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Silverwire Newsletter

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Silverwire

Vol. 7, No. 2 Summer/Fall 2010

NEWSLETTER OF THE UMAINE CENTER ON AGING

Safe Medicine Disposal for ME Releases Report from Pilot Phases

The final report from the initial pilot years of the Safe Medicine Disposal for ME program was released in April 2010, highlighting many of the program's major successes. The program, the first and only statewide drug return program utilizing the mail, was initiated with funding from the U.S. EPA Aging Initiative and is now carried out through 2011 due to an allocation from the Fund for Healthy Maine administered by the Maine Drug Enforcement Agency.

The program initially utilized pharmacy-based distribution sites to provide postage-paid envelopes to older adults and caregivers. Throughout the pilot phases, there was an increasing demand by many non-pharmacy organizations that led to the expansion of distribution channels to a wider range of sites that included, doctor's offices, social service programs, home health agencies, and Area Agencies on Aging. In addition, the need for disposal options for people of all ages led to an expansion of the program to serve Maine residents of all ages.

Throughout the expansion, all goals outlined in the original grant proposal have been met and

many have identified that there is a national need for such a program to be developed for the public as soon as possible. The statistics behind the need for proper disposal solutions are alarming, and include the following: more than 3.6 billion prescriptions are written yearly in the U.S., 95% of drug deaths are caused by pharmaceutical drugs, and there has been a 39% increase in arrests for drug related offenses from 1998-2008. Research demonstrates that there is now, more than ever, a need for medication safety for people of all ages.

Maine's mail back program has demonstrated that proper disposal programming is not only possible, but successful. A snapshot of the returns for the Safe Medicine Disposal for ME Program in its first two years includes the following: There were over 9,400 envelopes distributed through pharmacy and community-based sites, accounting for over 380,000 pills collected with an estimated value of \$572,722. Of those pills collected by the program, 250 pounds were narcotics that were destroyed and are no longer accumulating within Maine households or in our water

supplies. Of the participants surveyed by the program, 83% indicated that prior to using the program, they would either flush unused and unwanted medicine down the toilet or place it into the trash. Research conducted by the program indicates that the mailback prevented approximately 1,970 pounds of drugs from entering our water supply and landfills.

A full copy of the final report can be found online at www.safemeddisposal.com. If you have any questions about the program you can call 1-866-637-9743 or email info@safemeddisposal.com.

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Lenard W. Kaye, Director

Jennifer Crittenden, Editor

The Center on Aging is 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 Business, Public Policy, and Health. Our mission is to promote and facilitate activities on aging 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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From the Director

Over the past several years the University of Maine Center on Aging, in concert with the School of Social Work and a number of community agencies and organizations, has put considerable time and effort into developing a series of innovative gerontological education and training programs for social work students. All of that collaborative effort is now paying off and that is good news for both undergraduate and graduate students preparing for careers in the field of gerontological social work practice and the older adults and their families that they will be serving.



Lenard W. Kaye

The School now has five fully operational programs made possible with external funding from a variety of competitive external sources including the Council on Social Work Education and the New York Academy of Medicine in conjunction with the John Hartford Foundation, the Maine Bar Association, and the Harry and Jeanette Weinberg Foundation. Funded programs include: 1) the Certificate in Leadership in Rural Gerontological Practice; 2) the Hartford Partnership Program for Aging Education; 3) a special MSW student field unit attached to the Maine Rural Caregiver Support Program under the sponsorship of the Eastern Area Agency on Aging; 4) a BSW Specialized Learning (BEL) program that provides special rotational learning opportunities in aging-related community programs; and 5) a social work student practica program at Maine Legal Services for the Elderly. In addition, there is now a regularly offered elective - Advanced Gerontological Practice and Leadership in Rural Communities - at the School of Social Work which provides specialized preparation for social work students preparing for gerontological practice careers in rural America. UMaine and community partners are now exploring, as well, the need for specialized social work internship training opportunities in the area of rural geriatric mental health, a substantive area of service that has been continuously neglected in rural communities.

During this period of education program enhancement in gerontological practice the School of Social Work has documented that student interest in this field of practice has increased significantly at both the undergraduate and graduate levels. That is reflected in increased applications to the school from individuals interested in preparing for careers in aging and those choosing to focus on specialized studies in aging after they arrive.

All this bodes well in terms of our ability to meet the needs of aging citizens in the oldest state in the nation and speaks to the commitment of the University of Maine's flagship campus to educating a well prepared gerontological services workforce.

Partnerships and Programs.....

Sexuality and Aging Proves Intriguing Geriatric Colloquium Topic

The 5th Annual University of Maine Geriatric Colloquium took place Tuesday, April 6 at Point Lookout Resort and Conference Center in Northport, Maine. The topic of this year's colloquium was Sexuality and Aging: Dispelling the Myths, a subject that has a history in our society of being ignored and largely misunderstood. However, with over 130 attendees, it is safe to say there is an increasing interest in seeing that this topic becomes more openly discussed.

The lively, no holds barred opening plenary was given by Marilyn R. Gugliucci, PhD, AGHEF, GSAF, AGSF, Director of Geriatric Education and Research in the Geriatrics Department at the University of New England. The

topic, "Granny's Got Her Groove On: Society, Aging, Sex, and The Individual," opened the door to the messages of the day including the importance of understanding the impact sexuality has as individuals age and learning to be aware and push through discomfort in order to serve clients better.



Marilyn Gugliucci providing the opening plenary.

Expert presenters throughout the day at included James Campbell, founder and president, New England Association led a workshop on HIV Over Fifty. Matthew Dubois, Esq., partner, Vogel & Dubois, PA in Portland and Douglas Kimmel, former professor, City College, C.U.N.Y facilitated an engaging workshop on legal and ethical dilemmas.

Karen Taylor, Director, Advocacy & Training at SAGE led a third workshop on service interactions with LGBT older adults. Philip A. Walton, clinical consultant, Margaret Cruikshank, professor, University of Maine, and Douglas Kimmel, all served as panelists in the closing plenary. Each year the colloquium comes together due to the sponsorship of the Hartford Partnership Program for Aging Education at the University of Maine, the University of Maine School of Social Work, and the University of Maine Center on Aging.



Planning Committee members and students in the Hartford Partnership Program for Aging Education gathered at Point Lookout.

A Sampling of Volunteer Opportunities Through UMaine Center on Aging RSVP

Activity Aides - Volunteers to assist with activities for clients at area adult day service programs and nursing homes

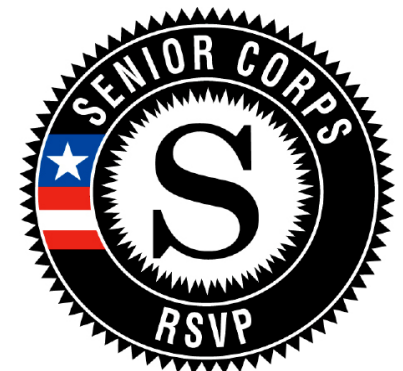
Born to Read – Volunteers to read aloud to children in early childcare centers in the greater Bangor area

Community Educators – (4 counties) Volunteers educate peers on topics related to health and safety

Museum docents – Volunteer opportunities associated with the Maine Forest & Logging Museum

Nutrition – Volunteers to support area meal site providers and food cupboards

...and many others! Call 262-7924 for more information



2010 Kay Lebowitz Legacy Award Presented to Louise Park

For the past two years the UMaine Center on Aging RSVP has presented the Kay Lebowitz Legacy Award to a volunteer who demonstrates characteristics that serve as an example to others within the field of volunteerism. Kay Lebowitz embodied the spirit of community volunteerism. Many, near and far, were touched by Kay. She served the entire Maine community and created a legacy that both lives on and shines as an example to others. RSVP was privileged to count Kay as a member and considers itself fortunate that so many of our member volunteers have the same generosity of spirit. This year the recent loss of this gracious lady lent poignancy to the presentation of the second annual Kay Lebowitz Legacy Award to Louise Park of Brewer, Maine. The presentation was made on May 19th at the annual UMaine Center on Aging RSVP Recognition Luncheon.

Louise is a volunteer who has always gone where she was needed. For example, with the Born to Read program Louise read books to children in order to enhance emerging literacy skills. While reading, she formed bonds with those young people that lasted much longer than the time it took to read a book. In fact, one volunteer supervisor painted an image when she shared that she didn't "...know what we would do without Louise. The children look forward to her visits, run to greet her when she arrives and sit close while she reads."

Most recently Louise has served with the RSVP program Bone Builders. As a volunteer Lay Leader she shared the newest information on osteoporosis and led weight bearing exercise classes designed to strengthen bones and increase confidence and flexibility in participants.

For almost 6 years this RSVP volunteer has, with almost no assistance, faithfully led her classes twice a week, every week. The 2010 Legacy Award was presented to honor the dedication to community, and generosity of spirit Louise Park has demonstrated over the last decade. Thank you, Louise.



Louise volunteering with the Born to Read Program.



Louise leading a weight bearing exercise class.

New Volunteer Placements at RSVP

Baldwin, Marjorie – *Roe Village Dining Room*

Bilyk, Janet – *Orono Health Association*

Boucher, Margaret – *Katahdin Healthcare*

Coyle, Virginia – *Bone Builders, Brewer*

Deti, Vivienne – *Bucksport Bay Friends*

Elwell, Melinda – *Katahdin Healthcare*

Jackson, Jean – *Bone Builders, Stonington*

Johndro, Vernelia – *Hospital Chaplaincy Services*

Leighton, Kathleen – *Ralph Leek Elders*

Nesbit, Jo – *Mayo Regional Hospital*

Robotham, Emory - *Families and Children Together*

Smith, Lillian – *Bone Builders, Dover-Foxcroft*

Stickney, Anne – *Maine Veterans' Home*

Tracey, Cheryl – *Ralph Leek Elders*

Woodbury, Charlotte – *Newport Community Cafe*

ENCORPS Summit a Success!

In the past few months, the Encore Leadership Corps (ENCORPS) has developed into a fully functional program with numerous events and supports being offered to members. Currently there are over 130 ENCORPS Volunteers whose ages range from fifty to eighty-five. There is representation from around the state, and we have received endorsement from the Governor of Maine.

The ENCORPS kick-off event occurred in April at Point Lookout Resort and Conference Center in Northport, Maine. Eighty-eight participants took part in the two-day Summit that left many of the volunteers feeling refreshed, enthusiastic, and better equipped as they returned home to their communities and volunteer projects. National and local experts shared their knowledge and tips about smart growth, sprawl, and leadership skills such as effective fundraising and finding the right fit as a volunteer. The Summit was offered at no cost to participants who stayed in quaint log cabins and had the chance to network with other volunteers from around the state. The energy and philanthropic characteristics of those who attended was easily noticeable and inspiring.

Now that the Summit has passed, ENCORPS enters a new phase. Our focus will shift towards offering

monthly workshops and gatherings throughout the state. On June 23rd, ENCORPS held the first workshop of this type on the UMaine campus. Lelia DeAndrade, Director of Grantmaking Services at the Maine Community Foundation, led a group of thirty participants through the complexities of grant writing. The dynamic presentation covered topics such as how to find philanthropic foundations, how to work with founders effectively, and tips on how to write a strong grant application.

Other topics to be addressed in upcoming workshops include how to use social media, volunteer self-care, mediation, and how to obtain nonprofit status. We're also planning on holding regional gatherings so that ENCORPS

volunteers can stay in touch and collaborate with others in their own communities.

Since the Summit, we've also been gathering data from monthly check-ins from volunteers. As of July 29, thirty-nine participants had submitted their hourly

effort reports for volunteer work completed at various organizations from around the state. A combined total of 1,502.5 hours of volunteer service has been completed by ENCORPS volunteers in the months of April, May, and June. Since the Summit, fourteen new volunteer placements have been added to the ENCORPS roster, including volunteer positions at the Maine Volunteer Lake Monitoring Program, Greater Portland Landmarks, and the Presumpscot River Watershed Coalition. These volunteers truly are making a difference for Maine.

The Encore Leadership Corps is a training program for people who are age fifty years and older from the state of Maine who wish to volunteer in environmental and community development settings. ENCORPS volunteers receive training and support to become volunteer leaders who can make a positive impact in their communities and organizations. More information can be found on our website at www.encoreleaders.org or by calling or e-mailing Amanda at (207)262-7931 or amanda.chamberlain@umit.maine.edu.



ENCORPS volunteers gathered at Point Lookout



Kinship Scholarship

Robert M. Milardo (2010). *The Forgotten Kin: Aunts and Uncles*. NY: Cambridge University Press.

Although much is written about contemporary families, the focus is typically limited to marriage and parenting. In this path-breaking assessment of families, Robert Milardo demonstrates how aunts and uncles contribute to the daily lives of parents and their children. Aunts and uncles complement the work of parents, sometimes act as second parents, and sometimes form entirely unique brands of intimacy grounded in a lifetime of shared experiences. *The Forgotten Kin* explores how aunts and uncles support parents, buffer the relationships of parents and children, act as family historians, and develop lifelong friendships with parents and their children. This is the first comprehensive study of its kind, detailing the routine activities of aunts and uncles, the features of families that encourage closeness, how aunts and uncles go about mentoring nieces and nephews, and how adults are mentored by the very children for whom they are responsible. This book aims to change the public discourse on families and the involvement of the forgotten kin across generations and households.

Dr. Milardo is a faculty associate with the University of Maine Center on Aging and Professor of Human Relations, College of Education and Human Development.

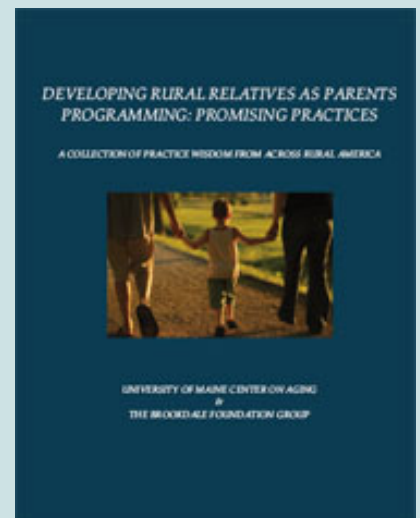
Center on Aging Publishes Manual for Helping Rural Grandparents Raising Grandchildren

A first-of-its-kind publication is now available to assist programs that serve grandparents raising grandchildren and other kinship caregivers in rural areas. *Developing Rural Relatives as Parents Programming: Promising Practices - A Collection of Practice Wisdom from Across Rural America*, was released by the Center on Aging in April 2010. This 50-page, full-color manual provides professionals working with kinship families a thorough review of the strengths, needs, and challenges of rural kinship caregivers. It also offers practical tips on serving rural grandfamilies, while making the most of limited program resources.

The information in the manual is based on a combination of published research and extensive surveys and interviews with both service providers and kinship caregivers from across the country. Service providers offered input about the unique needs of their rural clients, barriers rural clients may face in accessing services, and strategies that they have used to help their clients. Kinship caregivers provided a personal perspective into what makes great programming for rural grandfamilies. The result of this effort is a collaborative and comprehensive manual showcasing many of the promising practices and innovative ideas in use across the country.

Thanks to generous funding by The Brookdale Foundation, the complete publication is available for download at no charge in the publications section of our website: <http://www.umaine.edu/mainecenteronaging/documents/RuralRAPPManual.pdf>.

Professionals in any field that work with grandparents raising grandchildren or other kinship caregivers are encouraged to utilize this manual to better support rural grandfamilies.



Kinship News and Notes

There are several projects underway to support grandparents raising grandchildren and other kinship caregivers. For more information, contact Jennifer at jennifer.crittenden@umit.maine.edu or (207) 262-7923.

Legislative Task Force - The Center on Aging provided instrumental support in the creation of a new task force to examine the issues facing kinship families in Maine. The task force, made up of legislators and key stakeholders in the community, will be convened by the state legislature this fall. After learning more about the needs and challenges of kinship families, the task force will then make recommendations for suggested legislation to benefit Maine's kinship families.

Kinship Connections Grant - The Maine Department of Health and Human Services, Families and Children Together, Casey Family Services, and Adoptive and Foster Families of Maine are working together to provide an array of new services to some kinship families and to teens in foster care. The Center on Aging is providing evaluation and subcontract coordination services for this 3-year, \$1.8 million dollar grant funded by the Federal Department of Health and Human Services. The evaluation of the new and existing services, now underway, will ultimately lead to the development of a Promising Practices manual on better supporting youth and families.

Computer Tip Sheets - Computer use, particularly among young people, is very prevalent in our society today. Recognizing that some grandparents who are raising their grandchildren lack even basic computer skills, the Center on Aging has developed a set of computer tip sheets. These tip sheets, which can be printed and given to caregivers, cover topics such as: basic computer parts and terminology, setting up an e-mail account, searching the internet, and setting up internet service at home. Funded by the Brookdale Foundation, the tip sheets were designed specifically for kinship caregivers, but would also be appropriate for older adults or anyone seeking information to learn basic computer skills at a self-directed pace.

Promising Practices Manual - A new resource is available for professionals working with rural grandparents raising grandchildren and other kinship caregivers. This manual, described more fully on page six, provides extensive information about rural kinship families, as well as proven ideas for serving kinship families suggested by caregivers and programs from across the country.

New Employees at the Center on Aging

Prudy Searl joined the Center on Aging in March as an Administrative Assistant II. Originally from Aroostook County, and currently residing in Bangor, Prudy has spent most of her career in the banking industry. Prudy has brought this valuable expertise to the Center on Aging where she takes care of the vital and wide-ranging tasks that help keep the Center on Aging running smoothly. Prudy is an avid Red Sox fan, as well as a cat lover. Prudy has also served as a troop greeter at the Bangor International Airport.

David Wihry joined the UMaine Center on Aging in July as a Research Assistant. Originally from Orono, David received a BA Degree in Philosophy from the University of Maine and an MPA from the University of Delaware. As a student in Delaware, David worked as a graduate research assistant with the National Center on Elder Abuse, engaged in various projects related to academic research into elder abuse, as well as public awareness activities.



David Wihry



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Families And Children Together (FACT) Added as Newest RSVP Station

The UMaine Center on Aging RSVP is pleased to announce Families And Children Together (FACT) as the latest station to accept RSVP placements. FACT's mission involves "creating a family-focused agency that encourages and fosters the development and healing of children facing emotional and behavioral challenges." Programs provided by FACT include treatment foster care, adoption services, and other assistance to children and families. To learn more about Families And Children Together, please visit their website at familiesandchildren.org

Mark Your Calendar! Upcoming 2010 CoA Events

2010 International Symposium on Safe Medicine - October 10-12, 2010 Holiday Inn by the Bay Convention Center - Portland, Maine

This symposium, sponsored by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment, offers the chance for professionals from diverse fields to learn about and discuss all aspects of prescription drug use, abuse, and disposal. For more information about the symposium, please visit the UMaine Center on Aging website at www.mainecenteronaging.org to view the conference program under Upcoming Events. Conference partners include the Maine Benzodiazepine Study Group, UMaine Center on Aging, University of New England College of Pharmacy, Husson University, Maine Institute for Medicine Safety, and the Safe Medicine Disposal for ME Program.

Join Encore Leadership Corps!



The Encore Leadership Corps is a free training program for individuals age 50 and older who are interested in volunteering with community health and development and environmental stewardship projects.

ENCORPS organizes training and networking programs on topics of immediate importance to the work of ENCORPS volunteers, including an annual summit. It will provide you with the tools, energy, relationships, and support to give you a jump start on all that you will need to complete a project that will improve or protect some part of your community. ENCORPS is continually providing volunteers with knowledge and skills on topics such as grant writing, using social media as a volunteer, conflict resolution, and more.

To learn more about ENCORPS, find the latest schedule of workshops, or to apply to become an ENCORPS volunteer, please visit encoreleaders.org. To get in contact with a staff member, please call 207-262-7931 or email us at info@encoreleaders.org.

We hope you will take advantage of this free training program and we look forward to hearing from you!