In July 2018, the UMaine Center on Aging Senior Companion Program was awarded a $65,517 augmentation grant from The Corporation for National and Community Service (CNCS) to implement a new evidence-based program, Mental Health First Aid.

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness. Trainees are taught how to apply the 5-step action plan in a variety of situations such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. An important component of the Mental Health First Aid course is the opportunity to practice the intervention strategy rather than to just learn about it. This simple experience can make it easier to actually apply the knowledge in a real-life situation.

The first of four volunteer groups have undergone this training. Present at the first training were guests Sara Kasahwinah, Professional Staff Member from Senator Susan Collins D.C. office, and Libby Hite CNCS State Program Officer for Maine. Both were amazed to find that the slide outlining risk factors for suicide was a listing for most of the factors impacting our Senior Companion clients. Our volunteers were thrilled with this training and remarked that it would be tremendously useful in their work with their clients as well as in their personal lives.

Recently, UMCoA RSVP received an augmentation award to its base grant from the Corporation for National and Community Service (CNCS) for $152,853 to support a Tai Chi for Chronic Arthritis volunteer initiative over three years. This will be accomplished through a collaboration with Eastern Area Agency on Aging to assist them in expanding and sustaining volunteer-led Tai Chi classes in our service area.

The evidence-based program model, known locally by the name Dr. Paul Lam’s Arthritis Foundation Tai Chi, engages participants in a gentle, safe to learn exercise program to improve movement, balance, strength, flexibility, and relaxation while decreasing pain and risk of falling.

If you are interested in learning more, please email: info@mainecenteronaging.org
The way in which we talk about aging and growing old can be very influential in how those we are speaking to form impressions about old people and the experience of old age. I would go so far as to say that because of the descriptions we frequently use to describe older adults, the experience and conditions of older adults generally result in being misinterpreted and misunderstood by the general public. Those misunderstandings can lead to unproductive and negative personal beliefs, and in turn, ill-conceived policies and programs.

One way we can all fight ageism and the negative perception of old age is to be more intentional in how we describe older people. We can do this by avoiding a series of classic communication traps. The first trap is our tendency to present aging as both an inevitable and insurmountable problem as we grow older. This tendency taps into fear, and fear is not productive. Yes, aging presents challenges, but it also creates opportunities for our nation, our communities, and ourselves.

The second trap is our inclination to refer to older adults as incapacitated and needy in an effort to tug on the public’s heartstrings which, in the end, only serves to reinforce stereotypes of the pitiful and vulnerable older person.

The third trap (which I am guilty of falling into at times) is to try to overcome negative views of aging by highlighting the accomplishments of extraordinary elders. This only serves to overemphasize notions of individualism and personal responsibility for achieving a successful old age and downplays the shared responsibility of society to be supportive of the aging experience.

The fourth trap is the tendency to pit one group (old people) against another (younger people) by creating an us versus them scenario in which both groups are competing for scarce resources. This is ultimately not productive either, encouraging competition and resultant hostility across the generations and does not allow us to consider the advantages and opportunities that can result from collaborative and inclusive thinking when solving problems.

If you want to learn more about the public’s negative perception of aging and how we can start changing it I strongly encourage you to check out an important report that provides excellent strategies that each of us can employ to change the way we think about aging. The report was produced by the Frameworks Institute and is called “Finding the Frame: An Empirical Approach to Reframing Aging and Ageism.” This column draws on the results of this report, the outcome of three years of careful research.

We all can benefit by reframing or rethinking what we have to say about aging and starting to tell a common and more balanced story that separates myth from reality and fact from fallacy. Done right, a new frame of thinking, recognizing that aging has both positive and negative outcomes, can lead to a more realistic, constructive, and optimistic understanding of what it means to grow old.

*Reprinted in part from the November 2018 issue of Maine Seniors Magazine.
Lifelong Communities Program Planned for 2019

Across the state, volunteer-driven initiatives are working to support aging in place and more accessible and engaging communities for people of all ages. From formal models such as AARP’s Network of Age Friendly Communities and the Village Model, to independent volunteer groups, there is an energetic grassroots movement to improve the livability of Maine’s communities, with over 100 of these initiatives currently operating across the state.

Technical assistance through groups such as Maine AARP and the Tri-State Learning Collaborative on Aging are providing much-needed technical assistance to these groups. However, because of the sheer number and scope of these community initiatives, there is still need for training and person-power to support these efforts.

To complement resources that are already available, the Center on Aging is launching the Lifelong Communities Fellows program with funding from the Maine Community Foundation to meet the volunteer capacity challenges faced by these local initiatives. Older adult volunteers (Fellows) will be recruited, trained, and matched with communities who have a well-defined community project that could benefit from additional skills capacity, completing tasks such as needs assessments, grant writing, development of steering committees and other community projects. The Fellows will not only help move these projects forward, but will transfer their skills and knowledge to increase the local capacity in these communities.

The program is currently in its pilot phase. In the coming months, the Center on Aging will be providing additional details to Fellows and participating communities about how they will be able to participate.

An upcoming lifelong communities training will be held on May 30th in Bangor. Potential topics may include community assessment approaches, building a volunteer base for lifelong communities efforts, and communications approaches. The training is free and open to those working on lifelong communities efforts in Maine (space is limited). If you would like additional information about this upcoming training opportunity, please contact Jennifer Crittenden at jennifer.crittenden@maine.edu.

Upcoming CoA Conference Presentations

Lenard Kaye, CoA director, will be a keynote speaker at the conference “Socially Isolated Older Rural Adults and Technology” sponsored by Bader Philanthropies on May 8, 2019 in Green Bay, Wisconsin.

David Wihry, Project Manager, will be co-presenting at the Grantmakers in Health 2019 conference in Seattle in a session titled Evaluating Complex System Change Efforts: the Value of Participatory Methods & Creative Data Visualization. Co-presenters are Ruta Kadonoff, Senior Program Officer, Maine Health Access Foundation, and Susan Foster, Principal, S.E. Foster Associates.

The Center on Aging will also be presenting two posters at the 2019 Aging in America Conference in New Orleans:


Encore Leadership Corps (ENCorps) Holds 9th Annual Summit

Thank you to everyone who was at the Friends Camp in South China for the 2018 ENCorps Summit! This yearly gathering brings together members from the Encore Leadership Corps Program, a volunteer leadership training and support program for 50+ Mainers. There was a nip in the air, but a warm fire and good discussion kept out the cold.

The theme this year was "Finding Common Ground," and attendees were very lucky to have local leaders sharing their skills in leadership building, conflict resolution, and creating supportive age-friendly communities. The morning began with a keynote titled "Building On Our Leadership Strengths in Maine" from Linda Silka, who shared her experiences fostering leadership from within communities, and how attendees can learn from leadership within our own state.

The next speaker was Debbie Mattson, who has worked for many years as a mediator with Mediation and Facilitation Resources in state courts and more recently with the Penobscot Nation Tribal Court. In her workshop titled "Resolving Conflict: Theory and Skills to Find Common Ground," Debbie shared some tools that attendees can all use to work through conflict in their personal and professional lives with empathy and communication.

The afternoon workshops further explored themes of building leadership from within and creating inclusive, age-friendly communities with Laura Seaton, from WindowDressers, and Patricia Oh, from AARP. Attendees also enjoyed teambuilding activities and sharing and learning from the breadth of experiences held by fellow ENCorps members. You can learn about ENCorps by going to www.encoreleaders.org.

Maine Senior Corps Board Member Tess Scannell Recognized for National Service Advocacy

While visiting Washington, D.C. for the National Service Advocate of the Year Award at the 2019 Friends of National Service Awards, Maine Senior Corps Board Member Tess Scannell had the opportunity to meet with Senator Susan Collins. From Senator Collins’ press release:

"Tess' work with Senior Corps in Maine has helped to build strong partnerships and encourage seniors to use the skills they have earned over their lifetime to volunteer in their communities," said Senator Collins. “I was delighted to speak with Tess about the hundreds of dedicated Maine seniors who mentor students, care for the elderly, and assist nonprofit organizations, and I congratulate her for this outstanding achievement.”
Center on Aging Welcomes New Staff and Students

Senior Companion Program Welcomes New Staff

The Center is pleased to have Mallory Brunet and Sara Martin join the UMaine Center on Aging Senior Companion Program. Mallory and Sara are serving as Program Coordinators out of the Senior Companion Bangor office.

Mallory and Sara are working with Senior Companion volunteers and our partner stations from Patten in the north to Lewiston/Auburn in the south and from Rumford in the west to Bar Harbor in the east. Both Mallory and Sara are passionate about the role our Senior Companion volunteers play in supporting isolated and home-bound seniors across the state of Maine.

Mallory and Sara we welcome you and are very excited to have you both join the team at UMaine Center on Aging Senior Companion Program!

New Students Join the Center on Aging

Jacob is a Student Administrative Assistant at the UMaine Center on Aging. He is an undergraduate at the University of Maine pursuing a B.S in Finance. Jacob believes that living in a state such as Maine with a high population of older adults means that there is a widespread need to monitor and maintain the health and presence of them in our community. Jacob’s interests include information technology and systems (specifically in the realm of aging), retirement age saving and investing, and entrepreneurship.

Rebekah moved to Maine in 1997 from New York City. She has an Associate’s Degree in Science, Medical Administration from Beal College and is currently enrolled in the University of Maine School of Social Work. She is studying for a Master’s Degree to become a Licensed Clinical Social Worker. Having worked for many years as a Direct Support Professional for adults with disabilities, she hopes to take her skills further and apply them in the field of hospice services.
RSVP Volunteer Times

Senior Volunteers Responding to Community Needs

Bone Builders News

New RSVP Senior Health and Fitness Coordinator

Danny Moreshead is the RSVP Health and Fitness Coordinator for the Center on Aging. With a B.S. in Physical Education and a personal training certification through the American College of Sports Medicine (ACSM), Danny has experience working with individuals of all ages. Before joining the Center, Danny was a Health Coach for a medical consulting company contracted with the Maine Department of Transportation. He will be managing the Bone Builders Program and other senior fitness programs being planned.

Danny Moreshead

October 6th Annual Bone Builder Training - 21 experienced lay leaders and 6 (photo) new lay leaders attended.

Locations for classes include: Bangor, Brewer, Bucksport, Deer Isle, Dover-Foxcroft, Hampden, Milbridge, Newport, Old Town, and Stonington.

Volunteer Opportunities

Get Involved to Make a Difference

Bone Builders Lay Leaders to be substitutes at Greater Bangor exercise class locations.

Tai Chi for Arthritis Volunteer Instructors - trained to lead adult classes twice a week for 8 wks. in level one Tai Chi for those with arthritis in our 4 county service area.

Reading Volunteers for Let’s Read, Let’s Grow – read aloud to children at early childhood care centers & Head Starts.

Adult Day Services Volunteers– assist with a social activity program for people coping with memory loss, dementia or who are socially isolated; providing respite for their caregivers.

Volunteers for Commodity Food Supplemental Program & Meals on Wheels— help seniors fight food insecurity & receive nutritional food.

Learn more about volunteer opportunities through RSVP by calling: 262-7926 or 262-7924.

Or emailing: paula.burnett@maine.edu

New Volunteers in 2018

Hillson Beal
Pamela Logue
Joan DeSanctis
Valerie Mekas
Kim Francis
Donna Merkel
Linda Jellison
Janet Parker
Arlene Jones
Russ Van Arsdale
Barbara Wing
Conrid Houghton, Jr., or “Bud” as he is known to his friends and family, was recently featured in a Veterans Day spotlight post on the CNCS Maine, New Hampshire, Vermont State Office Facebook page.

Bud is a US Navy Vietnam era veteran and in his seven year as a volunteer with the UMaine Senior Companion Program, Bud has served many of his fellow veterans. Bud, although proud of his own service, always remarks that the veterans he has helped as they aged, were the real heroes!

Bud travels the hills and valleys of Western Maine serving seniors to support them to age-in-place. Bud's visits and the respite he provides to their caregivers enables these seniors to remain in their homes for much longer than would be possible without Bud's support. We here at the UMaine Center on Aging Senior Companion Program are proud to work alongside Bud and we honor his service as a veteran and as one of our volunteers!

THANK YOU, BUD!
Geriatrics Colloquium Focuses on Innovative Living Environments

The Center on Aging’s yearly Geriatrics Colloquium focuses on a pressing issue to practitioners in the field of gerontology, allowing participants to learn best practices and insights which will enrich their work with older adults. The 2018 Colloquium focused on Innovative Living Environments for Older Adults and drew 175 individuals to the University of Maine.

Strategies for improving living environments were explored from multiple angles including public policy, design, and individual therapies and interventions with older adults to improve safety in the home.

Plenary speakers included Dr. Daniel Brennan, Director of MaineHousing, who talked to the attendees about the crucial role MaineHousing plays in meeting the needs of the state’s older population, and some of the continued challenges older adults face such as the lack of affordable housing. Mr. Brennan also discussed changing consumer preferences toward smaller, energy efficient homes, shorter distances to services, and access to transportation.

Dr. Robyn Stone of UMass Boston discussed an innovative affordable housing model that focuses on preventative care, service integration and social engagement to promote wellbeing.

The day was rounded-out by panel presentations and workshops on topics as diverse as the principles of age-friendly design, fall prevention, and the innovative Household Model currently being implemented by The Cedars in Portland, Maine. To finish the day, older members of the community shared their approach to thinking about housing as they age.

A big thank you to the conference sponsors this year: CMS - Quality Improvement Organizations; Healthcentric Advisors; MOOV Penobscot Thriving in Place; LeadingAge Maine and New Hampshire; Maine Gerontological Society; Woodlands Senior Living of Brewer; and AARP Maine.

If you’d like to download PowerPoint presentations from the conference, you can download them at: https://mainecenteronaging.umaine.edu/geriatricscolloquium/
National Study of Volunteer Role Balance
Undertaken by Assistant Director Jennifer Crittenden

Center on Aging Assistant Director Jennifer Crittenden was awarded a two-year $87,877 grant from the Corporation for National and Community Service to support dissertation research to explore how older adults balance their volunteer work with other social roles they hold (paid work, caregiving, informal volunteering). These data were collected via a national survey of Retired and Senior Volunteer Program (RSVP) volunteers. A recent RSVP director survey was conducted to complement the volunteer findings and identify strategies that volunteer programs use to support older volunteers who are juggling multiple social roles. The aim of this research is to identify ways to continue to encourage and support older adult volunteers.

Since being awarded the grant Jen has worked with 55 RSVP sites across the country to engage their volunteers in survey data collection. A total of 1,697 RSVP volunteers ultimately participated in the survey. Early findings suggest that, among the RSVP volunteer population, the average number of additional roles held by older adults beyond formal volunteering was 1.19 (SD = 0.80) roles encompassing an average of 33.8 hours of time and effort each month (SD = 64.17). Approximately one out of seven respondents (14%) worked for pay in a given month. Those that worked for pay, did so for an average of 53.17 hours per month (SD = 48.93) or approximately 13 hours per week. About a third of volunteers were caregivers (34.9%) devoting an average of 42 hours per month (SD = 93.02) or 10.5 hours per week to caregiving. A majority (78.7%) of respondents participated in informal helping/volunteering. On average, informal helpers devoted 19.41 hours per month or around five hours per week to this role (SD = 26.70).

Currently engaged in the data analysis phase, Jen has already begun to share lessons learned from the research process and early findings. Early dissemination activities include a presentation at the 2018 Senior Corps Convening and a poster presentation at the Gerontological Society of America 2018 Annual Scientific Meeting. She will also present at the Aging in America (AiA) Conference in April 2019 with grant PI and dissertation advisor Dr. Sandra Butler, Professor, UMaine School of Social Work.

If you have questions about this project, please contact Jennifer Crittenden at jennifer.crittenden@maine.edu

New CoA Staff Board Appointments

Two UM Center on Aging Senior Corps program directors are officers for the current year with the National Senior Service Corps (NSSC) - Paula Burnett serves as the Secretary/Vice Chairperson and Cindy Whitney serves as the Treasurer. The mission of NSSC of Maine is to support and encourage volunteerism among Maine’s older citizens and to promote awareness of a positive, healthy aging process through the senior volunteer experience.

Jennifer Crittenden, CoA Assistant Director, has been named to the Tri-State Learning Collaborative on Aging Advisory Board. The organization “supports, strengthens and cultivates current community-based initiatives and systemic best practices that help older adults thrive in their homes and communities. The TSLC also encourages the growth of new initiatives and practices by building new connections and partnerships across sectors, communities and states.”
Study Demonstrates Need for Adult Day Services, Funding Challenges

Adult day services are a community-based resource for adults with Alzheimer's disease and other dementias. In the case of social model adult day services, they offer the opportunity for caregiver respite as well as critical social interaction for those with memory challenges. In the case of medical model adult day services, they offer assistance with activities of daily living such as bathing, toileting, and other assistance, while also providing the same respite and social opportunities of the social model. Therapies, meals, and transportation are other key aspects of adult day services.

These services are a crucial link in the spectrum of supports for individuals with Alzheimer's and other dementias and their caregivers. Facilitating the ability to age in place, these services provided the needed respite that supports the wellbeing of caregivers, while also giving the social engagement and care that can help slow disease progression and improve quality of life for care recipients.

Especially in rural areas, successfully funding Adult Day Services have been a vexing challenge for human service providers due to financial limitations. To help better understand the barriers to developing adult day services in the Greater Bangor area, the UMaine Center on Aging and Eastern Area Agency on Aging led by Dr. Sandy Butler, Professor, UMaine School of Social Work undertook a research project funded by the Maine Health Access Foundation that involved surveying 84 local caregivers and conducting key informant interviews with 10 human service providers.

Survey results indicated that reducing stress would be the greatest motivational factor for taking part in adult day services, identified by 72% of caregivers. More than two thirds of respondents felt that if able, they would use adult day services two or more days per week. Interviews revealed that low reimbursement rates and the costs associated with facility renovation and licensing are significant barriers to establishing adult day services in the region.

The report also delved into preferences services among caregivers and other considerations for establishing adult day services given the challenges identified. The Center on Aging, Eastern Area Agency on Aging, and other partners are using the results to examine possibilities for filling the continued adult day services gap. The report can be accessed at: https://digitalcommons.library.umaine.edu/moca_research/4/

CoA Research Presented at Gerontology Conference

The Gerontological Society of America Annual Scientific Meeting is the premier gerontology research conference in the U.S. and was held in Boston in 2018. The Center on Aging presented three posters:

An Exploration of Social Roles, Role Conflict, and Older Adult Volunteer Participation and Satisfaction. J. Crittenden, MSW; S. Butler, PhD.

Exploring Individual Factors That Lead to Successful Research Registry Recruitment. J. Crittenden, MSW; L. Kaye, PhD; L. Kravette, BA


If you are interested in accessing any of these poster presentations, please email david.wihry@maine.edu
Faculty and Community Associates Program

The University of Maine Center on Aging is a multidisciplinary center devoted to aging-related education and training, research and evaluation, and community service. The Associates Program provides an opportunity for faculty and community professionals with special interests in the field of aging to formalize working relationships with the center.

Benefits:

- Participation in a professional network focused on aging
- Discounts to center conferences, trainings and special events
- Collaborative opportunities
- Grants management and administration
- Opportunities for student internships and special project assignments in your department, laboratory or community agency
- Membership in the Maine Gerontological Society and Maine Council on Aging (University of Maine System faculty and staff only)
- Subscription to the online Center on Aging Silverwire and UMaine Aging Initiative newsletters
- Invitation to University of Maine System Aging Initiative special events

Qualifications:

- Active publication and dissemination of aging-related work (Faculty Associates)
- Commitment to the field of aging through active participation in community boards, groups or committees, or the delivery of aging services (Community Associates)

Obligations:

Faculty and Community Associates must complete an Associate biography and provide updates on aging-related activities. Each year, Associates must demonstrate participation in at least one of the following activities in order to maintain affiliation:

- Present at a Center on Aging-sponsored event, training or conference
- Partner on a grant application or co-sponsored program
- Participate on a center board, committee or project advisory group
- Participate in Associate network meetings
- Facilitate collaborative organizational projects and partnerships with the Center on Aging, where appropriate
- Participate or partner in other center-related activities

Application:

Submit a completed application form and a resume or CV. A selection committee will review applications. Associates are appointed for a three-year term and affiliation is renewable.

Learn more:

Visit mainecenteronaging.umaine.edu/coaaffiliates to learn more and to download application materials.

Contact us:

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UMaine has recently launched an older adult research registry to support aging research at UMaine.

**What is a Research Registry?**

A research registry is a list of individuals who want to participate in research studies. The goal of the Maine Older Adult Research Registry is to create a way to quickly recruit adults 50+ for research projects through the University of Maine and other partner organizations. The registry makes it easy for older adults to connect with and support research. The types of research projects vary and can include research on topics like caregiving, Alzheimer’s and dementia studies, studies on health, volunteering, and testing new products and services for older adults.

**How it works**

Those interested in becoming a participant of the registry will fill out a brief questionnaire and provide contact information so that we may reach out regarding new projects and research studies to join. The information you give us on the questionnaire will help us to match you to studies that may be of interest. The information on this questionnaire includes questions about health or medical conditions you may have, your interests and your contact information. Joining the registry does not mean you have to participate in any study or project. If a study interests you, you will have the chance to ask questions and get all the details regarding the study before you decide to participate. There is no cost to enroll and you can withdraw your participation in the registry at any time.

**Why Join?**

You might join a research registry for one or more of the following reasons:
- You want to help others
- You enjoy volunteering
- You want to contribute to research and help to create knowledge about aging

As a registry participant, you may be asked to contribute to research and projects that aim to improve the quality of life and care for older adults in Maine and beyond. Joining can give you an opportunity to share your thoughts and experiences. In addition, many research studies offer compensation to participants in the form of stipends, gift cards or other goods.

**Eligibility criteria**

- Be at least 50 years old
- Have an interest in taking part in research
- Be willing to complete a questionnaire to join and again at least once a year to update your information

Sign up to participate in the Maine Older Adult Research Registry at: mainecenteronaging.umaine.edu/registry
CoA Staff Working to Document Community Change Efforts Through Ripple Effects Mapping

Research and evaluation can play a critical role in helping nonprofits and funders tell the story of the impact their making and guide their future work. The research and evaluation arm of the Center on Aging has been working with a variety of groups in Maine and New Hampshire to implement a technique called “Ripple Effects Mapping” (REM). REM is an evaluation technique that has emerged from the Cooperative Extension system that involves a facilitated, focus group-like discussion session with partners in a collaborative or project. A mindmap is developed in real time that illustrates the various types of impact that have resulted from the work of the group, whether it be changes in attitudes or skills among participants, better collaboration among partners, new policies within organizations, and ultimately, how community members have benefited. The resulting product is a powerful visual tool for describing the impact of a project or collaboration. Groups and initiatives that the Center on Aging are working with include:

- Maine Health Access Foundation Thriving in Place Initiative, a network of collaboratives that are working to improve service delivery to help people thrive in their homes as they age.
- New Hampshire Charitable Foundation and The Neil and Louise Tillotson Fund’s Community Practitioners Network, which is providing leadership development and support in Northern New Hampshire.
- Health Oxford Hills, a Community Health Coalition in Western Maine that has supported public health efforts around behavioral health, community engagement, active living, healthy eating, community safety and more.

Drs. Kaye and Singer Publish Book on Isolation and Aging

Center on Aging Director Dr. Lenard W. Kaye and Dr. Clifford Singer, Chief of Geriatric Mental Health and Neuropsychiatry at Acadia Hospital have recently published Social Isolation of Older Adults: Strategies to Bolster Health and Wellbeing. From the publisher’s description:

“Critical strategies for confronting a dire, yet under-addressed societal epidemic—the risky and potentially deadly consequences for older adults living a socially isolated life, are the focus for this book. By documenting our current understanding of the complex and multi-dimensional nature of social isolation among elders, the authors highlight innovative and alternative forms of community and later-life relationships that can serve to forestall or prevent social isolation and loneliness.

With contributions from recognized scholars, clinicians, and elder-policy activists, as well as from multiple practice perspectives (direct service providers, administrators, researchers, and educators) the book documents the interrelated issues of social relationships and health in late life. It describes creative programs and intervention techniques that help maintain the integrity of an older adult's individual, group, and community relations, communication pathways, and a sense of belonging. The book also illuminates multidisciplinary and integrated best practices for minimizing the risk of late life social isolation. Case studies showcase the issues that arise in clinical practice and service delivery and demonstrate proven methods for effectively addressing them.” To learn more, visit: https://www.springerpub.com/social-isolation-of-older-adults-9780826146984.html
THE UMAINE CENTER ON AGING

An interdisciplinary research center reporting to the Vice President for Research and associated with the University of Maine’s School of Social Work and the College of Natural Sciences, Forestry & Agriculture. Our mission is to promote and facilitate activities on aging and the life span in the areas of education, research and evaluation, and community service, in order to maximize the quality of life of older citizens and their families in Maine and beyond.

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