New Americans (MANA)

Yvette Unezase (she/her) is the Executive Director of the Maine Association for New Americans (MANA), an immigrant-led nonprofit organization dedicated to advancing the well-being, empowerment, and inclusion of immigrant communities in Maine. She brings extensive experience in nonprofit management, public administration, mental health, and victim advocacy, with more than eight years of professional experience supporting individuals and communities impacted by trauma, violence, and systemic barriers.

As Executive Director, Yvette provides strategic leadership for MANA's programs, partnerships, organizational development, and community engagement. Her work focuses on strengthening access to culturally responsive, trauma-informed services and creating opportunities for immigrant communities to build cross-cultural connections and individual and collective trauma healing. Throughout her career, Yvette has worked at the intersection of mental health, advocacy, community wellness, and social justice. She is committed to centering the voices and lived experiences of immigrant communities while addressing systemic barriers and advancing health and racial equity.

Prior to moving to Maine in 2013 from her home country of Rwanda, Yvette served as a Financial and Administrative Advisor to the Vice President of the Senate of Rwanda, where she gained valuable experience in public administration, financial management, and institutional leadership. As a survivor of the 1994 Genocide against the Tutsi in Rwanda, Yvette's personal experience has deeply informed her commitment to healing, resilience, justice, and community empowerment. She holds a Master of Arts in Genocide Studies and Prevention and a Bachelor of Arts in Political Science and Administration. Her academic background, professional experience, and lived experience have shaped her dedication to advancing equity and strengthening support systems for immigrant and historically underserved communities. Through her leadership and community-based work, Yvette is committed to building inclusive, resilient communities where immigrants can access the resources, support, and opportunities they need to heal and thrive.

Outside of her professional work, Yvette enjoys cooking, community events planning, and spending time with her family. She especially enjoys attending and cheering on her sons' sports games.



## 2026 Change AGent Speakers, cont'd.



### **Craig White**

Craig White Consulting

Craig White is lead consultant for Craig White Consulting, through which he provides training, coaching, planning, and facilitation services to nonprofit organizations, foundations, schools and community groups. With a particular interest in dismantling systems of privilege and oppression, Craig's consulting work focuses on racial equity analysis and organizing. He is a designer and facilitator of the Leadership Learning Exchange for Equity in Maine, the national Equity Leadership Exchange of the Organic Farmers Alliance, and was a founding facilitator of Maine's Leadership Exchange on Ageism.

Craig also works as the Supportive Schools Director for the Campaign for Southern Equality, whose mission is to promote the lived and legal equality of LGBTQ+ people in the South. His work involves helping schools develop policies and practices to be more safe and inclusive for LGBTQ students, supporting individual students and their families, advocating for inclusive state laws, and organizing challenges to discriminatory laws. Craig holds a BA from Brown University and an MSW from the University of North Carolina at Chapel Hill, and is a William C. Friday Fellow through the Wildacres Leadership Initiative.



### **Laress Wilkins Lawrence**

From 2015 until her "retirement" in 2025, Laress Wilkins Lawrence worked as Community and Equity Learning Partner at the Elmina B. Sewall Foundation, focusing primarily on Sewall's Lewiston-Auburn grantmaking program. She also served on the board of Maine Initiatives for several years and still enjoys close relationships with non-profit and philanthropic partners in communities across Maine. Before moving to Maine in 2014, Laress taught religious studies at Regis College in Weston, MA, and was on the pastoral staff of Saint Katharine Drexel Catholic Church in Dorchester, MA. An African-American Hebrew Bible scholar, she serves on the Editorial Board of the Wisdom Commentary Series, and is Lead Author for volume 36 - Joel, Obadiah, and Jonah (publication forthcoming) - in that series. Laress lives in Portland with her mini-Labradoodle Cinnamon.

# 2026 Change AGent Speakers, cont'd.



## **Anna Wind**

Healthy Peninsula

Anna Wind is the Healthy Eating Coordinator at Healthy Peninsula in Blue Hill, where she leads the Magic Food Bus — a traveling farm stand and mobile library that brings free fresh local produce, books, and food security resources to nine towns across the Blue Hill Peninsula and Deer Isle. Her work there also includes supporting community and school gardens, backpack programs, and deliveries for the Simmering Pot, a weekly community meal program.

A Midcoast Maine native, Anna has gravitated toward food her whole life — on the farm, in personal & professional kitchens, and now in supportive and educational programming for schools and community. She is also the Brooksville Elementary School librarian, a role that helps her bring her passions to the next generation.



## **Guoyi Zhang**

Empallo Health

Guoyi Zhang is a Software Engineer at Empallo, a virtual heart clinic providing personalized cardiac care through telehealth. He works on the development of Empallo's FHIR-native electronic health record platform and clinical workflows, focusing on system architecture, interoperability, secure health information systems, and translating clinical needs into practical software. He works closely with clinicians and operations teams to ensure technology that fits care delivery.



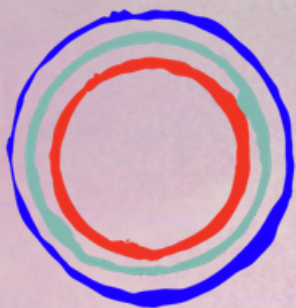
**Continue the Conversation with Dr. Somava Saha  
this afternoon at “Launching an Age-Positive  
Public Health Movement in Maine”**

Explore how a life-course approach—grounded in equity and age-positive public health—can help Maine prepare for the demographic shift in aging. Join us across the street for the Public Health Breakout Session Track! (McGoldrick Building)

***Poem From "I Will Not Die  
an Unlived Life"***

*by Dawna Markova*

I will not die an unlived life  
I will not live in fear  
of falling or catching fire.  
I choose to inhabit my days,  
to allow my living to open me,  
to make me less afraid,  
more accessible,  
to loosen my heart  
until it becomes a wing,  
a torch, a promise.  
I choose to risk my significance;  
to live so that which came to  
me as seed  
goes to the next as blossom  
and that which came to me as  
blossom,  
goes on as fruit.



**CREATIVE  
AGING  
MAINE**



**We are all teachers. We are all learners.  
We are all artists. We are all aging.**

Creative Aging Maine engages older adults in high quality arts programs led by trained teaching artists. A statewide initiative of the Maine Arts Commission in partnership with MCOA, the program builds skills, connection, and purpose through creativity. Learn more at [creativeaging.me](https://creativeaging.me)



# 2026 Award Recipients

**Jaye Martin** of *Legal Services for Maine Elders*

## **Lasting Legacy Award**

Jaye Martin is being honored for a career dedicated to protecting the rights, safety, and well-being of older Mainers. Guided by a vision that older people should have access to a statewide provider with deep expertise in elder law, Jaye built exactly that, making Legal Services for Maine Elders a unique and trusted front door for older Mainers facing complex legal challenges. She also co-created Maine's Council for Elder Abuse Prevention, led the creation of Maine's Elder Justice Roadmap, and led the Elder Justice Coordinating Partnership, bringing coordination and urgency to Maine's response to elder abuse. Her legacy will endure well beyond her remarkable career.

**Speaker Ryan Fecteau**

## **Legislator of the Year Award**

Speaker of the House Ryan Fecteau of Biddeford is being honored for his sustained leadership on behalf of older Mainers, family care partners, and care workers. Throughout his legislative career, Speaker Fecteau has championed critical investments in Meals on Wheels, family caregiver supports, housing, hunger prevention, and better wages for essential care workers. Grounded in a personal understanding of care work, he has consistently used his leadership to strengthen the systems that help older Mainers live healthy, secure lives with the care and support they need.

**Craig White** of *Craig White Consulting*

## **Douglas O. Wilson Rising Tide Leadership Award**

Craig White of Craig White Consulting is being honored for helping build, grow, and sustain a culture change movement in Maine and beyond that is reshaping our collective experience of living and aging. In 2021, Craig led the design of the Leadership Exchange on Ageism (LEA), helping the MCOA create a groundbreaking leadership program that has become a catalyst for culture change and engaged more than 500 leaders across the country. Since then, Craig has stewarded LEA's continued evolution, bringing new thinking, tools, and insight to the program while supporting participants and facilitators as they turn learning into action. His thought leadership, generosity, passion, and compassion have strengthened the MCOA team, deepened LEA's impact, and helped grow a movement of leaders equipped to recognize, challenge, and ultimately end ageism.



# 2026 Award Recipients

**Izzy Ostrowski** of *EqualityMaine (EQME)*

## **Harden Trailblazing Award**

Izzy Ostrowski is being honored for her sustained leadership in creating and expanding opportunities and safe spaces for older LGBTQ+ people to learn, connect, contribute, and build community. As EqualityMaine's Director of the Network for Older Adults and Community Engagement, Izzy has helped ensure that the lived experiences of older LGBTQ+ people are heard, understood, and reflected in efforts to improve aging in Maine. Through this work, Izzy is increasing the visibility and inclusion of older LGBTQ+ people and helping shape a Maine where we can all age with dignity, health, purpose, and security.

**Regina Phillips** of *Cross Cultural Community Services*

## **Harden Trailblazing Award**

Regina Phillips, co-founder of Cross Cultural Community Services, is being honored for her sustained efforts to advance health equity for Black, Indigenous, and People of Color (BIPOC) Elders and ensure their needs and experiences are intentionally included in the design and delivery of care and support services. Regina has helped providers and community leaders learn directly from the lived experiences of BIPOC Elders while building stronger, more trusting relationships between providers and these communities. Her leadership is helping turn those relationships into solutions that advance health equity and improve the experience of aging in Maine.

**MaineHealth Center for Health Improvement**

## **Business Excellence Award**

MaineHealth's former Center for Health Improvement, now part of MaineHealth's Population and Community Health Department, is being honored for working to disrupt ageism and making age positivity an intentional part of its work to improve the health and well-being of older Mainers. Recognizing that ageism can affect us in the workplace, exam room, and community, MaineHealth has invested in education, leadership development, and culture and systems change. From specialized training on ageism, to creating teams focused on improving the experiences of older employees and patients, this work is helping create conditions where older people can live healthier lives and older workers are valued for their contributions.



**Maine**  
Community Foundation

***Bringing people  
and resources together to  
build a better Maine.***



[www.mainecef.org](http://www.mainecef.org)



Your trusted, nonprofit source for information

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**1-800-427-1241 • [seniorsplus.org](http://seniorsplus.org)**

**WE  
CAN  
HELP!**

**Agency on Aging for Androscoggin,  
Franklin, and Oxford counties:**

- Medicare counseling • Meals on Wheels
- Caregiver support • Education Center
- Benefits assistance • Money Minders

**Statewide services include:**

- Care Coordination  
of Long Term Services and Support
- Fiscal Intermediary  
for self-directed services

## Advancing health longevity

Thank you, **Maine Council on Aging**,  
for helping people experience greater  
health, connection, purpose and  
opportunity throughout longer lives.



**Harvard Pilgrim  
Health Care**

Point32Health Foundation

Learn more at [point32healthfoundation.org](http://point32healthfoundation.org)



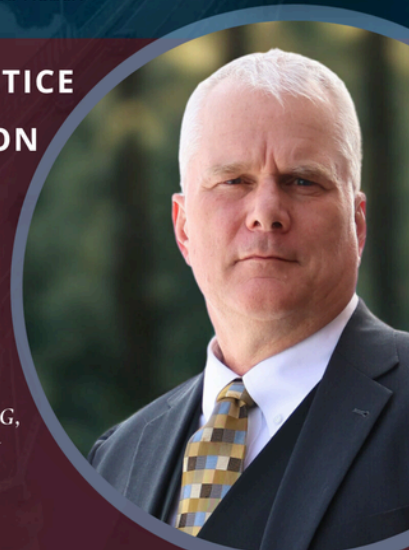
SCAN TO SCHEDULE  
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Maine Roots. Nationwide Reach.

**MEDICAL MALPRACTICE  
PROBATE LITIGATION  
ESTATE PLANNING  
CIVIL LITIGATION  
GUARDIANSHIP**

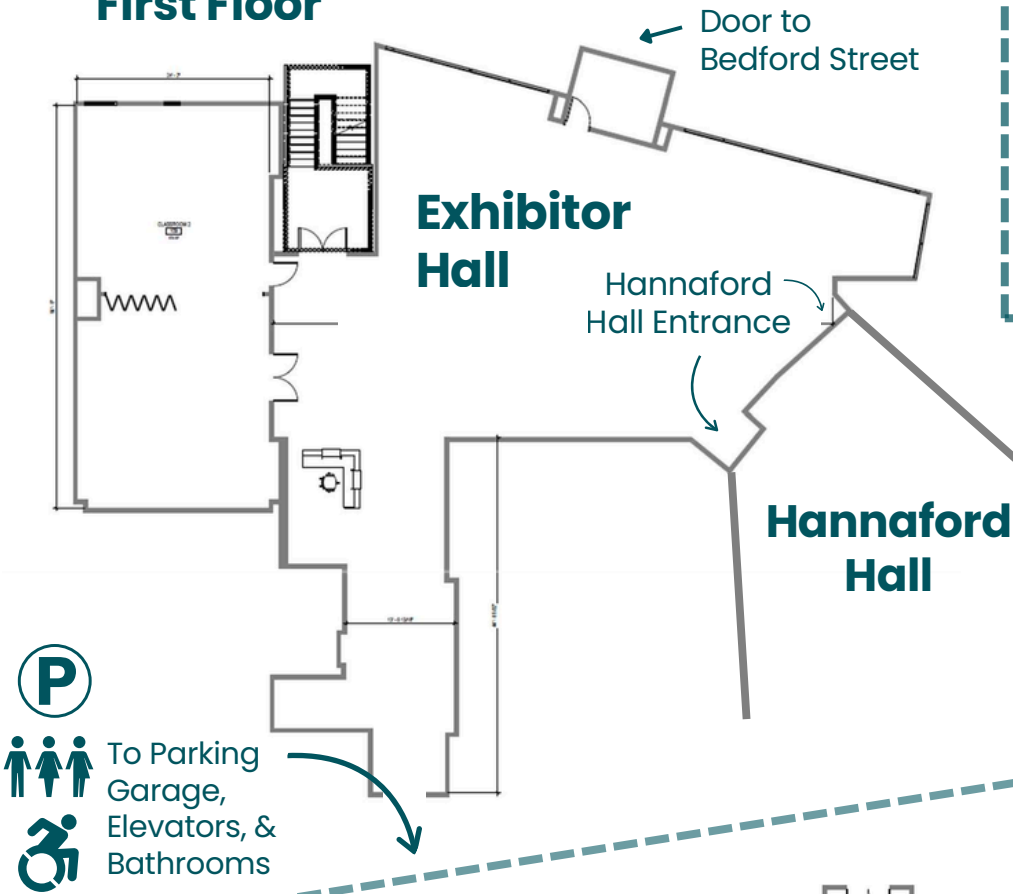
*SUPPORTING MAINE  
FAMILIES NAVIGATING AGING,  
CAREGIVING, AND COMPLEX  
MEDICAL AND FINANCIAL  
DECISIONS*



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# Summit Map

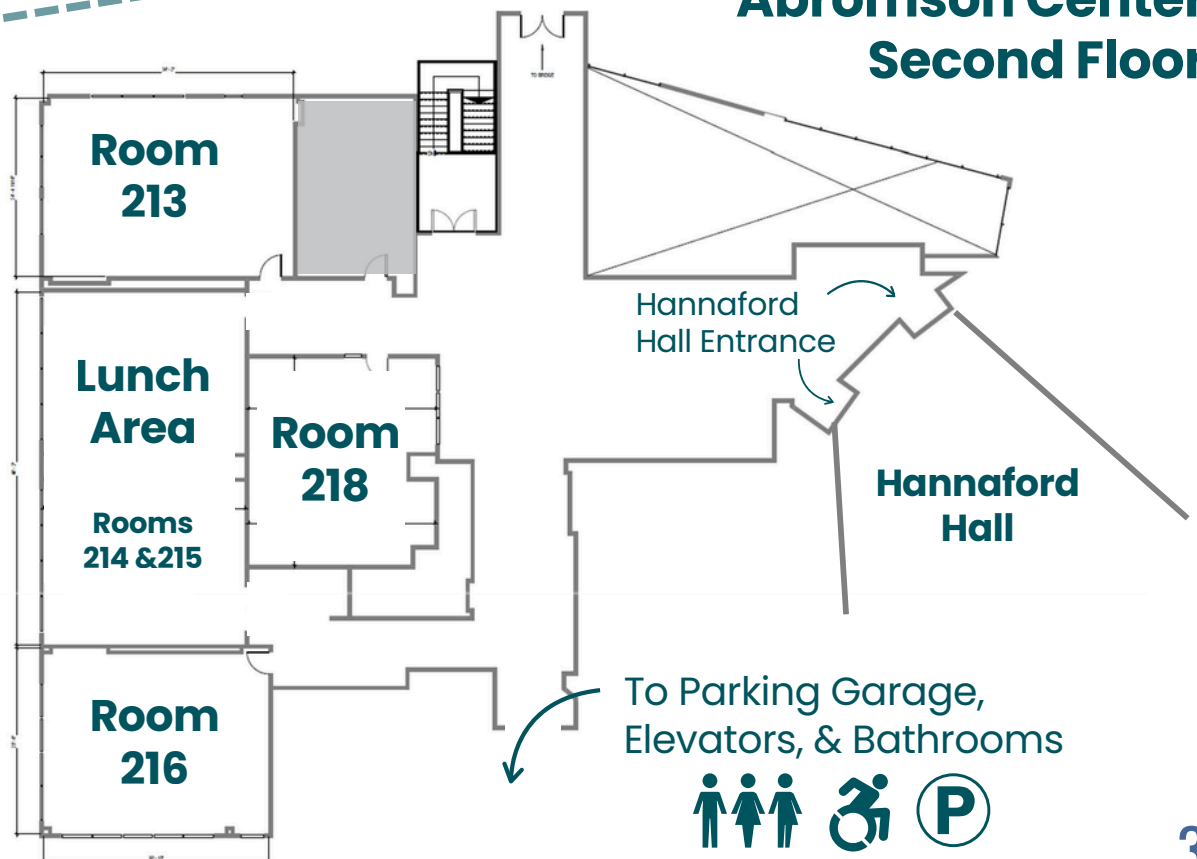
## Abromson Center First Floor



## Campus Overview



## Abromson Center Second Floor







# Live Your Life With Independence

At GT Independence, we believe that you should have the freedom to choose how to live your life. This is especially true when it comes to your necessary care of support needs.

*Proudly supporting over 650 individuals in Maine*



**Get in Touch**

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[customerservice@gtsd.org](mailto:customerservice@gtsd.org)

## WE ARE STRONGER TOGETHER!

Thank you  
for joining us today.



**Support the MCOA!**

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Text "MCOA" to 44321**

