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CACL Spring Newsletter 2015



Spring 2015 Newsletter



University of New Hampshire

Promoting Person-Centered Options for
Living & Aging in Our Communities



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**University of
New Hampshire**

About CACL

CACL is a collaboration between the [Institute on Disability](#) (IOD) and the [Institute for Health Policy and Practice](#) (NHIHPP) at the University of New Hampshire (UNH). CACL constructively engages partners within and outside

IHPP Director Ned Helms Retires

Ned Helms has served as the founder and director of the Institute for Health Policy and Practice since 2001. He has provided leadership for the Institute and continued growth throughout his tenure.



Ned was instrumental in the early strategic planning between the Institute for Health Policy and Practice and the Institute on Disability. Ned had an active role the development of the Center on Aging and Community Living. CACL Co-Directors, Laura Davie and Sue Fox, worked closely with Ned to align the vision and mission of CACL. When interviewed about the early stages of CACL, Laura said, "his leadership and vision has been critical to the growth of CACL and he will be missed".

[Read More](#)

Opportunities for Gerontology Education at UNH

Over the past few years, UNH, in coordination with CACL, has focused on providing quality education and training with courses for professionals in the field of aging and community living. This fall CACL and the Thompson School of Applied Science is rolling out a new course, *Understanding Illness and Person-Centered Assessment*. This course is part of a [certificate program](#) geared toward gaining skills to perform quality care coordination in the community setting.

UNH also initiated the [gerontology \(GERO\) interdisciplinary minor last academic year and continues to grow the program](#). GERO provides students with the opportunity to examine and evaluate the aging process as it affects the individual and society within the United States. Students may take classes like *GERO 500: I'm Old, So What! An Introduction to Gerontology*, and *KIN 607: The Biology of Aging*. New Hampshire is expected to be the fastest aging state in the nation through 2030, with nearly one-third of its population over the age of 65 (Norton, 2011). As the older adult population increases so does the need for an adequate, educated workforce. By engaging in the GERO minor, students will be prepared to enter career fields that explore the effects of a growing elderly population in every aspect of modern life.

the University in applied research that advances sustainable, person-centered options for aging and community living.

Contact Us!

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Reflections from CACL's MSW Intern, Shikara Thody

As I reflect back on this past school year and my time with CACL, I am so appreciative of the experiences I have been a part of and the many dedicated and compassionate people who I have had the opportunity to work with. Prior to interning with CACL, much of my



professional experience in social work has been direct care. I worked with youth and their families for four years in a few different settings. Last spring, when I was picking my final field placement, I really wanted to work in a "macro" field placement. In social work,

macro work refers to program development and implementation, advocacy, and policy work. This field placement was different in that I was not going to be working with clients, something that was new to me. It was different to not work with clients, but rather entire agencies and organizations as clients. It was a transition working in direct care to "indirect" work but I am proud to say I have a true generalist practice.

Some aspects were challenging this past year, such as working in a new environment. I was not used to a lot of "Screen time" because in my prior work, I often visited families in their homes or was out in the community with clients. Though I work well independently, I was also not used to working alone for extended periods of time. Luckily, I could always reach out to someone if I needed some human contact.

When I think about macro work and clinical work, there is a variation in roles but there are many transferable skills from the different practices. I found myself pulling clinical skills and using them here at CACL which has enabled me to evaluate my MSW education and how important it is to be able to practice in different settings. Through this past year, I have been able to think about what I want for myself professionally and I could not have come to this realization had I not been able to work in both clinical and macro placements. Thank you CACL for providing me with such a wonderful experience.



Alive Inside a Film Review by Dr. Allison Wilder, PhD, CTRS/L

Let's face it...we've all had those days when things are just not going our way. We are stressed, busy, overscheduled, and perhaps a bit overwhelmed. We hop into our car, head off to our job and then we, consciously or unconsciously, take a critical step toward improving our mental

outlook; we turn on the radio or fire up the Bluetooth and select our favorite Pandora station and suddenly, we are transformed. We listen to a favorite song with a good beat or a catchy lyric and the world makes sense again. Music is incredibly powerful. It can move us emotionally, embolden us mentally, and enliven us physically. Immanuel Kant is credited with describing music as the "Quickening Art." To quicken means to enliven and to imbue with spirit and energy. The award winning film by Michael Rossato-Bennett, [Alive Inside](#),

goes far beyond reminding us of the transformative power of music; it shows us how music holds the power to heal. The film explores the use of individually tailored music playlists and their impact on enlivening the souls of often forgotten or discounted individuals with memory impairment.

If you, or a loved one, are living with dementia you are likely looking for ways to maximize what you have and hang on to it for as long as possible. Adequate exercise, proper nutrition, social connectivity, and good genes are well-known elements that impact our function, health and well-being as we grow older. Good medical care and sometimes medications also play a role in how we address staying as healthy and engaged as we can throughout our lives. As a licensed recreation therapist, I have spent my career using non-pharmacological approaches to promoting health and well-being. Music is, by far, one of the most powerful mechanisms for reaching people, connecting with them, and awakening them to the present moment.

[*Alive Inside*](#) chronicles the use of music as an approach to connecting with a person who appears withdrawn and isolated and bringing them back to engage in the present moment. By using individually tailored music playlists on MP3 players, the individual is provided a bridge back to their own humanity and given the opportunity to experience and express positive emotion. This film is moving and encouraging and may leave you asking, “Why isn’t personalized music the first choice in treatment options?”

If you are interested in learning more, visit the *Alive Inside* website for film showings. You can also head over to the [Music and Memory Program](#) for research findings and more information on how to leverage the healing power of music. In the timeless words of Lynyrd Skynyrd (for those of us of a certain age), “Turn it up.”

Items of Interest

- *Age of Disruption Tour* - On April 21st, Dr. Thomas, entrepreneur, musician, teacher, farmer, and physician whose work explores the terrain of human aging, held a facilitated discussion with New Hampshire community members, leaders and advocates to explore new ideas, practices, and models that can help local communities transform the experience of aging. Dr. Thomas’ goal is to connect pro-aging advocates to each other and to new ideas and approaches that can “disrupt aging” and yield lasting change. [Learn More](#)
- [*Finding the Why*](#), a short film highlighting the positive effects of person-centered care, has won an International Health Short Film Festival award. This film highlights the work being done at a nursing facility, Starrett Lodge, in Australia. The film captures the essence of giving real meaning and purpose to those living with dementia.
- In an issue brief from the Alliance of Community Health Plans, [learn how](#) select community health plans have developed innovative ways to improve

care for frail elderly patients.

Upcoming Events

- Save the Date for the June 25th *Chronic Disease Self-Management Program New Leader Training*, hosted by the Southern New Hampshire Area Health Education Center, Manchester, NH. [Learn More](#)
- Attend the free monthly podcasts on geriatric nursing topics organized by Dartmouth-Hitchcock [More information here](#)
- Attend Dartmouth Hitchcock's June 11th *Falls Prevention Program* [Learn More](#)
- Save the date for *Motivational Interviewing* on June 19 offered by Dartmouth Hitchcock [Learn More](#)
- Dartmouth Hitchcock Medical Center presents *Geriatric Trauma* on June 25th, 2015 [Learn More](#)
- Sign up for UNH CACL and Thompson School of Applied Sciences *Care Coordination Certificate Program*. [Register Here](#)

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