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Spring 2004

Silverwire Newsletter

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Silverwire

Vol. 2, No. 2 Spring 2004

NEWSLETTER OF THE UMAINE CENTER ON AGING

Education Opportunities at UMaine Center on Aging

One of the UMaine Center on Aging's most valued goals has long been to promote aging-related education and training programs for Maine's citizenry at all levels of learning. This year, we are pleased to announce that our spring calendar highlights many of the education opportunities available to our community through the CoA. Come join us as we embrace learning in our professional and personal lives, and in the words of our Senior College colleagues, as we celebrate the opportunity to "learn for the fun of it." More information about each program is available on our website at www.mainecenteronaging.org or by calling the Center on Aging.

Professional Excellence in Geriatrics Series (PEGS)

2004 is destined to be a thrilling year for our PEGS series as we offer an expanded 12 sessions to the professional community. Slated to begin March 18, each session is hosted by a local leader in geriatrics and will offer continuing education credits for many disciplines. You will want to register for one or all of these exciting courses! Walk-ins are also welcome.

Sessions 1 & 2: Thurs. March 18, 2004, UMaine Hutchinson Center, Belfast, Maine

"The Diversity of Maine's Aging Population" & "Geriatric Care Management: Skills and Resources"

Sessions 3 & 4: Mon. March 29, 2004, Eastern Maine Medical Center, Bangor, Maine

"Natural Alternative/Complimentary Therapies for Healthy Aging" & "Quality Management in Geriatric Health Care"

Sessions 5 & 6: Thurs. April 1, 2004, William S. Cohen Community Center, Hallowell, Maine

"Hospice and Palliative Care" & "The Eden Alternative"

Sessions 7 & 8: Thurs. April 8, 2004, Bangor Public Library, Bangor, Maine

"Aging and Mental Illness: Symptoms and Treatment" & "Keeping Elderly Minds Healthy"

Sessions 9 & 10: Thurs. April 22, 2004, University of Southern Maine Campus, Gorham, Maine

"Nutrition for Older Adults: Eating Healthy on a Fixed Income" & "Renewing Energy Activity and Life: Keeping Maine's Elders Active"

Sessions 11 & 12: Thurs. April 29, 2004, University of Southern Maine Campus, Gorham, Maine

"Caregiving Issues: Caring for Caregivers" & "The Hidden Problem of Elder Abuse"

Penobscot Valley Senior College (PVSC)

Penobscot Valley Senior College began its spring schedule of classes March 5, 2004. This year's classes include "Orchids: A Joy to Grow", "Tai Chi Ch'uan for Health, for Life", and "Getting More From Microsoft Word and Something From Excel" to name a few. PVSC continues to plan day trips to local events and areas of interest as well. Please call the PVSC message phone at 581-1947 to request more information or to join over 250 area residents who are already PVSC members.

Geriatric Organizational Leadership Development Seminars (GOLD)

These continuing-education seminars are for geriatric health and human service administrators, managers, and planners who want best practice strategies and tools for achieving organizational excellence. The 2004 program brings "*Second Generation Management: Tips and Strategies*" and "*Marketing Plans Demystified.*"

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Silverwire

Vol. 2., No. 2

Spring 2004

Lenard W. Kaye, Director

Leah Ruffin, Editor

Silverwire is published three times a year, in the Fall/Winter, Spring, and Summer.

The Center on Aging is located within the School of Social Work in the University of Maine's 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.

Center on Aging

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From the Director

Without question our broad reaching public service mandate continues to drive our programming philosophy. Nowhere is this seen more clearly than in the area of education and training. Whereas some academic centers on aging choose to limit their education function either to initiatives in the university classroom or the student's community practicum placement site or to efforts at continuing education of health and human service personnel working with older adults, the UMaine Center on Aging has seen its efforts branch out across all these domains and beyond. Add to these points of emphasis that of life-long or senior education. This issue of Silverwire headlines our efforts in several of these areas - those of geriatric continuing education and older adult learning in particular.

It should come as no surprise that education in our view must be broadly conceived. The consequences and implications of aging impact

everyone's life in a multitude of ways in and out of the workplace, in our homes and communities, and on and off our university campuses. As the 3rd oldest state in the nation we are obliged to do nothing less that endorse a definition of our education and training function in the broadest of terms. As a result, we aim to meet the needs of not just the health and human service student preparing for a career working with older adults; not just the primary care practitioner treating greater numbers of older patients as each day passes; and, not just the older adult who maintains a deep thirst to continually learn and be enriched both intellectually and emotionally.



Lenard W. Kaye

It may be that we will ultimately be pushed to carve out our special niche in the education and training domain at some point in the future. I suppose no one can do it all over the long-term. But there is a mindset afloat at the Center that resoundingly says don't discriminate and don't fail to serve as broad a constituency as can be managed. So, until that time arrives that we are without the resources required to offer a multi-faceted learning program for students, professionals, and older citizens, we will remain on our current course - meeting the learning needs of Maine's intergenerational citizenry, on campus and off. It's a tall order and it is hard work but in a state with scarce educational resources and a public education system that is counted on to be many things to many people, it is the right thing to do.

Farran Named Spring BAC/Toyota Visiting Scholar

by Kristen Hopkins, 2nd year student
Journalism, University of Maine

Carol Farran, professor of nursing at Rush University/Rush Presbyterian-St. Luke's Medical Center, is the Spring 2004 BAC/Toyota Visiting Geriatric Scholar at the University of Maine's Center on Aging. The Visiting Geriatric Scholar program has been made possible by the generosity of Brewer Automotive Components (BAC) and the Toyota Corporation.

Dr. Farran, an expert on the mental and physical effects of caring for the elderly person with Alzheimer's disease or dementia, will be in residence at the University May 11-13. During her stay, she will be lecturing on the subject of family caregiving for the School of Nursing and the Center on Aging.

Nancy Fishwick, associate professor at the University of Maine School of Nursing, played a significant role in securing Dr. Farran's participation in the BAC/Toyota Visiting Geriatric Scholar program. "I read an article of Dr. Farran's in a nursing journal two years ago. The clarity of her writing, her ability to translate research findings into innovations for nursing practice, and the poignancy of the topic impressed me. I have used that article in graduate nursing courses since then to help nurses broaden their focus of care from the patient to the needs of family caregivers," Fishwick says.

After earning a master's degree in community health nursing from Northern Illinois University and a doctorate in nursing science from Rush University, Farran entered the caregiving field in the 1980s. Several years later, she experienced the effects of Alzheimer's caregiving firsthand when her mother developed the disease.

Farran says she is looking forward to coming to Maine, having seen only a small portion of the state on a road trip with her husband in the early 1970s. She says she is familiarizing herself with the Center on Aging through its web site, and adds that she is very impressed with what it has to offer the community.



Dr. Carol Farran

MAINE GERONTOLOGICAL SOCIETY ANNUAL MEETING

The annual meeting of the Maine Gerontological Society, MGS, was held on January 29, 2004 in South Portland. The MGS, a statewide, multidisciplinary organization comprised of individuals whose commitment is to serve the older adult population in Maine, was first organized in May, 1989, and recently reactivated.

Jackie Kelly, RNC, opened the annual event for the more than 80 participants. She spoke about the MGS, challenging the members to think about the history and purpose of the MGS. During the business meeting the membership unanimously elected a new Board of Directors. (See list in right hand column)

Guest speaker Steve Farnum, Executive Director of the Aroostook Agency on Aging in Presque Isle, provided the members with a powerful presentation on 'Advocacy in Action'. The annual meeting and solicitation for membership was a huge success. Since launching its drive for membership in September, there are 168 members to date. Please contact Debra Chapman, dchapman@eaaa.org or 941-2865, for membership information.

MAINE GERONTOLOGICAL SOCIETY BOARD OF DIRECTORS

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Center

AMERICORPS*VISTA SENIOR \$ENSE PROGRAM RECRUITING

The Senior \$ense Program is up and running. Our program director and our first six VISTA volunteers all started in January.

On January 27, 2004, they went to Philadelphia, PA for three days of orientation, and training provided by the Corporation for National and Community Service. At the conclusion of the orientation, the volunteers were all sworn in as AmeriCorps*VISTA members.

Our first volunteers are Suzanne Ambrose-Thomas, Martha Allen, Philip Doerr, Cynthia Dowd, Henrietta Pearl, and Bill England.

The people who are selected to become AmeriCorps*VISTA members are making a significant commitment to their communities. They are volunteering to spend one year working full-time on this project (some may extend their time). For the duration of their service they have agreed to receive a living allowance that places them at 105% of the federal poverty level.

They also receive health insurance, life insurance, and they can choose between receiving a stipend of \$1,200 or an educational award of \$4,700 upon the successful

completion of their year of service.

We are very fortunate to have these people working on this project. They are off to a great start. They are compiling lists of websites and developing informational materials and resources on job training and placement, and financial consumer counseling to be shared with low income older adults throughout the state. A website is also being developed where the resources can be placed for the use of anyone who is interested.

Recruitment of 23 more volunteers to be placed at partner agencies throughout Maine is now underway. If you know someone who would be interested in becoming a volunteer, please have him or her contact our office at 581-3444.



SENIOR \$ENSE PROGRAM STAFF

Andrew Matlins (he prefers to be called Drew) is the new Director of the Senior \$ense Program. He has over eight years of management experience in both the private and non-profit sectors.



Drew Matlins, Senior \$ense Director

Drew brings additional experience in fundraising, program development and training. Prior to joining CoA he was the program director for Downeast Big Brothers Big Sisters in Bangor, and most recently served as program director at the Maine Coast Community Dental Clinic in Ellsworth. Drew will be graduating from the University of Maine with his Master in Public Administration degree, in May 2004. In his spare time, Drew is a clown with the Anah Shrine Clown Unit.

Drew would like to thank the staff and students at the Center on Aging for all of their hard work getting the project started, and keeping it organized, while the search for the program director was being conducted.



Bill England, AmeriCorps*VISTA Volunteer Leader

Bill England is the AmeriCorps*VISTA Volunteer Leader for the Center's Senior \$ense Program. He recently returned to Bangor after 3½ years in the Peace Corps in South Africa. He is also a R.S.V.P. volunteer at the Center, helping older adults get "on-line". But most importantly, he is the proud grandfather of five beautiful, brilliant, talented granddaughters!



Susan R. Kaye, MSW, MBA, GOLD Seminar Leader

As a principal in the firm of Packard Judd Kaye Strategic Marketing Group in Bangor, Susan Kaye brings twenty years of professional experience in strategic marketing and the health and human services to this seminar.

Originally from New York City, she has brought together her corporate and not-for-profit expertise to provide consultation, marketing management services, marketing plan development, and training to a broad array of organizations.

GOLD

continued from page 1

Robert A. Strong, Ph.D, CFA, Seminar Leader of *Second Generation Management: Tips and Strategies*, motivates attendees to address many management pitfalls and hurdles common in organizations.

During *Marketing Plans Demystified*, Seminar Leader Susan Kaye, MSW, MBA, will provide participants with the skills and knowledge necessary to create a basic marketing plan or to be well-educated consumers of professional services for marketing plan development.

Both sessions will be offered May 3 at the Bangor Public Library and again on May 7, at the William Cohen Community Center, Hallowell, Maine.

Please call the CoA at 581-3444 for registration information.



Dr. Robert A. Strong, GOLD Seminar Leader

Dr. Stong is the University Foundation Professor of Investment Education and Professor of Finance at the University of Maine. He earned his Master of Science degree in business administration from Boston University, and his Ph.D. in finance from Penn State.

Dr. Strong is a Chartered Financial Analyst. His consulting focuses on risk management and asset valuation.



Robin Arnold, Senior \$ense Administrative Assistant II

Robin Arnold has recently joined the staff of the UMaine Center on Aging as an Administrative Assistant II. Robin has worked at UMaine for 19 years and brings a wonderful combination of experience and knowledge with her. As well as working full-time, Robin is currently earning her B.S. in Geology. She is also the recipient of the 2003 Margaret Chase Smith Center Scholarship in Public Affairs.

AMERICORPS*VISTA MEMBER : CYNTHIA DOWD

by Barbara Urquhart,
SCSEP Trainee

Cynthia had been out of the workforce for about 10 years before she started working with Voc Rehab. Her co-workers knew that she was looking for a challenge and suggested the AmeriCorps*VISTA Senior \$ense program. After reviewing information on the program, Cynthia liked what she read and decided that it was the right project for her. The benefits that the program offered appealed to her, as well as the opportunity to help older adults.

Cynthia has experience being a helper to elderly people in the past, as a handyperson to neighbors and family and as a 'Gal Friday' to others. When an older person needed help with something they just called on Cynthia, because they knew she would get the project done.

Cynthia joined VISTA to gain self esteem and peace of mind, and to give back some of what she has received.

AmeriCorps*VISTA Senior \$ense Program: Maine Jobs Council/Western WIB

From Left: Mary Redmond-Luce, Youth Services Coordinator, Cynthia Dowd, AmeriCorps*VISTA Volunteer, Bryant Hoffman, Ph.D, Executive Director.



MAINE POLICY REVIEW SPECIAL ISSUE ON AGING

Silverwire readers will be interested to note the Fall 2003 issue of the *Maine Policy Review*, (Vol. 12, no 2). was devoted to aging in Maine. The collection of articles focuses on many issues important in today's Maine, including the changing nature of long-term care, families, elderly housing, art and culture, and senior education. Distributed to policy makers throughout the United States, the journal considers the challenges and opportunities for Maine's aging population. UMCoA Director Lenard W. Kaye served as special editor of the issue, which is a joint publication of the Margaret Chase Smith Center for Public Policy and the Margaret Chase Smith Library. View the current issue, as well as previous issues, online at: www.umaine.edu/mcsc/mpr.htm or contact the *Maine Policy Review*, 5717 Coburn Hall, University of Maine, Orono ME 04469-5715, (207) 581-1567.

CRUZ PUBLISHES SOCIOLOGICAL ANALYSIS OF AGING: THE GAY MALE PERSPECTIVE



by J. Michael Cruz, Ph.D.
University of Southern Maine

CoA Faculty Associate and University of Southern Maine Assistant Professor of Sociology J. Michael Cruz recently published the book *Sociological Analysis of Aging: The Gay Male Perspective*, a report of findings of a qualitative/quantitative in-depth study with 125 aging gay men in Texas. Respondents were 55-84 years old and from the cities of Austin, Dallas, Houston, and San

Antonio. The monograph explores the aging process for these men in terms of physical/mental well-being, social involvement/engagement, current and future housing needs, the best aspects of aging, and the worst aspects of aging.

Historically, the aging process has been interpreted from the perspective of heterosexual whites. Both gay/lesbian persons and persons of color have been left out of hegemonic discussions regarding the aging process. *Sociological Analysis of Aging* seeks to remedy that oversight in the aging literature.

Themes explored in this book include the financial situations of the respondents, in addition to anything left on a 'to do' list, the manner in which the Internet has affected the lives of respondents, and what these men would like the local, state, and federal government(s) to do for aging gays. Cruz plans future work to expound on the issues of the social construction of physical health, aging gay men and depression, and exploring 'successful aging' for the aging gay man.

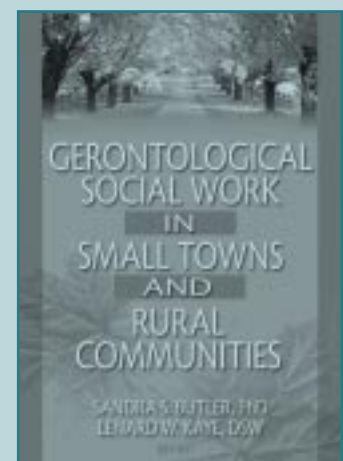
The goal of this project was to determine whether stereotypes of the aging gay male being isolated and lonely were accurate. Respondents generally indicated that they were content. While some experienced loneliness, the majority reported an aging process that in their view was in fact quite successful. The book is available through Haworth Press.

BUTLER & KAYE TO PUBLISH RURAL SERVICES TEXT

Drs. Sandra S. Butler (Resident Scholar) and Lenard W. Kaye (Director) of the UMaine Center on Aging are co-editors of the text *Gerontological Social Work in Small Towns and Rural Communities*, published by Haworth Press. This valuable resource will benefit social workers, gerontologists, allied health professionals in rural areas, health and human services administrators and managers.

An empowerment, strengths-based approach is emphasized in order to enhance the readers' abilities to improve quality of life for elderly individuals in rural communities.

The book is divided into five sections: Rurality and Aging, Practice Dimensions of Social Work with Rural Elders, Special Populations, Special Issues Pertaining to Rural Elders, and Training and Policy Recommendations. The publication is expected to be on shelves later this spring.



"SWING" INTO SPRING WITH MAY FESTIVAL

The 3rd Annual May Festival: A Celebration of Generations is being planned in collaboration with the Eastern Area Agency on Aging. This year's focus is on active, healthy aging and this multigenerational event is bound to tickle your fancy as we "swing into spring".

Please join us for an evening of swing dance on May 8th at the Bangor Elks Club, located on the Odlin Rd. near the Bangor Airport. The performance is being sponsored by McKay's Back Door Dance Studio of Eddington. The studio's premier dance team is sure to delight you in between band breaks with their fabulous routines and wonderful costumes. Tickets are \$15 per couple or \$10 for singles and will be sold at the door.

Mark your calendar now for this year's May Festival and join in on the fun! More information is available by calling the CoA (581-3444) or the EAAA (941-2865).

14TH ANNUAL RURAL GERIATRIC CONFERENCE ~JUNE 3, 4, 5~ BAR HARBOR, MAINE

Don't miss these 2½ days of expert-led continuing education workshops and opportunities for networking with colleagues in the field of aging.

Topics to be addressed include: anti-depressant prescribing practices, integrated hospice care, the latest on Dirigo Health, working with older refugees, older driver assessments, herbs and aging, the electronic patient record, wound care, ethical issues of aging, and older women and PTSD.

Registration information will be mailed in April. Also check www.mainecenteronaging.org.



COMPUTER HELP NOW AVAILABLE TO SENIORS

This free service is designed for the individual over the age of 65 who would like assistance setting up a new computer or is interested in assistance getting started on the internet, using e-mail, or word processing.

Administered by an A+ certified computer technician, this service is offered at no cost to older adults within easy driving distance of the Bangor area.

This volunteer effort is being performed by an AmeriCorps*VISTA volunteer who recently returned from 3 ½ years in the Peace Corps assisting people in South Africa become computer literate.

For more information, please call (207) 941-0923 and ask for Bill.

Make a Donation to Honor a Special Elder in Your Life

I/ we want to make a gift in support of the UMaine Center on Aging and its programs in service to Maine's older adults, their families, and their communities in honor of a special person in my life.

Enclosed please find a check for \$ _____ Please charge my account for \$ _____

Card number: _____ Visa MasterCard American Express

Cardholder's signature: _____ Expiration date: _____

Cardholder's name: _____ Address: _____
(please print)

Please make this donation in honor of: _____

Please notify the following people of this donation: (include address) _____

Return to: UMaine Center on Aging, 5723 D.P. Corbett Business Bldg., Orono, ME 04469-5723

Elder Caregiving in Maine Conference Held



A FIRST-OF-ITS KIND EVENT

Above: Senator Olympia Snowe speaks to attendee

Above left: Dana Connors, President, Maine Chamber of Commerce

Left: Elinor Ginzler, Campaign Manager for Life Answers, AARP



Elder Caregiving in Maine: A Resource and Networking Conference for Employers and Human Resources, Health Care, and Human Services Professionals was held on January 29-30, 2004. Over 125 members of the business and human service community attended the two-day event.

Several key themes of the gathering emerged as important information to be shared with others. Lessons learned included:

- ~ Caregiving affects all parts of life: our work, home and family
- ~ Caregiving is us: All of us will be caregivers, have been caregivers, or will need care in our lifetimes
- ~ Many aren't aware of services available for a family member
- ~ Low cost/ no cost help is available
- ~ Employers can help employees and their bottom line
- ~ Families aren't asking for a vacation-just a few hours break

The Maine Caregiving Alliance (CoA is a founding member) which planned the program, has pledged to continue its work with caregivers and their loved ones. It looks forward to making this first-of-its kind conference an annual event.