Convened by:
The Endowment for Health and Maine Council on Aging

In collaboration with:
AARP (Maine, New Hampshire and Vermont)
Dartmouth Centers for Health and Aging
John T. Gorman Foundation
Maine Association of Area Agencies on Aging
Maine Community Foundation
Maine Health Access Foundation
NH Bureau of Elderly and Adult Services
NH Charitable Foundation
NH State Committee on Aging
UNH, Center on Aging and Community Living
University of New England
University of Vermont, Center on Aging
Vermont Community Foundation
Vermont Councils on Aging
Today we come together to acknowledge the challenges and opportunities we share in achieving a common purpose: ensuring that older adults age with dignity, independence, and support in their communities.

We are excited that so many community and policy leaders from across Maine, New Hampshire, and Vermont recognize this tremendous opportunity to network, engage, and collaborate.

Today is also a celebration of the innovative community solutions that have been adopted across our region in response to some very real challenges. We are learning from the people who are working on the frontlines, facing these challenges, and sharing many promising approaches.

While the core focus of today will be on addressing the immediate housing, transportation, health, and community care needs of older adults, the broader goal is to build communities and workplaces that can accommodate the needs of people across the aging continuum. Achieving this will also build a stronger economy.

Today’s convening is just the start of a conversation that will hopefully lead to a robust partnership among community organizers, state officials, business leaders, funders, and other organizations working across Northern New England to maximize efficiencies and resources. This joint effort, in turn, will draw additional resources to our region, and enable us to accomplish even more.

Together we are creating an on-going movement that will include many more voices and provide many more opportunities for involvement as it grows. Our collective energies have the potential to make our region a national leader in implementing innovative solutions that help older adults age in place.

Thanks for attending.
Agenda

(See subsequent pages for session descriptions and speaker bios)

8:30 a.m.  Registration, refreshments and networking
9:15 a.m.  Welcome/Introduction
9:30 a.m.  Opening Keynote: The Making of the Maine Blueprint for Action on Aging
10:00 a.m. First Plenary: The Economic Challenges and Opportunities of an Aging Northern New England
11:00 a.m. Break
11:15 a.m. Second Plenary: Capitalizing on Opportunities—Innovative Practices
12:15 p.m. Lunch and Networking
1:00 p.m.  Move to Breakout Sessions
1:15 p.m.  Afternoon Breakouts
  • New Models of Housing (Lear Room)
  • Health Care and Optimal Aging (Wentworth Room)
  • Keeping Seniors Home (Harbor’s Edge Room)
  • Workforce (Gardner Room)
  • Caregivers (Thaxter Room)
2:45 p.m.  Break
3:00 p.m.  Closing Plenary: Report Outs and Facilitated Discussion
4:00 p.m.  Closing Remarks
Keynote: The Making of the Maine Blueprint for Action on Aging

Representative Mark Eves
Speaker of the House, Maine

Speaker Eves will highlight the power of expanding the conversation about aging into the broader community. In 2013, he partnered with the Maine Council on Aging to host a series of discussions that have sparked the Maine Aging Initiative, a project that has Maine’s business, finance, health care and higher education leaders working with aging advocates to find innovative ways to help older adults age in place and build a stronger workforce.

Keynote Speaker Mark Eves is serving his third term in the Maine House. He has dedicated his professional career to improving the lives of children, seniors, veterans and working families. As Speaker, he has worked to create more economic opportunity for the people of Maine. He pushed to expand access to health care for adults and children, and for Maine’s anti-poverty programs to focus on job training and education, while also increasing property tax credits for Maine families and seniors. Speaker Eves has also put a spotlight on the challenges the state faces with its rapidly aging population. He has built a strong coalition of hundreds of stakeholders to launch a statewide initiative to build aging-friendly communities across Maine. In his professional life, he is a marriage and family therapist.
First Plenary: The Economic Challenges and Opportunities of an Aging Northern New England

Northern New England is riding the very edge of the aging wave. We have an aging and shrinking workforce and an older population increasingly in need of services. While our aging demographic presents a challenge, we also have great opportunity to lead the nation in pioneering new solutions. Hear what economists say we need to do to put Northern New England on the right track to support our older citizens and grow our economies.

Panelists

**Charles S. Colgan** is a Professor of Public Policy and Management in the Edmund S. Muskie School of Public Service at the University of Southern Maine (USM) and Chair of the Masters program in Community Planning and Development. He is also Director of the USM Center for Business and Economic Research and a Senior Fellow at the Center for the Blue Economy in Monterey, CA. He served as Chair of the State of Maine Consensus Economic Forecasting Commission from 1992–2010. Prior to coming to USM, he served in the Maine State Planning Office under three governors.

**Stephen A. Norton** is the Executive Director of the New Hampshire Center for Public Policy Studies, a private non-profit and non-partisan think tank whose mission is to enhance and enrich the policy conversations on issues of critical importance to New Hampshire’s future. In addition to his many speaking engagements and research projects, he has also served as an adjunct professor at the University of New Hampshire. Prior to joining the Center in 2005, Steve worked for the New Hampshire Department of Health and Human Services, most recently as the State’s Medicaid director. Between 1990 and 1998, Steve worked as a Research Associate at the Urban Institute in Washington DC where he conducted health services research.

**Ken Jones** is not your everyday state economist. His educational training was in biochemistry—both the liver metabolism of xenobiotics and the human blood coagulation cascade. Ken started his public policy path on utility issues working to develop an alternative to rate increases for New Hampshire residents in anticipation of the Seabrook Nuclear Power Plant coming on line. For several years, Ken ran a non-profit that worked with environmental agencies including all three Northern New England states to consider how to use information about environmental conditions to assist in policy development. Most recently, Ken has worked with Vermont state government and has weaseled his way into policy discussions regarding tax, energy, education, tourism and a little on housing.
Second Plenary: Capitalizing on Opportunities—Innovative Practices Panel

People all over Northern New England are growing organic responses to the needs of older adults in their communities, some with fertilizer from funders and some just with Yankee ingenuity. The whole focus of our convening is on supporting and growing these naturally occurring responses to aging in place. This panel offers a sampling of community-based efforts from across the region.

Panelists

Meg Callaway is the Integrated Health and Senior Services Coordinator for the Charlotte White Center, located in Dover-Foxcroft, Maine. She has nearly twenty-five years of experience in the Maine social service system and has worked extensively with children and families. Meg has been working in the field of aging for several years and is currently the project director of the Piscataquis Thriving in Place Collaborative, a project funded by the Maine Health Access Foundation that focuses on improving regional services and supports to help individuals with chronic medical conditions avoid unnecessary hospitalization and other forms of institutional care.

Kim Fountain has spent nearly twenty years working in the LGBTQ movement. In her various roles, she has taken to the streets in protest with other LGBTQ activists; provided direct services to LGBTQ survivors of violence; successfully advocated with government agencies for LGBTQ full inclusion; worked on LGBTQ legislative campaigns; has been published in academic journals and community based reports on LGBTQ community building and issues of violence; and helped to represent LGBTQ concerns on numerous government and community based task forces and committees. Kim is a cultural anthropologist who focuses on issues of violence within and against the LGBTQ communities.

Frank “Rick” Harnden retired in 2008 from his work as an astrophysicist and manager with a technical background that has helped him establish the Monadnock at Home electronic office systems. He now Chairs the Board of Directors and also serves on the Marketing, Finance, Volunteer and Web committees. An active volunteer driver for MaH and its transportation partners, he understands the challenges inherent in sustaining a rural village. Rick also serves on the Advisory Council of the Village to Village Network (VtVN), a national “connector” organization that nurtures the national Village Movement by enabling more than 200 Villages across the country to share their experiences and expertise with one another.

Becky Hayes-Boober, Senior Program Officer at Maine Health Access Foundation (MeHAF), leads initiatives that transform health care systems to provide Patient-Centered Care. In 2013, MeHAF established the Thriving in Place initiative, focusing on community-based efforts to keep persons with chronic health conditions, including older persons and those with disabilities, in their homes. Future rounds of funding are planned. She also oversees MeHAF’s over $10 million investment to integrate behavioral health and primary care.
Afternoon Breakouts

New Models of Housing

**Lear Room** This session will highlight two new grassroots housing options and a broader way of thinking about financing and developing senior housing that goes beyond simply addressing housing needs and incorporates access to other important dimensions of senior needs such as health.

**Presenters**

**Kirby Dunn** is the Executive Director of HomeShare Vermont. Kirby has over twenty-five years of experience working with non-profit housing and social service organizations. Prior to HomeShare Vermont she directed the Homeownership Program at the Champlain Housing Trust, the largest community land trust in the US. Before that she worked at the Champlain Valley Office of Economic Opportunity (CVOEO), a regional anti-poverty agency, where she developed and led a number of different housing programs and services. She has served on the boards of directors of CVOEO, the Community of Vermont Elders (COVE), The National Shared Housing Resource Center, and on the Advisory Board for the Foster Grandparents/RSVP programs. She currently sits on the board of trustees of HomeShare International.

**Sherri Harden** is a lead volunteer with the New Hampshire office of AARP and is an alumni of the National AARP Volunteer Leadership Institute. Sherri has worked in older adult services for over twenty years and is a dementia care specialist. She is currently Co-Chair of the Capital City Task Force, the New Hampshire AARP advocacy team; a member of the New Hampshire AARP Executive Council; the State Committee on Aging and serves as a member of the Endowment for Health Elder Health Advisory Committee.

**Dana Totman** has served as President and CEO of Avesta Housing since 2000. Avesta Housing is Northern New England’s largest affordable housing developer with over $195 million in assets. Avesta owns and manages 2000 affordable apartments including 1100 for senior citizens. Previously, Dana was the Deputy Director of Maine State Housing, and has also served as Executive Director of Coastal Economic Development Corporation in Bath. In 2013, Maine Biz named Dana Business Leader of the Year and the Maine Real Estate and Development Association awarded him the Robert Patterson Founder’s award.

Health Care and Optimal Aging

**Wentworth Room** This session will focus on three promising or best practice health and wellness programs in each of the three states: Vermont’s Support and Services at Home (SASH), New Hampshire’s Falls Prevention Program, and all-staff training and integrated behavioral health and primary care in Maine nursing homes.

**Presenters**

**Nancy Rockett Eldridge** is CEO of the housing non-profit Cathedral Square Corporation. She is an advocate for low-income and special-needs populations. Nancy pioneered Vermont’s Support and Services at Home (SASH) initiative, a care management system centered around Medicare beneficiaries in low income housing supported by a team of home and community based providers. She serves on the national LeadingAge Board of Directors, the Blue Cross Blue Shield of Vermont Board, and the Vestry of the Episcopal Cathedral Church of St. Paul.

**Jaime Boyington Rogers**, LCSW, MBA, has been a social worker and project manager for 20 years, working all across the continuum of healthcare services, including inpatient/outpatient mental health, integrated behavioral health settings in school based healthcare, nursing homes, and now in Community Care Teams. In her role as Community Care Team Coordinator, Jaime is involved in redesigning our healthcare delivery system in ways that meet individual patient needs in the most cost effective way to improve outcomes, for even the most complex patients.

**Dawna Pidgeon** has been practicing physical therapy since 1986 and currently practices at Dartmouth Hitchcock Medical Center (DHMC). She is Co-Chair of the NH Falls Risk Reduction Task Force participating in statewide falls reduction initiatives since 2001. Her work with the Northern New England Geriatric Education Center includes development of an Interdisciplinary Falls Clinic. She chairs the DHMC Falls Task Force and has facilitated the implementation of several programs including a Parkinson’s Wellness Program, an Emergency Department Falls Screening initiative and Tai Ji Quan: Moving for Better Balance.
Keeping Seniors Home

Innovative practices help seniors to safely and happily age in place in their homes and communities. Learn about community response service models which emphasize empowerment of seniors, establishing and maintaining community connections and utilizing innovative developments in technologies for seniors to sustain social and medical care at home.

Presenters

Leah Torrey is the Lead Organizer with the United Valley Interfaith Project (UVIP), a faith-based community organizing project, located in the Central Connecticut River Valley of New Hampshire and Vermont. Leah’s role at UVIP is to bring community members together around a common interest to build grassroots power and develop solutions to systemic problems. UVIP is currently organizing local seniors in a grassroots campaign focused on aging in community.

Joe Perkins is the Development & Community Services Director for Washington Hancock Community Agency (WHCA), the Community Action Program serving the two easternmost counties in the nation. He directed the development of Friendship Cottage Adult Day Service program for WHCA and hundreds of its supporters serving as capital campaign manager, project manager, and program director. Joe again assumed leadership in community organizing efforts for WHCA in the development of At Home Downeast, a member-based, volunteer-supported aging in place program which is a Village-to-Village network member model.

Allan S. “Chip” Teel, MD Chip has been a family physician in Damariscotta, Maine since 1988. He co-founded the non-profit ElderCare Network of seven, small, home-like, assisted living homes in 1995. His company, Full Circle America, finds way to celebrate the lives of elders and helps them stay at home, connected to family, friends, community and personal interests using a High-Tech, High-Touch “Circle of Caring”.

Workforce

Learn about opportunities to expand our current direct care workforce capacity through the use of technology and marketing campaigns. Hear about best practices to retain older adults in the workforce.

Presenters

Stephen J. Bartels, MD, MS is the Herman O. West Professor of Geriatrics, Professor of Psychiatry, Professor of Community and Family Medicine at the Geisel School of Medicine at Dartmouth, and Professor of Health Policy at the Dartmouth Institute for Health Policy and Clinical Practice. He is the Director of Dartmouth’s Centers For Health and Aging where he oversees the Dartmouth Center for Aging Research, Northern New England Geriatric Education Center, and the Dartmouth Hitchcock Aging Resource Center.

Jeanne Hutchins is the Executive Director for the Center on Aging at the University of Vermont and the Manager of Elder Care Services at Fletcher Allen Health Care. During the past ten years she has played an active role in aging services, program development and community education in Vermont. Jeanne serves on the board of the Champlain Senior Center and VNA of Chittenden and Southern Grand Isle Counties, among others.

Jennifer Rabalais is with the Center on Aging and Community Living at the University of NH. In this role she has worked on a variety of projects that focus on supporting aging and disability populations in community based settings. She recently spent three years working on a workforce development project funded by the Department of Labor to increase recruitment, training and retention of direct care workers in NH. This work included the development of a career lattice for NH’s direct care workforce.
Afternoon Breakouts

Caregivers

**Thaxter Room** Family Caregivers are the backbone of efforts to keep older adults aging at home. Yet, many struggle to remain employed while providing care and to connect with necessary supports and services. Learn about the NH Family Caregiver Support Program, key community partnerships, and an employer perspective on supporting family caregivers in the workforce.

**Presenters**

Jean Crouch is the manager of the NH Bureau of Elderly and Adult Services’ statewide Caregiver Supports and Consumer Directed Programs. Jean has twenty-plus years of experience working in the development and implementation of community based programs in support of “at risk” individuals of all ages including people with disabilities, older adults and families. She consistently focuses on building on the strengths of individuals and places a high value on the power of collaboration for stronger communities.

Linda Dahl worked for ten years in a local community mental health center with dually diagnosed clients, two years doing crisis care work, and in numerous group homes and supervised client apartments. She also has worked with children, both foster and non-foster children at risk, and advocated for families and children at risk. Linda is presently in her eighth year of working with older and disabled adults at Rockingham County ServiceLink in Portsmouth.

Wendy Estabrook is a Director of Human Resources for L.L.Bean, overseeing a number of HR functions to support the company and employees. Outside of her employment, Wendy is the president of a local youth music association and is a member of the board of directors of Lift360, the organization formed recently by the merger of Common Good Ventures and the Institute for Civic Leadership.

Donna Laflamme is the Fiscal Operations Manager at Gateways Community Services with fifteen years of experience in the Finance Office. Donna has been involved with the fiscal management program for the past six years, beginning when Gateways partnered with the Bureau of Elderly and Adult Services on a pilot program to transition the statewide Caregiver Support Program to a consumer directed model. Donna works in close collaboration with the Bureau of Elderly and Adult Services and the ServiceLink Resource Centers throughout the state.

**Closing Plenary**

Join us back in the Ballroom to hear the key themes that emerged in each of the five breakout sessions. Then we’ll talk about how we can create an on-going effort to work and learn together across Northern New England.
Sheraton Portsmouth Harborside Hotel

Conference Logistics

Parking Validation: Parking validation is available to cover the $3 daily parking fee. Pick up your “blue” validation ticket at the registration table. When you exit the parking lot, first insert the “white” ticket you received when you entered the lot followed by the “blue” ticket.

Conference Materials: Conference materials, including PowerPoint presentations, video of the morning plenary sessions and photos, and final conference summary report, will be posted to the Endowment for Health website as they become available.

www.endowmentforhealth.org

Planning Committee

Karen Ager, Endowment for Health
Russ Armstrong, State Committee on Aging
Becky Hayes-Booher, Maine Health Access Foundation
Sandy Conrad, Southern Vermont Council on Aging
Laura Davie, UNH, Center for Community Living and Institute for Health Policy and Practice
Cheryl Dempsey, Endowment for Health
Sue Fox, UNH, Center for Community Living and Institute on Disability
Sara Gagné-Homes, John T. Gorman Foundation
Arian Giantris, John T. Gorman Foundation
Marilyn Guggiucci, University of New England
Laurie Harding, Endowment for Health Advisory Council, NH House of Representatives
John Hennessy, Maine AARP
Ana Hicks, Office of the Speaker, Maine House of Representatives
Jeanne Hutchins, University of Vermont, Center on Aging, Fletcher Allen Health Care

Ellen Koenig, Consultant, Endowment for Health
Kelly Laflamme, Endowment for Health, Conference Co-Chair
Jessica Maurer, Maine Association of Area Agencies on Aging, Maine Council on Aging, Conference Co-Chair
Doug McNutt, NH AARP
Reneé Pepin, Dartmouth Centers for Health and Aging
Joe Perkins, Washington Hancock Community Agency
Jen Peterson, VT Community Foundation
Anne Phillips, NH Charitable Foundation
Steve Rowe, Endowment for Health
Betsy Sawyer-Manter, Seniors Plus Maine Council on Aging
Patricia Sears, VT AARP
Tracey Tarr, NH Bureau of Elderly and Adult Services
Lisa Viles, Northeastern VT Council on Aging
Nicole Witherbee, John T. Gorman Foundation
True to our Yankee independence and ingenuity, people and organizations all over Northern New England are coming together in new and innovative ways to respond to the rapidly emerging needs of older residents.

These organic, community-based responses range from informal groups of neighbors helping neighbors, to community members designing and running programs in partnership with other organizations, to formal efforts by towns and municipalities to create Age Friendly Communities that address the needs of older adults more comprehensively.

It is in our collective interest to work together to bring attention to these issues, to identify the best strategies to meet the needs of older adults, and to create other opportunities for shared learning about aging across our region.

Learn more and stay connected at www.endowmentforhealth.org